

Psychological treatments beneficial for people with epilepsy

Clinical Question	How effective are psychological treatments on health-related quality of life (HRQoL) for people with epilepsy?
Bottom Line	There was moderate-quality evidence that psychological interventions and self-management interventions benefited adults with epilepsy in terms of HRQoL, emotional well-being, and reduced fatigue. The effect was significantly better than for usual or supportive care. The majority of trials investigated psychological interventions, such as cognitive, behavioral and mindfulness-based interventions. The remaining studies focused on education, self-management, and drug adherence. Few interventions focused on HRQoL in children and adolescents.
Caveat	The studies evaluated complex psychological treatments, typically applied in tertiary care settings, and involved participant groups with comparable underlying epilepsy diagnoses, but differing severities of psychiatric and somatic comorbidities, and diverse cultural, ethnic, and socioeconomic backgrounds. There were differences between the included studies in their stated treatment methods, goals, strategies, and theoretical underpinnings. Psychologists with varying levels of experience delivered most of the treatments.
Context	While medical providers focus on minimizing seizures and side effects, a primary role that mental and behavioral health providers (i.e. psychologists, psychiatrists, and social workers) can have with individuals with epilepsy is to optimize HRQoL by providing evidence-based psychological treatments.
Cochrane Systematic Review	Michaelis R et al. Psychological treatments for people with epilepsy. Cochrane Reviews, 2017, Issue 10. Art. No.: CD012081.DOI: 10.1002/14651858.CD012081.pub2. This review contains 24 studies involving 2,439 participants.

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Cochrane systematic review link: <http://cochranelibrary-wiley.com/doi/10.1002/14651858.CD012081.pub2/full>