

ABSTRACT

This study was conducted to examine the outcome of seizure management by a group based cognitive behavioral approach. A treatment group (n=8) was matched with a waitlisted control group (n=9) in a demographic variables matched design with pre-intervention assessment and post-intervention assessment. The instruments used were the multi-dimensional health locus of control (MHLC) scale, Epilepsy Self-Efficacy Scale (ESES). Seizure Severity Questionnaire (SSQ). ANCOVA was used as the main statistical tool for analysis. Though initial findings revealed no significant reduction in seizure frequency, an increase in self efficacy and internal locus of control was shown as hypothesized. Marginal significant reduction in perceived seizure severity was also revealed. The difficulties in reducing seizure frequency by psychological intervention were discussed. The implication of improvement in psychological functioning as revealed in self efficacy and health locus of control was discussed in the context of management of patients with epilepsy.