

# Self-Management education for adults with poorly controlled epILEpsy [SMILE (UK)]: a randomised controlled trial

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**Declared competing interests of authors:** Leone Ridsdale secured funding from the Biomedical Research Centre at South London and Maudsley NHS Foundation Trust and King's College London. Laura H Goldstein reports that her independent research also receives support from the National Institute for Health Research (NIHR) Maudsley Biomedical Research Unit at the South London and Maudsley NHS Foundation Trust and King's College London. She receives royalties from Goldstein LH and McNeil JE (editors) *Clinical Neuropsychology. A Practical Guide to Assessment and Management for Clinicians*. 2nd edn. Chichester: Wiley-Blackwell, 2013; and from Cull C and Goldstein LH (editors) *The Clinical Psychologist's Handbook of Epilepsy: Assessment and Management*. Abingdon-on-Thames: Routledge; 1997. Sabine Landau reports grants from NIHR Maudsley Biomedical Research Unit at the South London and Maudsley NHS Foundation Trust and King's College London during the conduct of the study and received a grant from NIHR Health Technology Assessment. Stephanie JC Taylor is on the Health Technology Assessment Clinical Trials Board and reports grants from the NIHR Collaboration for Leadership in Applied Health Research and Care North Thames at Barts Health NHS Trust. The authors received a contribution from Sanofi UK to enable printing of the patient workbooks.

Published April 2018

DOI: 10.3310/hta22210

## Plain English summary

### Self-management education for adults with epilepsy

Health Technology Assessment 2018; Vol. 22: No. 21

DOI: 10.3310/hta22210

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## Plain English summary

**E**pilepsy affects up to 1% of people in the UK and some would like to know more about living with epilepsy and managing their seizures.

To help people who have epilepsy and a lot of seizures, we tested a group course called Self-Management education for adults with poorly controlled epILepSy or SMILE (UK).

The study had 404 people with epilepsy. People were asked questions about their general well-being ('quality of life'), health, whether or not they felt worried or depressed, and how epilepsy had an impact on their lives. The study also aimed to find out what people thought about the course and whether or not it could lower the costs of epilepsy care.

The results showed that people who were less happy with their general well-being may also feel depressed and worried, feel that others treat them differently and feel less able to control their epilepsy. They may not take their medicine as they should and they may have other health problems or a lot of seizures. At the end of the study, general well-being was the same between the people who took the course and those who did not. The course was not found to save costs for epilepsy treatment, but people said that learning in a group helped them feel less alone and let them open up to discuss feelings. They were also more confident, which improved their outlook and coping with epilepsy. However, some said that they had trouble recalling parts of the course because of memory problems.

The study testing SMILE (UK) for people with epilepsy in groups did not find any difference in general well-being in people 1 year after attending the course. But the course gave people the chance to learn from experts and, by talking with others, they felt less alone and more confident.



ISSN 1366-5278 (Print)

ISSN 2046-4924 (Online)

Impact factor: 4.236

*Health Technology Assessment* is indexed in MEDLINE, CINAHL, EMBASE, The Cochrane Library and the Clarivate Analytics Science Citation Index.

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## This report

The research reported in this issue of the journal was funded by the HTA programme as project number 09/165/01. The contractual start date was in June 2013. The draft report began editorial review in April 2017 and was accepted for publication in August 2017. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The HTA editors and publisher have tried to ensure the accuracy of the authors' report and would like to thank the reviewers for their constructive comments on the draft document. However, they do not accept liability for damages or losses arising from material published in this report.

This report presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health and Social Care. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health and Social Care.

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