Abstract

The main objective of the research was to study the psychosocial impact of epilepsy and to evaluate the differential impact of the intervention programs implemented for people with epilepsy in the city of Mumbai. Hence, the study was an attempt to evaluate the effectiveness of a comprehensive module using different psychotherapeutic interventions; namely Family Therapy, Cognitive Behaviour Therapy and Yoga, in relation to the psychological variables (namely depression, self esteem, parental attitudes and family relationships) affecting people living with epilepsy.

In this study the classical experimental group-control group design helped evaluate the differential impact of the three intervention programs. The experimental groups and the control group were pre-tested prior to the interventions. There were eleven participants in each of the experimental groups and eleven in the control group. Therefore the total sample size of the study was N=44 and the data analysed and discussed is based on those 44 participants. The male female ratio was that of 28:16 respectively. The age group ranged from 18 yr. to 40 yr. with the mean age being 25.7 yrs.

The results indicated that the intervention modules had a positive impact on the variables under study i.e. self esteem, depression, family relations and parental attitudes as the post test scores decreased significantly for all the three experimental groups.
With regards to the control group there was no difference hypothesised between pre test and post test data. Contrary to the hypothesis there was a significant increase in all the variables highlighting continuous detrimental impact of epilepsy for participants in the control group. The evaluation of the differential impact of the intervention modules indicated that Yoga emerged as a form of therapy that had an overall beneficial impact where in there was a significant decrease in scores on all the variables under study, followed by CBT which impacted the variable of self esteem to a greater extent compared to the other psychological variables which were under study. A family relation as a variable emerged as the most challenging variable to work upon and was benefited only for the group that received family therapy.

The findings of the study are clearly indicative of the positive impact of psychotherapy and yoga used as a form of therapy and reinforces the need for such planned comprehensive interventions to help people effectively manage their epilepsy.