

Psychological Intervention in Adolescents with Epilepsy in Transition to Young Adulthood

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Abstract

Epilepsy is a chronic neurological disorder usually diagnosed in childhood and adolescence. It has implications for biopsychosocial well-being, that is it affects quality of life, emotional and social development. Through the transition from adolescence to early adulthood, the adolescents with epilepsy not only have to deal with the symptoms of the disorder itself, but also all the changes associated with independence, self-care and adherence to their treatment causing emotional problems such as anxiety and depression. The objective of this research is to analyse the impact of a brief psychological intervention on the transition from adolescence to early adulthood in adolescents with epilepsy with emphasis on its effect on anxiety, depression and the process of preparation of transition.

Method: A brief intervention consisting of 10 sessions with a cognitive-behavioural approach was conducted.

Results: The findings showed a significant improvement in self-care, autonomy, emotional expression and emotion regulation. Treatment adherence also improved. Additionally, there was a significant reduction in anxiety and depression, along with greater acceptance and readiness for the transition to adult healthcare services.

Conclusions: Brief psychological interventions for adolescents with epilepsy demonstrated positive changes in the well-being of these patients during the transition to young adulthood.

Disclosures: With the authorisation of the General Hospital of Mexico, the participants in this study were patients of this hospital and received care at the same facilities.