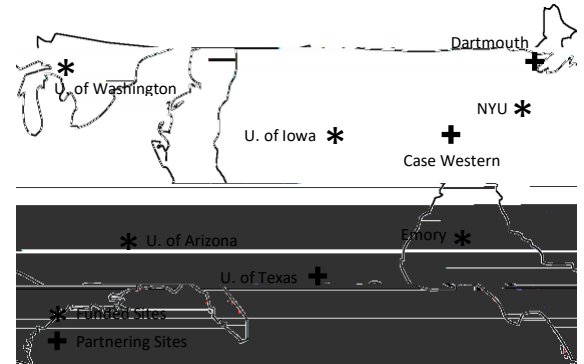










## At-a-Glance 2022

The Centers for Disease Control and Prevention (CDC) supports the Managing Epilepsy Well (MEW) Network, whose mission is to advance epilepsy self-management by facilitating and implementing research, conducting research in collaboration with network and community stakeholders, and broadly disseminating the findings.



### EVIDENCE-BASED EPILEPSY SELF-MANAGEMENT PROGRAMS:

- **HOBSCOTCH** (Home Based Self-management and Cognitive Training Changes Lives): a behavioral program designed to address memory and attention problems in adults. (*Caller, T. A., et al. Epilepsy Behav 2016,57(Pt A): 111-117*). 
- **PACES** (Program for Active Consumer Engagement in Epilepsy Self-Management): an in-person and phone-based program developed to improve self-management and related health outcomes in adults (*Fraser et al. Epilepsia, 2015, 56(8):1264-74*). 
- **Project UPLIFT** (Using Practice and Learning to Increase Favorable Thoughts) **for Epilepsy**: a phone-based program designed to prevent or reduce depression in adults. (*Thompson et al., Epilepsy Behav, 2010, 19(3):247-254; Thompson et al, J Consult Clin Psych, 2015, 83(2):304-313*). 
  - **Project UPLIFT (Español)**: UPLIFT was adapted for use with Hispanic and Spanish-speaking adults with epilepsy and shown to be effective. (*Spruill et al, Translat Behav Med 2021*)
- **SMART** (Self-Management for People with Epilepsy and a History of Negative Health Events): a phone- and web-based program that uses peer-support to promote connection and teach skills to minimize seizure risk and increase health-enhancing behaviors among adults with poorly controlled epilepsy. (*Sajatovic M, et al. Epilepsy Behav, 2019, 96(2370243)*). 
- **TIME** (Targeted Self-Management for Epilepsy and Mental Illness): a person-centered, holistic program for adults with severe and persistent mental illness (*Sajatovic M, et al. Epilepsy Behav. 2016 Nov;64(Pt A):152-159*). 
- **MINDSET** (Management Information & Decision Support Epilepsy Tool): a tablet-based clinical aid for both the English- and Spanish-speaking patient and health-care provider to improve communication about self-management (*Shegog et al. Epilepsy Behav 2020 113(107552)*). 

### PROMISING PROGRAMS:

- **PAUSE to Learn Your Epilepsy** (Personalized Internet Assisted Underserved Self-Management of Epilepsy): an on-line and video-conference self-management program using epilepsy.com education modules for adults (*Pandey et al. Epilepsy Behav 2020;111(107228)*).
- **Project UPLIFT Adaptation for Racial/Ethnic Subgroups**: Adaptation and evaluation of UPLIFT for African-American and Hispanic adults (*Quarells RC et al. Epilepsy Behav 2019(99):106422*).



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## LEGACY EVIDENCE-BASED PROGRAMS:

- **PEARLS** (Program to Encourage Active Rewarding Lives): a home-based, collaborative-care depression treatment intervention for adults with epilepsy (*Chaytor et al., Epilepsy Behav, 2011, 20(3):545-549*).
- **WEBEASE**: An Internet self-management program to improve medication, stress, and sleep. (*Dilorio, et al. Epilepsy Behav, 2011,22(3):469-474*).

## SELECT STUDIES AND PUBLICATION LIST:

- Jobst BC. Progress in chronic disease: self-management for patients with epilepsy. *Ann Intern Med* 2019;171:137-138.
- Sajatovic M, Johnson EK, Fraser RT, Cassidy KA, Liu H, Pandey DK, Quarells RC, Scal P, Schmidt S, Shegog R, Spruill TM, Janevic MR, Tatsuoka C, Jobst BC. Self-management for adults with epilepsy: Aggregate Managing Epilepsy Well Network findings on depressive symptoms. *Epilepsia* 2019;60(9):1921-2931.
- Sajatovic M, Jobst BC, Shegog R, Bamps YA, Begley CE, Fraser RT, Johnson EK, Pandey DK, Quarells RC, Scal P, Spruill TM, Thompson NJ, Kobau R. The Managing Epilepsy Well Network: Advancing Epilepsy Self-Management. *Am J Prev Med.* 2017 Mar;52(3S3):S241-S245.
- Helmers, S. L., Kobau, R., Sajatovic, M., Jobst, B. C., Privitera, M., Devinsky, O., Labiner, D., et al. (2017). "Self-management in epilepsy: Why and how you should incorporate self-management in your practice." *Epilepsy Behav, 2017;68:220-224*.
- DiIorio et al. (2010). "The Prevention Research Centers' Managing Epilepsy Well Network". *Epilepsy Behav, 19(3): 218-224*.
- CDC. The Managing Epilepsy Well Network and Selected Self-Management Programs Putting Collective Wisdom to Work for People with Epilepsy. <https://www.cdc.gov/epilepsy/pdfs/MEW-Final-Booklet-2016-508-final.pdf>
- 75+ peer-reviewed publications and 7 book chapters for MEW research studies available at: <https://managingepilepsywell.org/scientific-publications>

## TOOLS AND TRAINING:

- Adult Epilepsy Self-Management Measurement Instrument (AESMMI): <https://managingepilepsywell.org/instruments-for-researchers>
- The MEW Network supports on-going provider training and technical assistance support for providers interested in implementing the programs. For more information, please contact [MEWPrograms@hitchcock.org](mailto:MEWPrograms@hitchcock.org).

[www.ManagingEpilepsyWell.org](http://www.ManagingEpilepsyWell.org)

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