



Feasibility of Utilizing an App Based Digital Cognitive Behavioral Intervention in Patients with Epilepsy



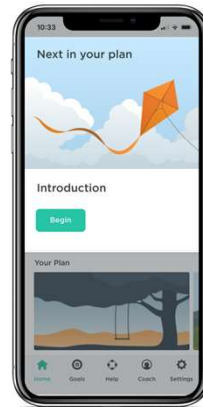
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BACKGROUND

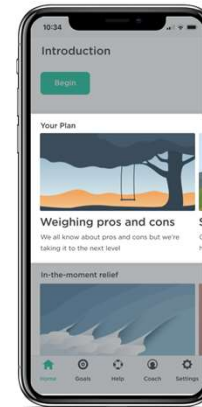
- Mood and anxiety disorders are common in people with epilepsy
- Depression is the single most important factor in predicting health-related quality of life (Kwon 2014)
- Traditional cognitive behavioral therapy (CBT) is recommended to treat patients with depression and anxiety in patients with epilepsy (Michaelis 2018)
- Implementation of a coached digital cognitive behavioral intervention (dCBI) via an app may help improve access to CBT
- App-based dCBI has been previously evaluated in other chronically ill populations (Szigethy 2021)
- We evaluated the feasibility of utilizing app-based dCBT as a first line intervention in patients with epilepsy and anxiety or depression at an epilepsy center at an academic hospital

RXWELL

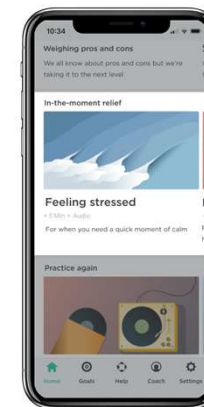
Next in your plan



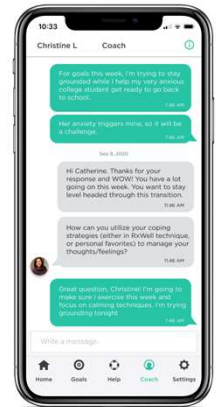
Your plan



In-the-moment relief



Text with coach



METHODS

- Patients 18 years and older with anxiety and/or depressive symptoms were offered a dCBI (an app called RxWell) during routine clinic visits at Epilepsy Center
- RxWell provides cognitive behavioral techniques enhanced by within-app text messaging with a health coach
- Both epileptologists and behavioral health-care providers prescribed RxWell through the electronic medical record
- We tracked patient interactions with RxWell, and patients completed anxiety (General Anxiety Disorder-7) and depression (Personal Health Questionnaire-9) baseline scores through the app

ESCALATION PLAN



RESULTS

Female	65% (n = 95)
Downloaded app?	45% (n = 67)
Mean # of completed techniques	1.5
Interacted with coach?	36% (n = 24)
Baseline GAD-7	12.7 (SD 5.6)
Baseline PHQ-9	13.2 (SD = 5.6)

CONCLUSIONS

- Patients with epilepsy and anxiety or depression are willing to use app based dCBT
- Engagement with the app and digital coach by patients and providers was substantial, although lower than has been seen in other settings (Szigethy 2021)
- Patients had moderate baseline depression and anxiety scores

REFERENCES

• Kwon OK, Park SP. Depression and anxiety in people with epilepsy. *J Clin Neurosci*. 2014 Jul;10(3):175-88.

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• Szigethy E et al. A Coached Digital Cognitive Behavioral Intervention Reduces Anxiety and Depression in Adults With Functional Gastrointestinal Disorders. *Clin Transl Gastroenterol*. 2021 Dec; 7:12(12):e00486.