

## ABSTRACT

Past studies revealed that patients with epilepsy reported significantly lower quality-of-life. This finding spurred extensive research on effective intervention for improving patients' quality-of-life. Recent studies documented the effectiveness of cognitive-behavioral therapy for improving quality-of-life, yet no such program was held for patients with epilepsy in Hong Kong. The aim of the present study was to explore the efficacy of cognitive-behavioral therapy for improving quality-of-life of Hong Kong patients with epilepsy. Seventeen patients with epilepsy were recruited from Queen Elizabeth Hospital. Baseline measurement of their seizure frequency and quality-of-life was obtained from the initial interview. QOLIE-31, BAI, STAI-S, CES-D, and SWLS were employed as the outcome measures. Repeated measures analysis of variance was used. Results showed that treatment group had significantly higher overall score on QOLIE-31 than the control group. Results also revealed that treatment group exhibited markedly higher score on the "emotional well-being" subscale of the QOLIE-31. Consistent with Western research findings, the present results suggested that cognitive-behavioral therapy was effective on enhancing the quality-of-life of Hong Kong patients with epilepsy.