

Table 2: Clinical assessments – total scores pre- and post-intervention (n=8).

Assessment	Pre-intervention, mean \pm SD	Post-intervention, mean \pm SD	p-value
Epilepsy Self-Efficacy Scale (ESES)	264 \pm 48	279 \pm 55	0.2070
Epilepsy Self-Management Scale (ESMS)	132 \pm 13	143 \pm 20	0.1235
Patient Weighted Quality of Life in Epilepsy (QOLIE-10-P)	27 \pm 7	25 \pm 9	0.5740
Generalized Anxiety Disorder-7 (GAD-7)	5 \pm 4	5 \pm 5	0.8326
Neurological Disorders Depression Inventory in Epilepsy (NDDI-E)	11 \pm 3	11 \pm 5	0.9435