Following a recent case encountered with the Therapy (CBT) in adults, have been treated using Cognitive Behavioural Therapy (CBT) in adults. They are thought to have a psychogenic origin, and as a result, have been treated using Cognitive Behavioural Therapy (CBT) in adults. Managed conservatively with reassurance and emphasis on positive diagnosis of FND. Reviewed the literature on the ongoing treatment of children with dissociative seizures using CBT.

### Methods

**Literature search:**
- Cochrane = 3 items
- Scopus = 25 items
- Ovid MedLine/Embase = 33 items
- PubMed = 53 items

**Total items** = 104
- **repeats** = 48
- **discarded** = 62
e.g. not English, not relevant, reviews, conference abstracts
- **Items included** = 4

### Search Results

<table>
<thead>
<tr>
<th>Study</th>
<th>Population</th>
<th>Type</th>
<th>Outcome</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>McFarlane et al 2018</td>
<td>22 children; 9 female</td>
<td>Case series, open-label treatment trial</td>
<td>Child Global Assessment Scale; Goal Based Outcomes; Revised Child Anxiety and Depression Scale; Strengths and Difficulties Questionnaire</td>
<td>Mean CGAS score increased from 43 to 66 (p &lt; 0.001). Mean GBO score increased from 2.78 to 7.79. RCADS and SDQ showed no significant improvement.</td>
</tr>
<tr>
<td>Robinson et al 2020</td>
<td>18 children; 9 female</td>
<td>Case series, open-label treatment trial</td>
<td>Child Global Assessment Scale; assessment in multidisciplinary clinic post-CBT</td>
<td>Mean CGAS score increased from 44 to 74 (p &lt; 0.001). 18 reported improvement; 14 reported resolution.</td>
</tr>
<tr>
<td>Fobian et al 2020</td>
<td>29 children; 21 female</td>
<td>Randomised control trial, open-label</td>
<td>Number of psychogenic non-epileptic seizures in the 7 days post-treatment</td>
<td>7-day seizure frequency reduced 9.9 to 0.6 in the treatment group, and 3.6 to 3.0 in the normal therapy control. This was highly significant (p&lt;0.0001).</td>
</tr>
<tr>
<td>Sawchuck and Buchhalter 2015</td>
<td>29 children; 22 female</td>
<td>Retrospective case series</td>
<td>Clinical remission at 12 month follow up, as stated in the notes</td>
<td>73% of the patients who received CBT achieved remission.</td>
</tr>
</tbody>
</table>

### Discussion

- Anecdotally*, there has been a spike in young people presenting with dissociative seizures coinciding with the series of lockdowns due to covid-19.
- Acutely, recognition is important to avoid iatrogenic harm.
- This case displays typical features: intact awareness, hyperventilation, < 4 limbs, ≥ 3 minutes; Unhelpful features: tongue biting, urinary incontinence, concurrent injury, post-ictal confusion.
- An initial diagnosis that is made positively (instead of framed as a diagnosis of exclusion) may empower children and families to make better use of services later.
- Ongoing management is multi-disciplinary, to include children’s psychological services.
- The evidence base for CBT in children is not as strong as it is in adults; 3 of 4 studies here are Class IV evidence and have a high risk of bias.
- CBT may reduce seizure frequency and quality of life.
- Interestingly, psychological outcomes did not improve as markedly, suggesting partial dissociability of the seizures from their psychological bases; in support of this, a significant minority of children have no background of mental health problems or identified psychological trigger.

### References & Acknowledgements

with thanks to Dr Alasdair Parker* for his thoughts...

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*References***


