

# Neuropsychological assessment and psychoeducation of patients diagnosed with psychogenic nonepileptic seizures (PNES)

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## Abstract:

The term psychogenic non-epileptic seizures (PNES) refers to a conversion disorder (300.11) imitating epileptic seizures that are psychological etiology (DSM-5). Neuropsychological assessment including personality profile and mood status is an integral part of the diagnosis and treatment of PNES. The main treatment is psychotherapy.

In the theoretical part of this research project, we have processed psychoeducation guide for clinical psychologists and psychotherapists working with patients diagnosed with PNES, based on recommended standards (Myers, 2014; LaFrance & Wincze, 2015; Reiter et al., 2015) and long-term clinical experiences with these patients (in particular Assoc. Prof. Lenka Kramská, Ph.D.).

The purpose of our research project was to assess the presence of maladaptive emotional regulation in the profile of patients diagnosed with PNES (N = 51) compared to healthy populations (N = 51), through self-report questionnaires *Affective Style Questionnaire (ASQ)* and *Difficulty in Emotion Regulation Scale (DERS)*.

The results of our research show a significantly higher level of maladaptive emotional regulation in the profiles of patients diagnosed with PNES as compared to healthy populations. We also present the *Affective Style Questionnaire (ASQ)* and *Difficulty in Emotion Regulation Scale (DERS)* as useful psychodiagnostic tools to assess emotional regulation.

These results follow and deepen on current research outputs confirming the importance of emotional regulation in psychological assessment and psychoeducational processes of patients diagnosed with PNES. And they emphasize the importance of (initial) psychoeducation in the treatment of patients diagnosed with PNES and their relatives.

**Keywords:** Emotional regulation; Neuropsychological assessment; PNES; Psychoeducation