

# What is mental health 'Treatment as Usual' for children with epilepsy: Preliminary Findings.



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## Background

- Children and young people (CYP) with epilepsy are at greater risk of developing mental health difficulties
- Mental health difficulties are often undiagnosed, unrecognised and untreated
- Lack of research exploring the types of mental health treatment received in routine care

## Mental Health Intervention for Children with Epilepsy (MICE)

- Investigating the efficacy of MATCH-ADTC
- Treatment based on principles of Cognitive Behavioural Therapy (CBT)
- Two-armed randomised control trial (RCT)
  - MATCH therapy + Treatment as Usual (TAU)
  - TAU



## Aims

- 1 •What does TAU look like for this population?
- 2 •Are our patients getting any mental health treatment?
- 3 •If they are, what/where do they get support?
- 4 •What contact do our patients have with other physical health services/professionals?

## Methods

### Study eligibility:

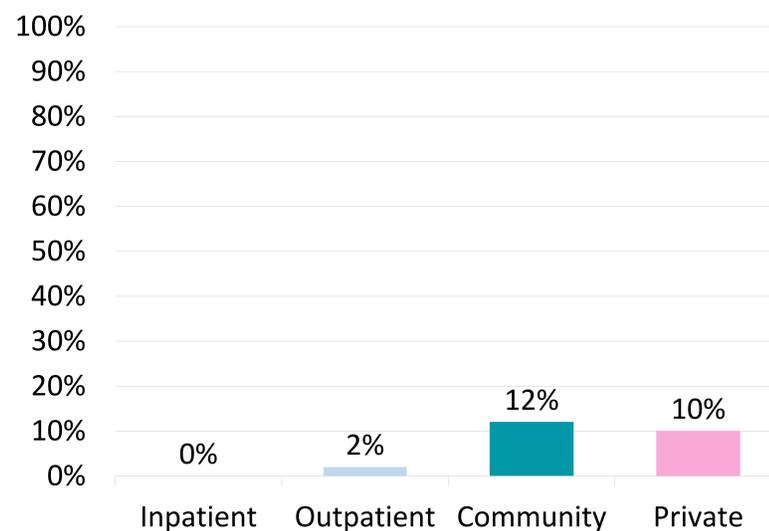
- Aged 3-18 years and attending paediatric epilepsy clinics

### Including in this analysis:

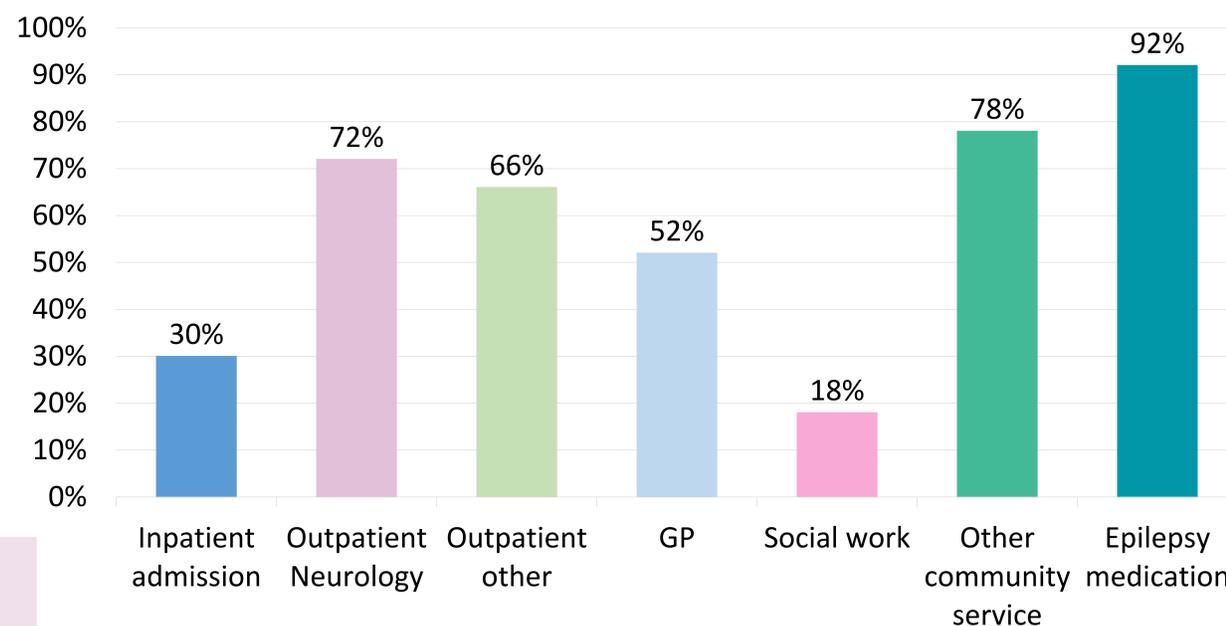
- Participants had to fully complete at least their 6-month follow up between August 2019 and January 2021

## Results

% of TAU patients having contact with mental health services



% of TAU patients having contact with non-mental health services



8% of participants received CBT across community and private settings

## Discussion

- CYP with epilepsy are having very little mental health support despite multiple contacts with non-mental health services
- This may be due to separation of epilepsy and mental health services
- Emphasises the importance of investigating psychological interventions for CYP with epilepsy

## Limitations

- Data collected during COVID-19, where many appointments cancelled or delayed
- Data relies on parents to recall all contacts over a 6-month period
- Analysis is ongoing and findings are preliminary

## Conclusion

- Highlights the need for integrated physical and mental healthcare and easily accessible mental health interventions for children with epilepsy, such as CBT