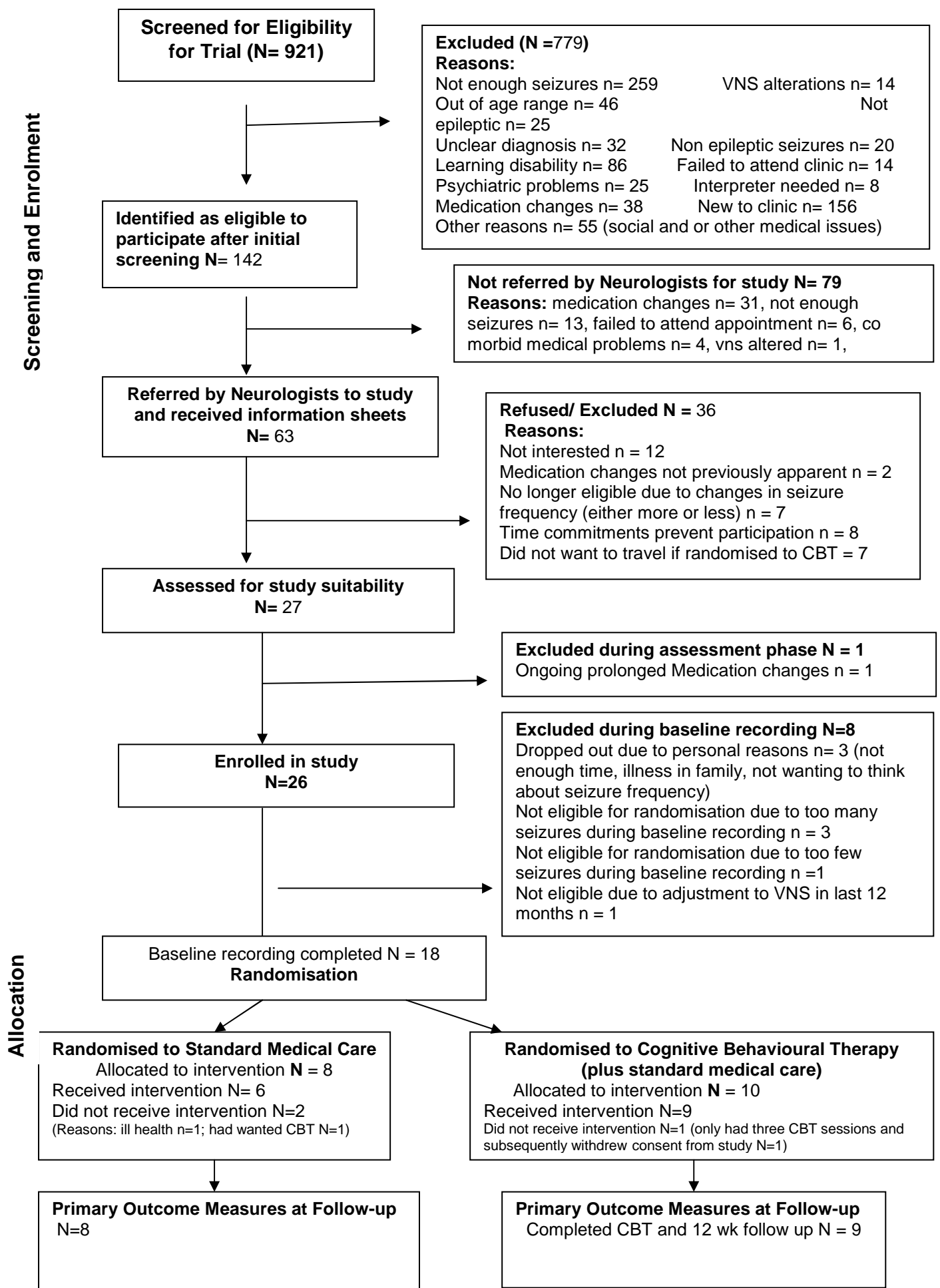


Figure 1. Study Flow (CONSORT) Diagram



CBT For Epilepsy. Figure 1. STUDY FLOW

Table 1 Baseline characteristics of patients whose data were analysed for the study

	CBT (n=9)	SMC (n=8)
Gender	7f, 2m	3f 5m
Age at onset of epilepsy Mean (sd)	23.78 (15.11)	10.06 (7.67)
Duration of epilepsy (years) Mean (sd)	21.67 (12.83)	36.25 (12.29)
Current age (years) Mean (sd)	45.44 (11.40)	46.38 (8.47)
Diagnoses	CPS-temporal x 4 CPS- frontal x1 Extratemporal SPS x2 Juvenile Absence Epilepsy x1 Post-encephalitic Generalised Tonic Clonic Seizures x 1	CPS- temporal x 7 CPS-frontal x1
Number with secondary generalised seizures	3	2
Number with only/predominantly nocturnal seizures	2	1

CPS Complex partial seizures

SUMMARY OF RESULTS

	Baseline		End of treatment		8 week follow-up		12 week follow-up	
Primary Outcome	CBT	SMC	CBT	SMC	CBT	SMC	CBT	SMC
Log transformed Total number of seizures in previous 4 weeks Mean (sd)	0.99 (0.45)	1.11 (0.34)	0.75 (0.74)	0.90 (0.52)	0.74 (0.58)	0.76 (0.43)	0.69 (0.49)	0.81 (0.57)
SECONDARY OUTCOMES								
	Baseline		End of treatment		8 week follow-up		12 week follow-up	
Secondary outcomes	CBT	SMC	CBT	SMC	CBT	SMC	CBT	SMC
HADS Anxiety Mean (sd)	9.8 (3.2)	7.8 (4.0)	6.8 (4.3)	7.2 (3.2)	8.9 (3.2)	7.8 (4.1)	9.2 (5.8)	7.3 (4.4)
HADS Depression Mean (sd)	5.4 (3.7) (1.32)	5.9 (3.9) (1.39)	4.7 (3.6) (1.21)	5.5 (4.0) (1.63)	5.0 (3.5) (1.17)	5.7 (4.4) (1.80)	5.7 (4.4) (1.48)	6.3 (4.9) (1.75)
Log transformed Liverpool Seizure Severity Scale (Total score) Mean (sd)	0.87 (0.39)	1.10 (0.32)	0.69 (0.52)	0.84 (0.50)	0.62 (0.59)	0.96 (0.52)	0.58 (0.53)	0.99 (0.50)
QOLIE_31 Energy Mean (sd)	46.7 (13.6)	44.7 (22.3)	51.7 (21.2)	47.5 (16.9)	53.9 (19.8)	46.9 (27.6)	53.9 (19.8)	46.9 (27.6)
QOLIE-31 Emotion Mean (sd)	59.1 (16.9)	59.5 (22.9)	68.9 (13.8)	66.7 (17.3)	62.2 (20.6)	65.3 (20.7)	54.2 (23.2)	62.5 (22.8)
QOLIE-31 Daily Activity Mean (sd)	65.0 (25.9)	64.9 (22.5)	68.3 (21.7)	61.8 (19.2)	67.2 (24.4)	54.7 (23.7)	57.1 (34.0)	56.4 (28.2)
QOLIE-31 Mental Activity Mean (sd)	50.6 (23.7)	58.3 (25.3)	57.5 (30.8)	54.9 (19.3)	51.3 (30.8)	59.8 (20.7)	54.8 (27.9)	55.9 (31.15)
QOLIE-31 Effect of drugs Mean (sd)	48.1 (32.2)	59.9 (24.4)	43.5 (30.9)	58.4 (25.7)	56.5 (29.6)	67.6 (30.3)	60.2 (31.2)	64.2 (31.9)
QOLIE-31	53.4	60.6	66.3	67.8	64.5	74.9	61.4	67.8

SUMMARY OF RESULTS

Distress about seizures Mean (sd)	(31.8)	(31.6)	(24.4)	(15.8)	(37.1)	(27.1)	(36.1)	(32.8)
QOLIE-31 Overall QoL Mean (sd)	54.9 (14.2)	56.1 (13.4)	67.5 (16.4)	62.5 (12.0)	63.3 (18.3)	64.6 (16.9)	56.7 (23.6)	55.3 (17.6)

HADS Hospital Anxiety and Depression Scale; QOLIE-31 Quality of Life In Epilepsy-31

Data for CSRI and EQ-5D not currently available