

Target Area: Mood > Depression, Quality of life

<p>Ciechanowski et al. (2010), <i>Epilepsy &amp; Behaviour</i>, 19, 225-231.</p>	<p>PEDro score - 7/10</p>
<p><b>Method/Results</b></p>	<p><b>Rehabilitation Program</b></p>
<p><b>Design</b></p> <ul style="list-style-type: none"> <li>➤ <b>Study Design:</b> RCT</li> <li>➤ <b>Population:</b> 80 adults (42 females, <math>M_{age} = 44</math>) with ICD-9 epilepsy diagnosis and a Patient Health Questionnaire-9 (PHQ-9) score <math>\geq 10</math>. Excluded if pregnant or nursing, Bipolar or Psychotic Disorder, current psychiatric treatment or substance abuse.</li> <li>➤ <b>Groups:</b> <ol style="list-style-type: none"> <li>1. Usual Care (<math>n=40</math>, <math>M_{age} = 44.4</math>, <math>SD = 11.1</math>)</li> <li>2. PEARLS (<math>n=40</math>, <math>M_{age} = 43.4</math>, <math>SD = 11</math>)</li> </ol> </li> <li>➤ <b>Setting:</b> Patient in-home visits and phone contact for treatment of depression.</li> </ul> <p><b>Primary outcome measure:</b></p> <ul style="list-style-type: none"> <li>➤ Hopkins Symptom Checklist-20 (HSCL-20; 0, 6 &amp; 12 months)</li> </ul> <p><b>Secondary outcome measures:</b></p> <ul style="list-style-type: none"> <li>➤ Quality of Life in Epilepsy-31 (QOLIE-31; 0, 6 &amp; 12 months)</li> <li>➤ Participant-reported seizure frequency (with or without loss of consciousness)</li> <li>➤ Anti-depressant, Benzodiazepine and antiepileptic use over 6 month periods.</li> <li>➤ Satisfaction with epilepsy health care</li> </ul> <p><b>Results:</b> Significant decrease in depression severity and suicidal ideation v Usual Care group in 0-12 mth comparisons. No difference in overall QOL, seizure frequency, medication use or satisfaction with health care.</p>	<p><b>Aim:</b> To reduce depression symptoms in sufferers of severe epilepsy using PEARLS, a home based, multi-modal depression intervention over 12 months.</p> <p><b>Materials:</b> PEARLS treatment package, available from authors.</p> <p><b>Treatment Plan:</b></p> <ul style="list-style-type: none"> <li>➤ <b>Duration:</b> 12 months.</li> <li>➤ <b>Procedure:</b> Eight 50 min in-home sessions (weeks 1-3, 5, 7, 11, 15, &amp; 19), followed by monthly 5-10 min phone sessions with trained masters level social workers.</li> <li>➤ <b>Content:</b></li> <li>➤ Usual Care Group- Received notification of depression scores and encouraged depression treatment where appropriate. No further intervention applied.</li> <li>➤ PEARLS Group- Patients received problem solving training, psychoeducation for epilepsy and depression and were coached to participate in moderate physical activity (<math>\geq 30</math> mins, <math>\geq 5</math> times a weekly) and engage in pleasant social activities.</li> </ul>