



This is a repository copy of *A multicenter evaluation of a brief manualized psychoeducation intervention for psychogenic nonepileptic seizures delivered by health professionals with limited experience in psychological treatment.*

White Rose Research Online URL for this paper:
<http://eprints.whiterose.ac.uk/104287/>

Version: Supplemental Material

Article:

Wiseman, H., Mousa, S., Howlett, S. et al. (1 more author) (2016) A multicenter evaluation of a brief manualized psychoeducation intervention for psychogenic nonepileptic seizures delivered by health professionals with limited experience in psychological treatment. *Epilepsy and Behavior*, 63. pp. 50-56. ISSN 1525-5050

<https://doi.org/10.1016/j.yebeh.2016.07.033>

Article available under the terms of the CC-BY-NC-ND licence
(<https://creativecommons.org/licenses/by-nc-nd/4.0/>)

Reuse

This article is distributed under the terms of the Creative Commons Attribution-NonCommercial-NoDerivs (CC BY-NC-ND) licence. This licence only allows you to download this work and share it with others as long as you credit the authors, but you can't change the article in any way or use it commercially. More information and the full terms of the licence here: <https://creativecommons.org/licenses/>

Takedown

If you consider content in White Rose Research Online to be in breach of UK law, please notify us by emailing eprints@whiterose.ac.uk including the URL of the record and the reason for the withdrawal request.



eprints@whiterose.ac.uk
<https://eprints.whiterose.ac.uk/>

Abstract

A multicentre evaluation of a brief manualised psycho-education intervention for Psychogenic Non Epileptic Seizures delivered by health professionals with limited experience in psychological treatment.

Rationale: The aim of this study was to add to our understanding of the impact of psychoeducation on patients' acceptance of the diagnosis of psychogenic non-epileptic seizures (PNES), the frequency of their seizures and their quality of life. The study also aims to evaluate the effectiveness of brief manualised psycho-education interventions for PNES, delivered by a more diverse range of clinicians and in a wider range of treatment settings.

Method: The final sample consisted out of 25 patients diagnosed with PNES by a Neurologist specialising in the treatment of seizure disorder and referred to the Psychotherapy Service. The study included patients from four centres, using a manualised psychoeducation intervention delivered over 4 sessions by specialist epilepsy nurses and assistant psychologists. All patients completed self-measure questionnaires for Seizure Frequency, Impaired Functioning, Psychological Distress, Illness Perception, Health Related Quality of Life; general and epilepsy specific, Symptom Attribution and patient's perception of usefulness and relevance of the intervention. All measures were collected at baseline and after the completion of the fourth session.

Results: All measured improved from baseline to post intervention, but this improvement was only significant for Core10 ($p < .05$) and BIPQ ($p < .01$). Out of the patients who provided post intervention information, 33% (6 out of 18) were completely free of seizures and an additional 33% (6 out of 18) had achieved seizure frequency reduction. In total, 67% (12 out of 18 patients) were either seizure free or experienced fewer seizures compared to the start of the intervention.

Conclusion: Brief manualised psycho-education intervention can reduce PNES frequency, improve the psychological distress and have an effect on patients' illness perceptions which should help them engage with a more extended psychotherapy programme if that was necessary. The intervention was carried out successfully by staff with relatively little training in delivering psychological interventions.

Key words: Psychogenic nonepileptic seizures, dissociation, conversion, psychotherapy, psychoeducation