Brief Cognitive Behavioral Psychological Intervention in Adolescents with Epilepsy Transitioning to Young Adulthood

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Abstract:

Epilepsy is a chronic, degenerative condition. In Mexico, various reports indicate that its prevalence ranges from approximately 3.9 to 42 cases per 1,000 inhabitants, with notable variations between urban and rural regions. Simultaneously, the transition from adolescence to young adulthood is characterized by significant biological, cognitive, psychological, and social changes that prepare individuals for adult life. Research conducted at the National Autonomous University of Mexico highlights that this stage involves critical transformations in identity and sociability.

Both areas may be compromised if patients lack the necessary tools to manage the condition effectively. This process can become particularly complex for patients who do not seek or receive psychological care or multidisciplinary support to assist them through this transition.

The present case studies involve two adolescents diagnosed with epilepsy at the Neuropediatrics Department of the General Hospital of Mexico. Participants were recruited through a voluntary call for adolescents transitioning into young adulthood. The objective was to foster a multidisciplinary effort that empowers emerging adults to take responsible and autonomous charge of their ongoing epilepsy care.