

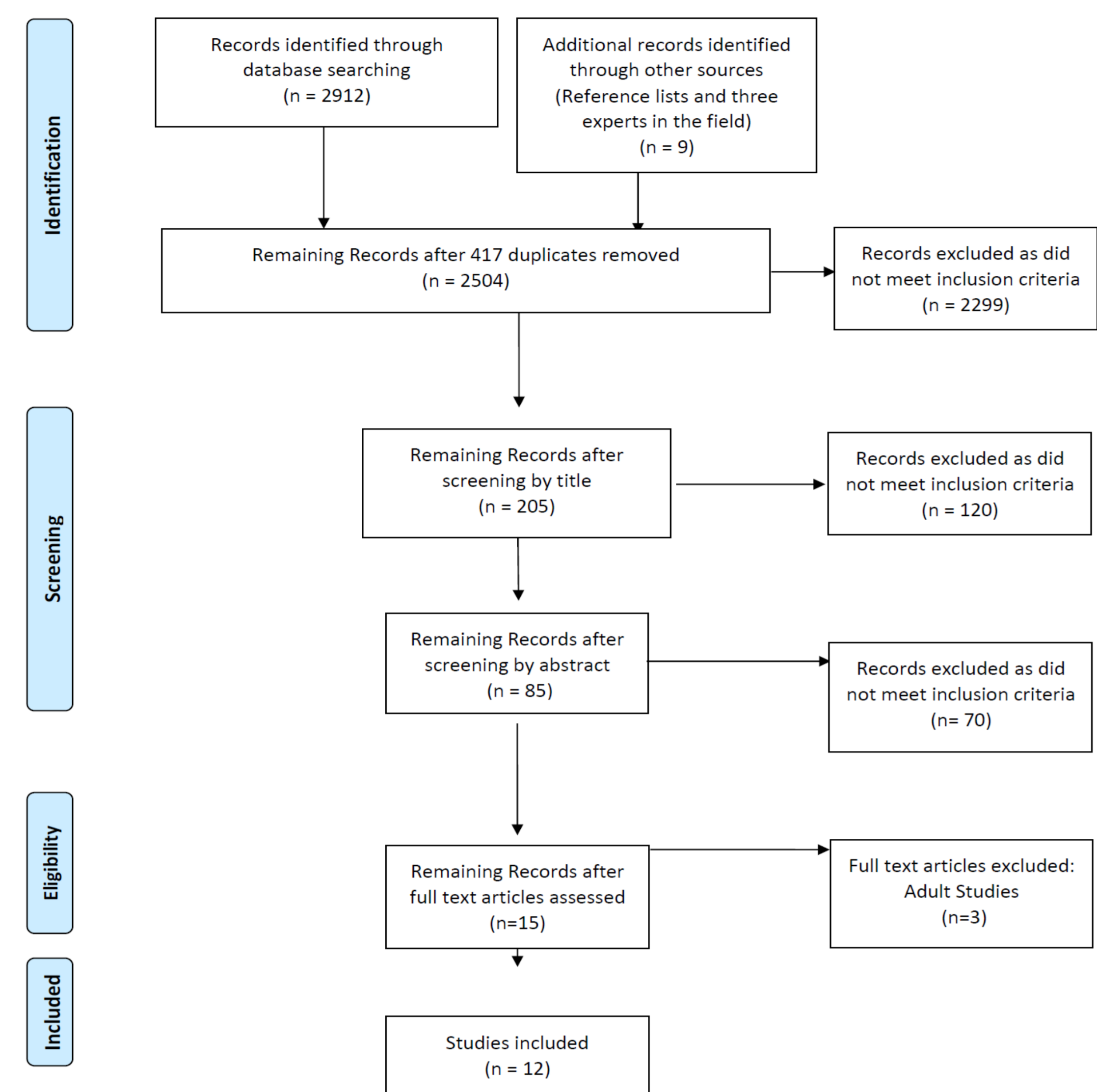
Title: The Effectiveness of Psychological Interventions for Children and Adolescents with Non-Epileptic Seizures

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BACKGROUND

This article systematically reviews the literature on the effectiveness of psychological interventions for NES in children and adolescents.

Figure : PRISMA (Moher, Liberati, Tetzlaff, Altman, & Group, 2009)



RESULTS

Twelve studies met inclusion criteria. Of these, four were set up with the primary aim of evaluating an intervention (Flewelling, Koehler, & Shaffer, 2020; Fobian, Long, & Szaflarski, 2020; Kozłowska et al., 2018; Terry et al., 2020) of which two used a control group, two were prospective outcome studies and eight looked at retrospective clinical data. Two studies evaluated a single treatment modality, the others multiple treatment components. Overall, psychoeducation, and top-down psychotherapy, such as cognitive therapies, were the most frequent interventions, with recent studies describing body-oriented (bottom-up) approaches. Analysis across all studies identified a range of additional intervention components which included assessment and / or treatment for co-morbidities, liaison with school and support for parents, highlighting the importance of individualised treatment packages. (see table).

METHODS

Embase, Medline and PsycINFO were searched to December 2020, for articles published in English, which used an objective measure to evaluate the outcome of a psychological intervention for NES. Further studies were identified from reference lists and experts in the field were contacted for unpublished studies.

Table 5 – Components of the Interventions. *N/D = Not Discussed

Components	Flewelling et al. (2020)	Fobian et al. (2020)	Terry et al. (2020)	Kozłowska et al. (2018)	Sawchuk et al. (2020)	Sawchuk & Buchhalter (2015)	Rawat et al. (2015)	Yoon young Yi et al. (2014)	Bhatia & Sapra (2005)	Gudmundsson et al. (2001)	Irwin et al. (2000)	Wyllie et al. (1990)
Co-operation /Collaboration between Physical and Mental Health Services.	✓	✓	✓	✓	✓	✓	✓	✓	x	x	✓	✓
Assessment and / or treatment for co-morbidities.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Termination of Anti-Epileptic Medications once NES diagnosis made	N/D	N/D	N/D	N/D	✓	✓	✓	4 ONLY HAD DOSE DECREASED	N/D	✓	✓	1 ONLY
Individualised treatment package (Sharing formulation with family)	✓	✓	x	✓	✓	✓	x	✓	✓	✓	✓	x
Support for parents	✓	✓	✓	✓	✓	✓	✓	x	x	✓	✓	x
Liaison with school	✓	✓	✓	✓	x	✓	x	x	x	✓	✓	x

CONCLUSIONS

There is a paucity of studies specifically evaluating interventions for NES. Though a range of approaches have been described in managing this patient group, with generally positive outcomes, it is not possible to conclude from the available literature that one treatment approach is superior to another, though the information may be helpful in developing management guidelines.

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