



What we know

- Dissociative Seizures affect around 12-20% of people presenting to epilepsy clinics
- Individuals often struggle with additional psychological and physical difficulties
- Quality of life can be low
- Treatment is often unavailable

"I just stopped going out. I didn't do anything and didn't go anywhere... Almost to the point I think, that we sort of isolated ourselves from everybody cos I was too frightened to go out"

Participant before the trial

The Trial

- 368 people received treatment across 62 NHS services in the UK
- Roughly half the people saw a medical specialist alone and the others saw a medical specialist and a trained CBT therapist



If any of the information you have read in this leaflet has caused you distress please contact your GP or any of the services listed below for crisis support:

HopeLine UK

☎ 08000 684141 or ✉ pat@papyrus-uk.org

Samaritans

Emotional support for anyone in distress

☎ 116 123

MIND

☎ 0300 123 3393 or text 86463

CALM (for men 5pm-12am)

☎ 0800 58 58 58



For further information and support relating to dissociative seizures:

FND Hope: fndhope.org

FND Action: www.fndaction.org.uk

Neurosymbols.org

<http://www.nonepilepticattacks.info/>

For more information about the trial contact the CODES team:

✉ CODESTrial@kcl.ac.uk



NIHR | National Institute for Health Research

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Cognitive Behavioural Therapy for Dissociative (Non-Epileptic) Seizures



Dear Participant,

Thank you for taking part in the CODES trial. As we have now completed our research into using CBT to treat Dissociative Seizures, we are happy to share our results with you. This leaflet gives you a summary of our results and you can access a link to the report on our website:

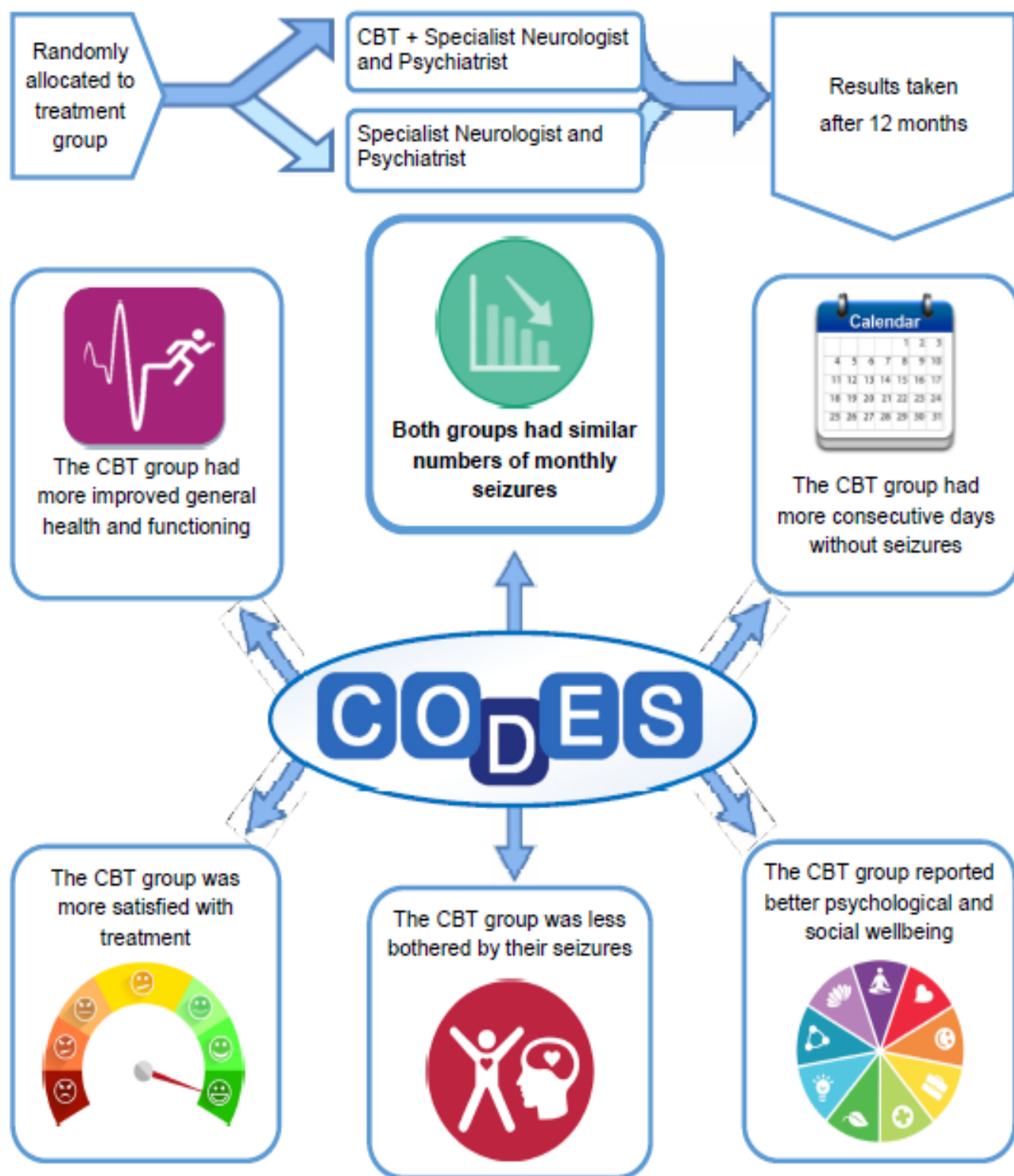
www.codestrial.org



"CODES gave me hope that they were doing something specifically for this diagnosis... that's so good, there's people out there who are going to help me do it and there's other people that are like me"

Participant after the trial

OUR FINDINGS



Seeing a CBT therapist in addition to a neurologist and psychiatrist improves how people feel about themselves and their seizures and also how they function on a day-to-day basis. We hope this study will improve the quality and quantity of services made available for people with dissociative seizures.

We recognise that these results might not apply to everyone who took part in the study.