



# WebEase: Epilepsy, Awareness, Support, and Education

## Emory Prevention Research Center

A Prevention Research Center Tool Showing Evidence of Effectiveness

### FAST FACTS:

- Initiated in 1986, PRCs do practical public health research with at-risk communities to promote health and prevent diseases, such as cancer, diabetes, heart disease, HIV/AIDS, and obesity.
- The PRC program currently consists of 26 centers nationally, which are housed within a school of public health or a medical school that has a preventive medicine residency program.
- For every \$1 invested by CDC in 2014, PRCs received an average of \$8.60 in additional funds allowing for additional research projects and more innovation in public health.

### OVERVIEW

WebEase is a free, web-based program to help adults with epilepsy improve management of their epilepsy. Each user can personalize a WebEase account (accessible through a computer or tablet) by answering a variety of questions about their symptoms and self-management strategies. The program offers three learning modules:

- Medication management.
- Stress reduction.
- Sleep management.

These modules allow users to read information and answer questions, get personalized feedback based on their answers, and listen to or view testimonials about others' experiences with epilepsy. Users can set small, achievable goals to improve the way they manage their epilepsy and return later to see their progress. WebEase also includes MyLog, an online health diary for tracking seizures and seizure triggers, medications, stress, and sleep.

### RESEARCH RESULTS

The WebEase research team created this tool after conducting a literature search, a computer use survey, a focus group, and a review by content experts and consumers.<sup>1</sup> Participants in one study viewed WebEase as interesting, informative, relevant, and easy to use. Users improved in epilepsy self-management, sticking to medication recommendations, sleep quality, sense of ability to effectively manage epilepsy, and support from friends or family following the program.<sup>2,3</sup>

### TOOL LOCATION

<http://www.webease.org>



### REFERENCES

1. Dilorio C, Escoffery C, Yeager KA, et al. WebEase: development of a web-based epilepsy self-management intervention. *Prev Chron Dis*. 2009;6(1):A28.
2. Dilorio C, Escoffery C, McCarty F, et al. Evaluation of WebEase: an epilepsy self-management website. *Health Educ Res*. 2009;24(2):185–197.
3. Dilorio C, Bamps Y, Reisinger-Walker E, Escoffery C. Results of a research study evaluating WebEase, an online epilepsy self-management program. *Epilepsy Behav*. 2011;22(3):469–474.