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**Effects of a psychotherapeutic group intervention in patients with refractory mesial temporal lobe epilepsy and comorbid psychogenic nonepileptic seizures: a nonrandomized controlled study.**

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**Highlights**

- Psychotherapy in PNES improve seizure frequency and psychosocial functioning;
- Patients with TLE-MTS and PNES were submitted to a psychological intervention;
- Improvements on levels of alexithymia and anxiety/depression were observed;
- Improvements on quality of life and reduction of seizure frequency were observed.

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**ABSTRACT**

**Purpose:** Psychogenic nonepileptic seizures (PNES) are paroxysmal episodes superficially resembling epileptic seizures but are not associated with any electrical abnormalities. Despite the existence of recent evidence addressing psychological interventions on PNES, there is a scarcity of studies investigating such interventions on patients with dual diagnoses, such as in temporal lobe epilepsy/mesial temporal sclerosis (TLE-MTS) with comorbid PNES; TLE-MTS is a very frequent epilepsy syndrome found in tertiary centers. We aimed to investigate the effects of a group psychotherapeutic intervention program based on cognitive-behavioral therapy (CBT) on patients dually diagnosed with TLE-MTS and PNES treated in a tertiary center.

**Method:** Patients with TLE-MTS and PNES who were followed-up in a tertiary center were invited. The intervention consisted of eight weekly, semi-structured group meetings.

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