Conclusion

A significant interaction between Anxiety Level and the Number of Training Sessions was observed, $F(3,40) = 45.94, p<.05$. This significant interaction indicated that the effect of the number of biofeedback sessions on the severity of headaches was different for participants who were clinically anxious than for participants who were not clinically anxious. A significant simple effect of the number of sessions for subjects that were clinically anxious was observed, contrary to predictions, $F(3,40) = 73.50, p<.05$. Unplanned comparisons using the Tukey Test indicated that all pairwise comparisons among the means for this simple effect reached significance. The pattern of these significant comparisons indicated that, for subjects who were clinically anxious, a greater number of training sessions for biofeedback was always associated with lessened severity of headaches. A significant simple effect of the number of training sessions for subjects who were not clinically anxious was also observed, as predicted, $F(3,40) = 42.0, p<.05$. Simple comparisons showed that the linear ($F(1,40) = 10.80, p<.05$), quadratic ($F(1,40) = 119.99, p<.05$), and cubic trends ($F(1,40) = 23.90, p<.05$) reached significance at the .05 level. Only the linear trend was predicted to be significant. The overall pattern of the results indicated that providing more than 12 training sessions was associated with more severe migraine headaches.