



CAN STRESS MANAGEMENT HELP YOUR SEIZURES?

You may be able to participate in a new study using a non-medication stress management technique if you:

1. Have 2 or more seizures per month (on average)
 2. Think that stress or other factors may trigger some of your seizures
 3. Are 18 years or older and reliably take your medication
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This study investigates if a stress reduction intervention can reduce the frequency of seizures in patients with epilepsy.

Participants will be asked to enter data into a smartphone diary 2-3 times a day for 8 weeks. After that, participants will be trained in one of two focused attention practices and will be asked to practice with an audio recording 2-3 times a day and to continue to keep the electronic diary for another 12 weeks. The study involves 4 visits over 5 months.

Participants will receive \$60 per month during the first two months of the study and then \$120 per month for the last three months of the study. Participants will also receive money for transportation.

This research will take place at:
University of California, San Francisco
400 Parnassus Avenue
San Francisco, CA 94143

For more information, contact the SMILE Study Coordinator, **Stacey Balter**, at **408-315-4243**.