

## NYU MEW Study

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## Who are we?

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This study is coordinated by the NYU Managing Epilepsy Well (MEW) Network Center, a team of researchers from the Departments of Neurology and Population Health at the NYU Grossman School of Medicine. We are one of five Centers in the MEW Network conducting research to advance epilepsy self-management.

This study is funded by the Centers for Disease Control and Prevention.

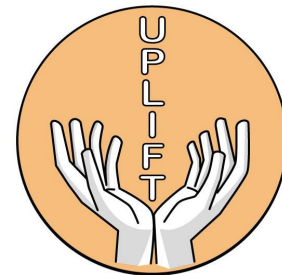
**You can read more about the MEW Network online:**

[managingepilepsywell.org](http://managingepilepsywell.org)



Managing Epilepsy  
Well Network

## NYU Managing Epilepsy Well (MEW) Study



For more information,  
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or

**[MEW@nyulangone.org](mailto:MEW@nyulangone.org)**

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## What is the goal of the study?

The purpose of this research study is to test two telephone-based programs for adults with epilepsy to see whether they improve mood, quality of life and seizures.

## Who can participate?

Adults with epilepsy may participate, if they are eligible. We plan to enroll 120 participants in this study.

## What does the study involve?

### Screening

If you would like to participate, you will complete a short interview to see if you are eligible for the study. This may be done in-person or by phone.

## Baseline visit

If you are eligible and choose to participate, you will complete a baseline visit. You will be asked questions about yourself, your epilepsy and general health, your mood and your quality of life. This visit may be completed by phone or online.

After completing the baseline visit, you will be assigned, by chance, to one of two programs: BOOST or UPLIFT.

## Follow-up visits

You will complete follow-up visits at 3 months, 6 months and 12 months after your baseline visit. During these visits you will complete questionnaires about your epilepsy and general health, your mood, and your quality of life. These visits may be completed by phone or online.

## What are the different study programs?

The **BOOST** and **UPLIFT** programs both involve participating in 8 weekly telephone sessions with a small group of people with epilepsy. Each session is led by an instructor and lasts about 1 hour.

**BOOST** is a support program for people to share their experiences with managing epilepsy.

**UPLIFT** is a program that teaches mood self-management skills to people with epilepsy.

The chance of being in each group is 50%.

## Will I be compensated?

If you are eligible and decide to participate, you will receive \$25 for completing each study visit.