

WHAT IS WEBEASE?

WebEase stands for WebEpilepsy, Awareness, Support, and Education. It is a free, web-based self-management program for adults with epilepsy. WebEASE was developed with funding from the Centers for Disease Control and Prevention (CDC). The program is included among CDC's evidence-based epilepsy self-management programs.

THE GOAL

Adults with epilepsy set goals and create a personal plan to improve or maintain self-management skills, including:

- Taking medications as prescribed.
- Managing stress.
- Getting a good night's sleep.

REASONING BEHIND WEBEASE

- ✓ Not taking medicines as prescribed, managing stress, and getting quality sleep can increase the frequency of seizures.
- ✓ Learning epilepsy self-care skills to take medications, manage stress, and get quality sleep can help reduce seizures.
- ✓ By setting personal goals, people can make a plan to manage these behaviors.
- ✓ Tracking medicine taking, stress levels, and sleep amount and quality can help improve these behaviors.



PROGRAM SYNOPSIS

GENERAL DESCRIPTION

WebEase is a self-paced, online self-management program. There are 3 major components to the program: Epilepsy Assessment, Learning Modules, and MyLog. The sections below describe each of these three components:

Epilepsy Assessment: Adults with epilepsy answer a few questions about their epilepsy, such as what medications they take, the types of seizures they have, what are seizure triggers, how well and how much they sleep, and how stress affects them.

Learning Modules: WebEase has 3 learning "modules," each on a different topic: medication, stress, and sleep. Adults with epilepsy can choose which module to access, based upon what is important for them. Going through a module, they:

1. Read information at their own pace and respond to questions.
2. Receive personalized feedback based on their answers.
3. Listen to testimonials and watch others as they talk about their experiences with epilepsy.
4. At the end of a module, set a small, achievable goal to improve the way they can manage their epilepsy, medications, sleep or stress.
5. Check in about a week later and look at what they were able to achieve.



MyLog: An online health diary in which adults with epilepsy can track their seizures, medications, seizure triggers, stress, and sleep. MyLog can help them see patterns that may be related to their seizures. WebEase uses the information they track to personalize their experience and to fit their unique needs.

Supplemental Materials: People can use WebEase to watch videos of others who have dealt with similar issues or read from trusted on-line sources. They also can read more information about epilepsy at other weblinks.

DESIRED OUTCOMES

- Teach adults with epilepsy skills to take medications, manage stress and get quality sleep
- Teach adults with epilepsy how to set self-care goals
- Increase self-efficacy in epilepsy self-management behavior
- Improve quality of life

MEASURES AND EVALUATION ACTIVITIES

- ✓ epilepsy-related knowledge
- ✓ medication adherence
- ✓ stress management
- ✓ sleep time and quality
- ✓ epilepsy self-efficacy

ESSENTIAL PROGRAM COMPONENTS

- Epilepsy self-assessment
- Completion of 3 modules
- Completion of MyLog at registration

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TARGET POPULATIONS

WebEase is for adults, 18 years of age or older, diagnosed with epilepsy and who are interested in improving the way they manage their condition.



PROGRAM COSTS

There is no cost for participation in this program.



RESOURCE REQUIREMENTS

- Computer, laptop, tablet, or smart phone
- Internet access



Health Outcomes and Evidence Supporting the Outcomes

WebEASE was developed and tested by Emory University, funded by the CDC. The initial study was a randomized, controlled trial (RCT) in the community setting between 2008 and 2010. The study objectives were to determine if older adolescents and adults who participate in the WebEase program show improvement in epilepsy-related knowledge, medication adherence, stress management, sleep time, and quality of life. Participants for this study were recruited through epilepsy-based websites and forums, online clinical research matching services, and referrals from health care professionals. Individuals who enrolled in the WebEase study were those who found information about WebEase on their own by searching online epilepsy and research sites, were sent information about WebEase by online clinical research matching services, or learned about WebEase from health care professionals, family, or friends. After informed consent, participants completed a baseline assessment and were randomly assigned to the intervention (T) or wait list control condition (WLC). Participants assigned to the intervention condition began WebEase immediately after completing the baseline assessment, while those in the wait-list control condition waited 6 weeks and completed a second survey before beginning the WebEase program. Both groups completed a third survey 12 weeks after the baseline assessment.

Participants were randomized to a treatment (T) or waitlist control (WCL) group (n = 148). At follow-up, participants in the T group reported higher levels of medication adherence than those in the WLC group. Analyses were also conducted comparing those who had completed WebEase modules with those who had not. Those who had completed at least some modules within the WebEase program reported higher levels of self-efficacy and a trend toward significance was observed for the group × time interactions for medication adherence, perceived stress, self-management, and knowledge. The results highlight the usefulness of online tools to support self-management among people with epilepsy.

REFERENCES

Dilorio C, Bamps Y, Escoffery C, Reisinger-Walker E (2011). Results of a Randomized Controlled Trial: Evaluating WebEase, an Online Epilepsy Self-Management Program. *Epilepsy & Behavior*, 22(3): 469-474. doi:10.1016/j.yebeh.2011.07.030



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