

Target Area: Mood > Depression, Quality of life

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