



## THE RHYME AND RHYTHM OF MUSIC IN EPILEPSY

### *Information Sheet and Eligibility Check-list*

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Epilepsy is among the most common chronic neurological conditions. The medical management generally involves prescribing one or more anti-seizure medications (ASMs). Unfortunately, some people are unable to obtain seizure freedom\adequate control from ASMs, or other treatment options such as resective epilepsy surgery, deep brain stimulation (DBS), Vagus nerve stimulation (VNS), and ketogenic diet for any number of reasons. For this group of individuals, there are a number of alternative treatment options available, including a novel approach called “music therapy” which has received significant attention during the last decade. We are running a clinical research study entitled *The Rhyme and Rhythm of Music in Epilepsy* at the Toronto Western Hospital, aiming to understand the possible effects of music on reducing seizures based on promising evidence. Our long-term goal is to understand how to use music therapy as an effective treatment option in reducing seizure frequency and consequently improving individuals’ quality of life.

This is a research study for individuals with epilepsy who are not obtaining adequate control of their seizures despite using a number of ASMs, in addition to being able to commute to Toronto Western Hospital for a number of study visits during a one year period. In this study, we will ask participants to listen to two different sound files once a day for around 7 minutes, during a six month period while documenting their seizure frequency in a seizure diary. We will also ask participants to visit the hospital five times in total during the twelve month period of the study intervention in order to obtain an Electroencephalography (EEG) examination of their brain activity as well as filling out two questionnaires. All examination sessions will take place in the Toronto Western Hospital for a duration of one hour.

In order to evaluate your eligibility to participate in this study, the *Eligibility Check-list*, provided at the end of this form, needs to be checked by your referring physician (i.e. family doctor, neurologist). If your referring physician confirms you match all the criteria below, you can contact the study coordinator, Marjan Rafiee at [Marjan.rafiiee@uhnresearch.ca](mailto:Marjan.rafiiee@uhnresearch.ca) or leave a voice mail at (416) 634-7360 - *Valiante lab*, in order to ask for more information about the study and to receive a study consent form. The contact information provided in the email or voice mail will be used by the study coordinator to provide you more information about the study. You will need to provide your mailing address to the study coordinator in order to receive the consent form.

## **Eligibility Check-list (TO BE CHECKED BY THE REFEREE PHYSICIAN)**

*NOTE: The referee physician will be contacted by the study coordinator to obtain confirmation on matching the eligibility criteria*

- Over 18 years of age
- Diagnosis of refractory epilepsy
- Continued seizures despite adequate medical treatment (Failure in obtaining sustained-seizure freedom despite using two tolerated, appropriately chosen and used anti seizure drugs, according to the 2016 Ontario Provincial Guidelines for the Management of Medically-Refractory Epilepsy in Adults and Children Who Are Not Candidates for Epilepsy Surgery)
- No previous brain\epilepsy surgery
- No current plan for changing individual's ASMs during the next year
- No use of Vagus Nerve Stimulation (VNS) currently, and no current plan on using one during the next one year
- No use of Deep Brain Stimulation (DBS) currently, and no current plan on using one during the next one year
- Not on the ketogenic diet currently and no plan on being on it during the next year
- The individual is able to re-call having a seizure afterwards, in addition to being able to document this in a seizure diary during the one-year intervention.
- The individual is capable of understanding and speaking English.
- No history of intellectual disability and/or developmental delay