

Study timetable

Activities	Week								
	Pre-intervention		Intervention					Post-intervention	
	0	4	5	6	7	8	12	16	20
Screening	x								
Informed consent and recruitment	x								
History taking and physical examination	x								
Assessment of number of headache days	x	x				x	x	x	x
Assessment of headache intensity	x	x	x	x	x	x	x	x	x
Assessment of quality of life (SF36, CHQLQ)		x				x	x	x	x
Assessment of sleep quality (PSQI)		x				x	x	x	x
Assessment of depression (MINI ICD10)		x				x	x	x	x
Assessment of analgesics use	x	x	x	x	x	x	x	x	x
Observation of adverse event			x	x	x	x			
Assessment of flare in SLE (SLEDAI)	x	x				x	x	x	x
Assessment of immunosuppressant therapy	x	x				x	x	x	x

The timeline and means of assessments

CHQLQ: Chronic headache quality of life questionnaire; MINI ICD 10: Mini-International Neuropsychiatric Review version 10; PSQI: Pittsburgh sleep quality index; SF 36: 36-item short form survey; SLE: systemic lupus erythematosus; SLEDAI: systemic lupus erythematosus disease activity index.