

Digital Application Usage in Epilepsy: Insight From Real-World Setting Studies BRIVA-Reg and BRITOBA

Vasilios Kimiskidis¹
Magdalena Bosak²
Milan Brazdil³
Andras Fogarosi⁴
Stylianos Gatzonis⁵
Sofia Markoula⁶
Dionysios Pandis⁷
Jana Zarubova⁸
Alison Accarie⁹
Ludovic Ampe⁹
Susanne Mueller-Scholtz¹⁰
Dita Fiserova¹¹
Iryna Leunikava¹⁰
Susanne Knaak¹²

1. First Department of Neurology, Medical School Aristotle University of Thessaloniki, AHEPA University Hospital, Thessaloniki, Greece
2. Neurology Clinical Department, University Hospital Kraków, Kraków, Poland
3. Brno Epilepsy Center, Department of Neurology, Faculty of Medicine, Masaryk University and St. Anne's University Hospital, Brno, Czechia
4. Epilepsy Center, Bethesda Children's Hospital, Budapest, Hungary
5. First Department of Neurology, National and Kapodistrian University of Athens, Athens, Greece
6. Department of Neurology, University of Ioannina, Ioannina, Greece
7. First Department of Neurology, Eginitio Hospital, National and Kapodistrian University of Athens, Athens, Greece
8. Department of Neurology, Faculty of Medicine, Charles University and University Hospital Motol – Motol Epilepsy Center, Prague, Czechia
9. Neuroventis, a Cascador Health Company, Overijse, Belgium
10. UCB, Monheim am Rhein, Germany
11. UCB, Prague, Czechia
12. Rhön Hospital, Giessen and Marburg University Hospital, Marburg, Germany

Background

- Digital health solutions are becoming integral to clinical practice, creating new information-sharing capabilities for patients and physicians. These tools facilitate data collection and consultations, enabling novel patient-physician interactions.¹
- The BRIVA-Reg study (EP0099), an observational study conducted across 6 mid-European countries, and the BRITOBA study (EP0103), an observational study conducted across 4 European countries and Canada, integrated the use of Helpilepsy (www.helpilepsy.com), a certified medical device consisting of a mobile health assistant for patients and a web-based dashboard for physicians.^{2,3}
- During those studies, participants and physicians used the Helpilepsy platform to share epilepsy-related data and complete patient-reported outcomes (PROs). (a) electronic PRO (ePRO) to be completed for BRITOBA: PGIC, NDDI-E, QOLIE-10-P, SSQ3, TSQM-9, WPAI-GH. (b) ePRO to be completed for BRIVA-Reg: TSQM-9, QOLIE-31-P, PGIC, PedsQL, Neuro-QoL, Neuro-QoL SF.⁴

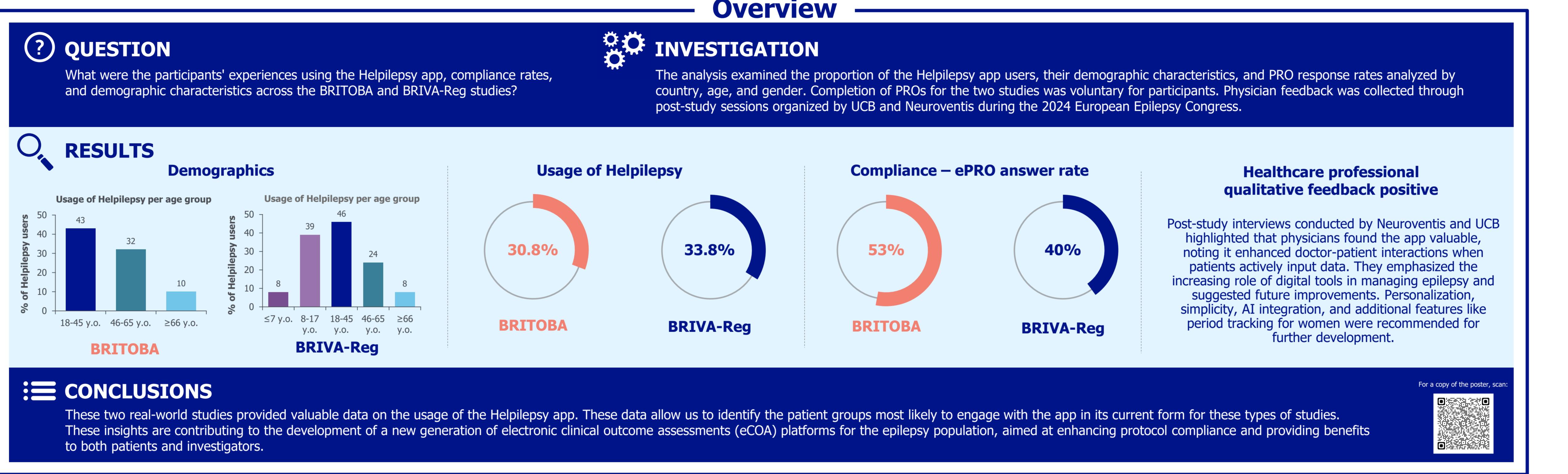
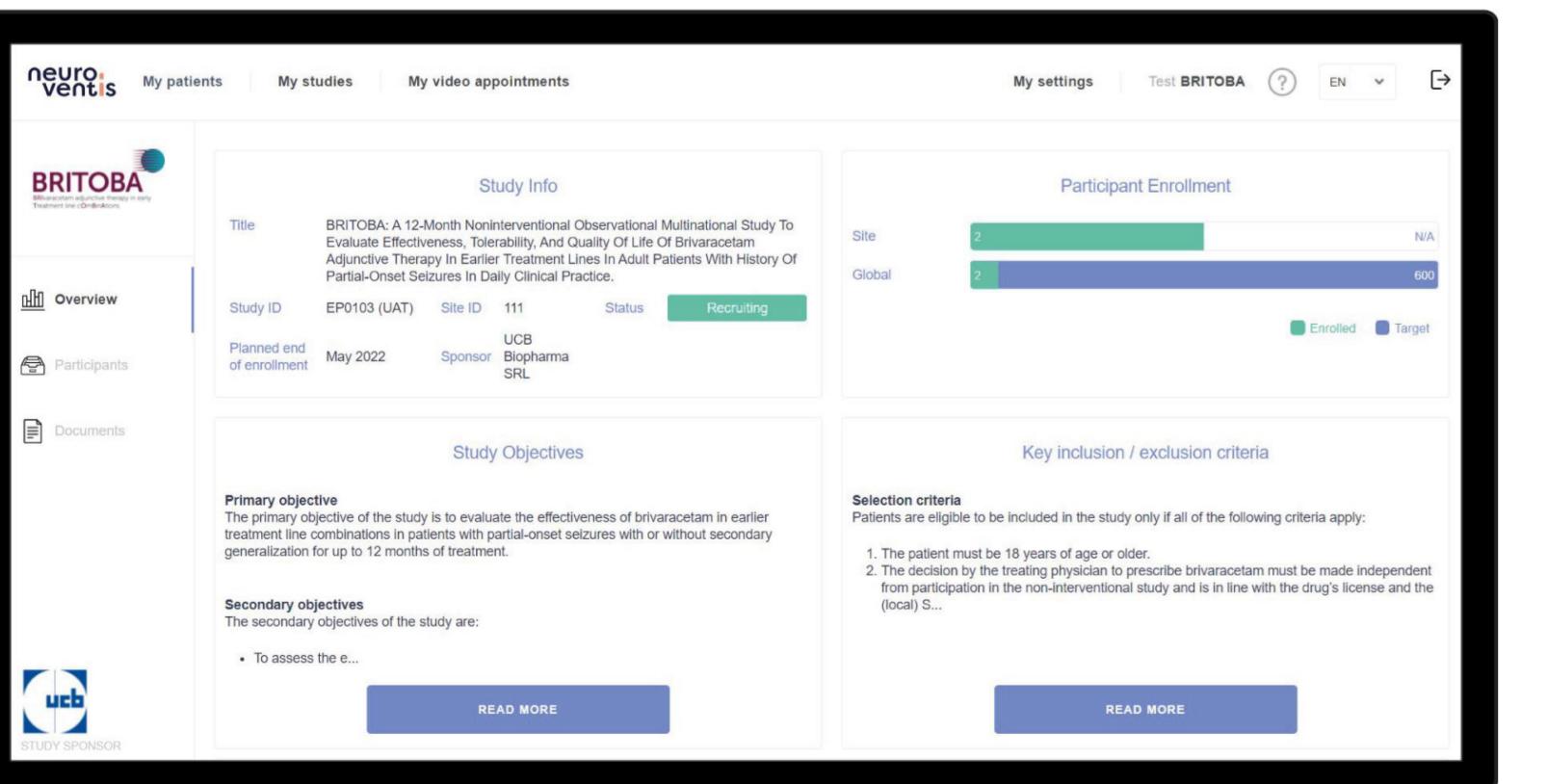
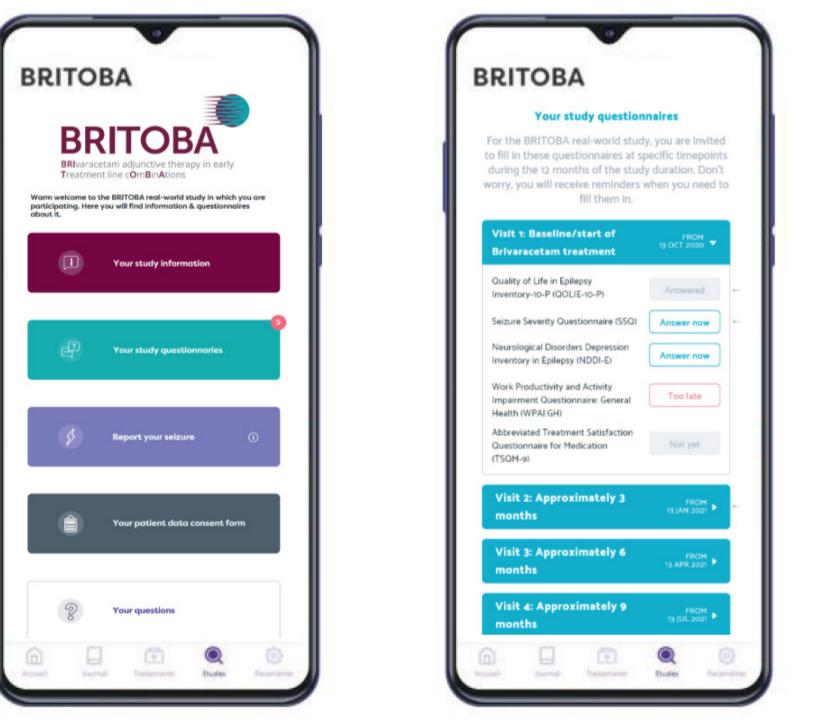
Objective

- The current analysis aims to summarize participants' experience using the app, compliance, and demographics across both studies.

Methods

- In both studies, participants or their legal representative (caregivers of minors [4-17 years of age] in BRIVA-Reg) could voluntarily answer PROs via the Helpilepsy app.
- This analysis assessed the proportion of Helpilepsy users, their characteristics, and PRO response rates by country, age, and gender.
- Feedback from physicians was also gathered through post-study sessions organized by UCB and Neuroventis during the 2024 European Epilepsy Congress.

Example of screens from the Helpilepsy app used for the BRITOBA study

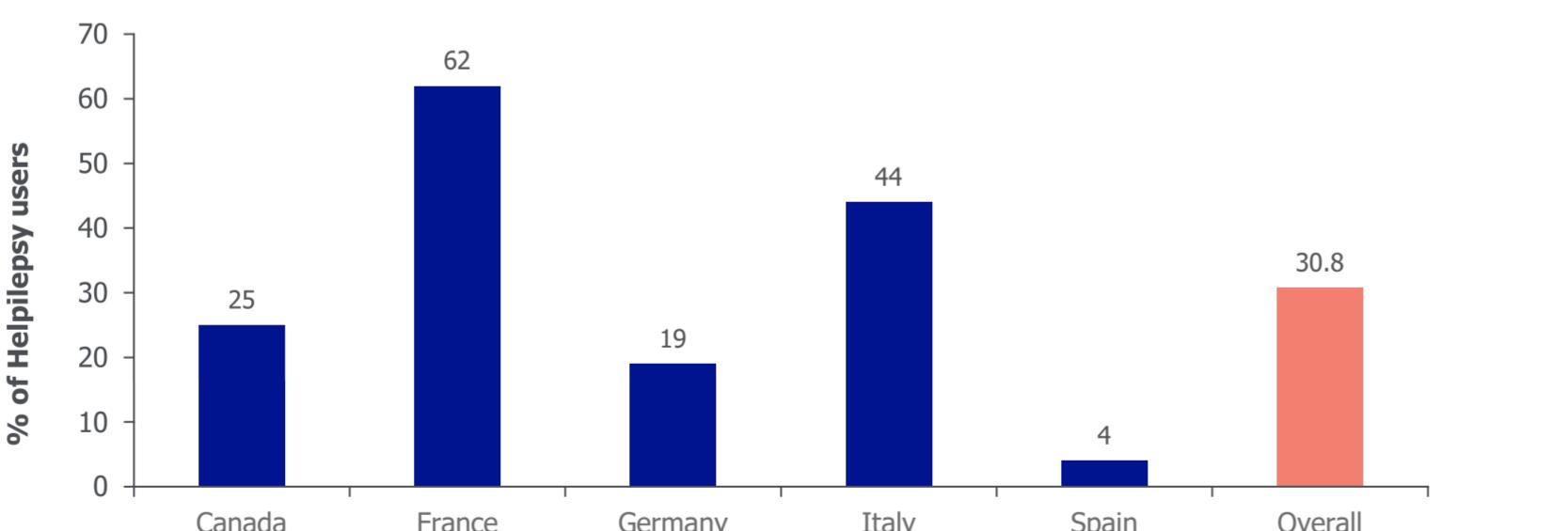


Results

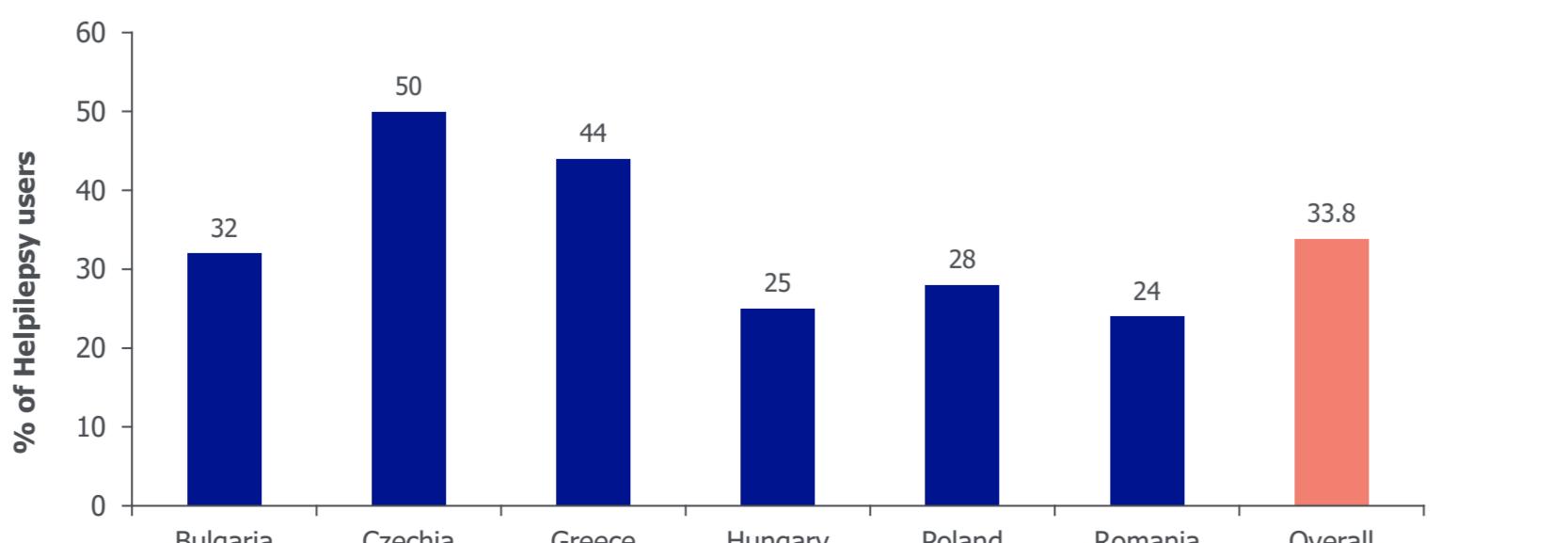
- In the BRITOBA and BRIVA-Reg studies, 137/403 participants enrolled (34%) and 280/801 participants enrolled (35%), respectively, agreed to use the Helpilepsy app.

USAGE OF THE HELPILEPSY APP BY COUNTRY

Percentage of participants who used Helpilepsy - BRITOBA

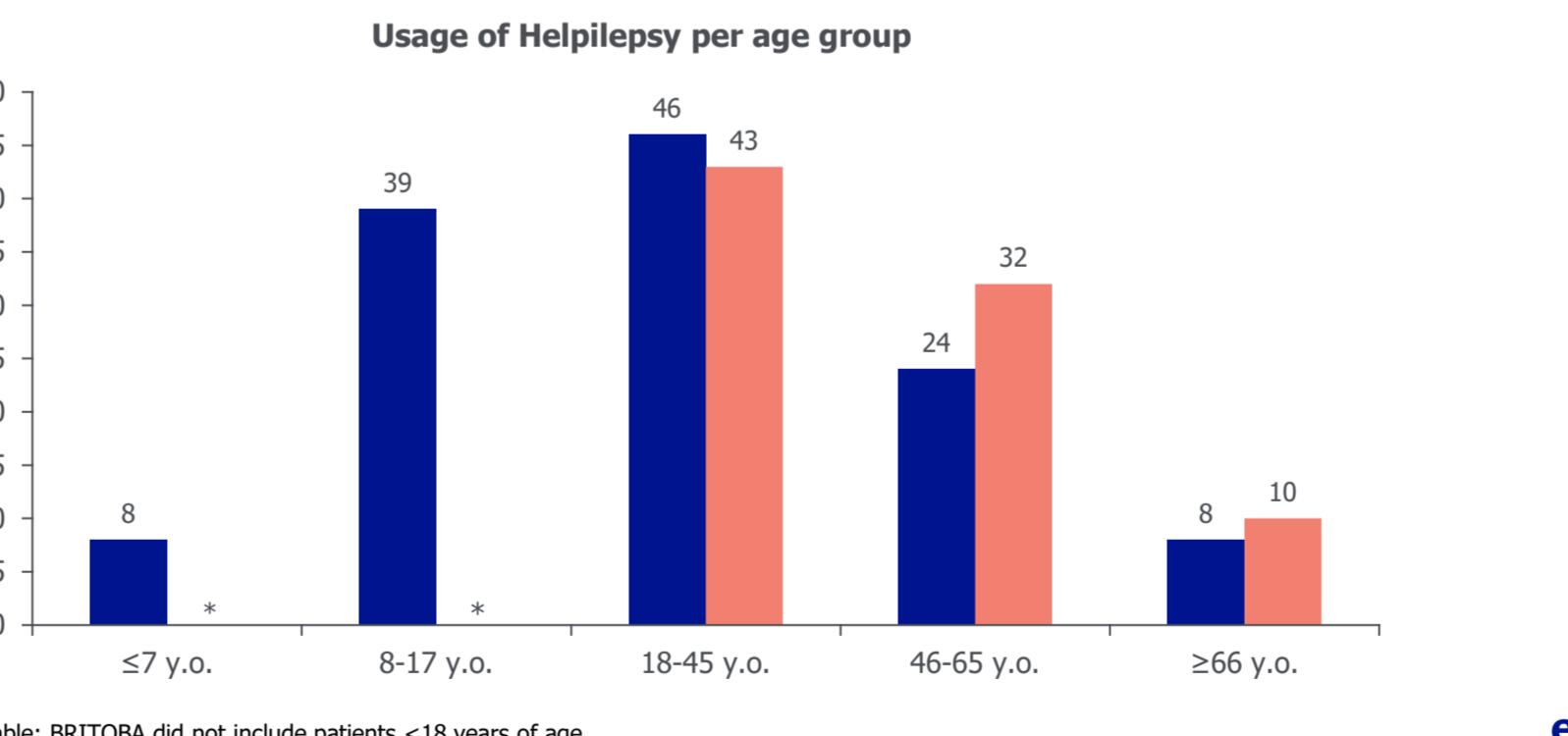


Percentage of participants who used Helpilepsy - BRIVA-Reg

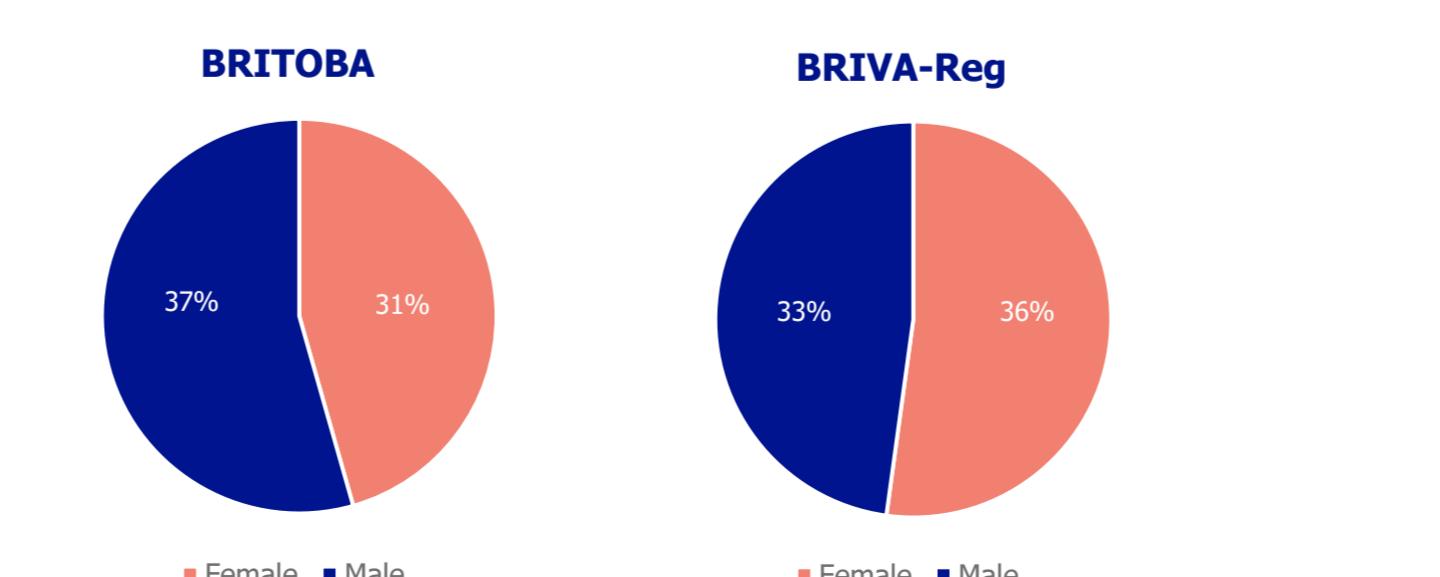


HELPILEPSY USER DEMOGRAPHICS

Percentage of participants who used Helpilepsy by age group – BRITOBA and BRIVA-Reg

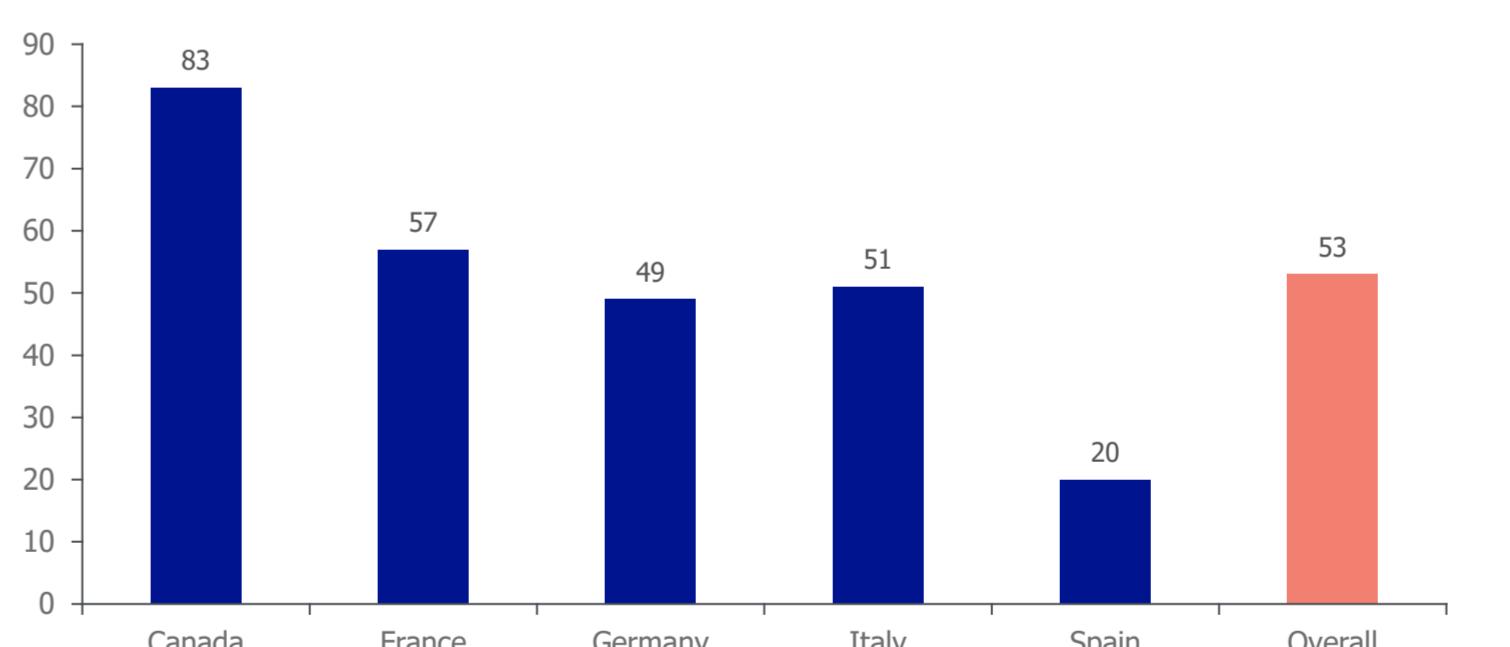


Gender distribution of Helpilepsy users

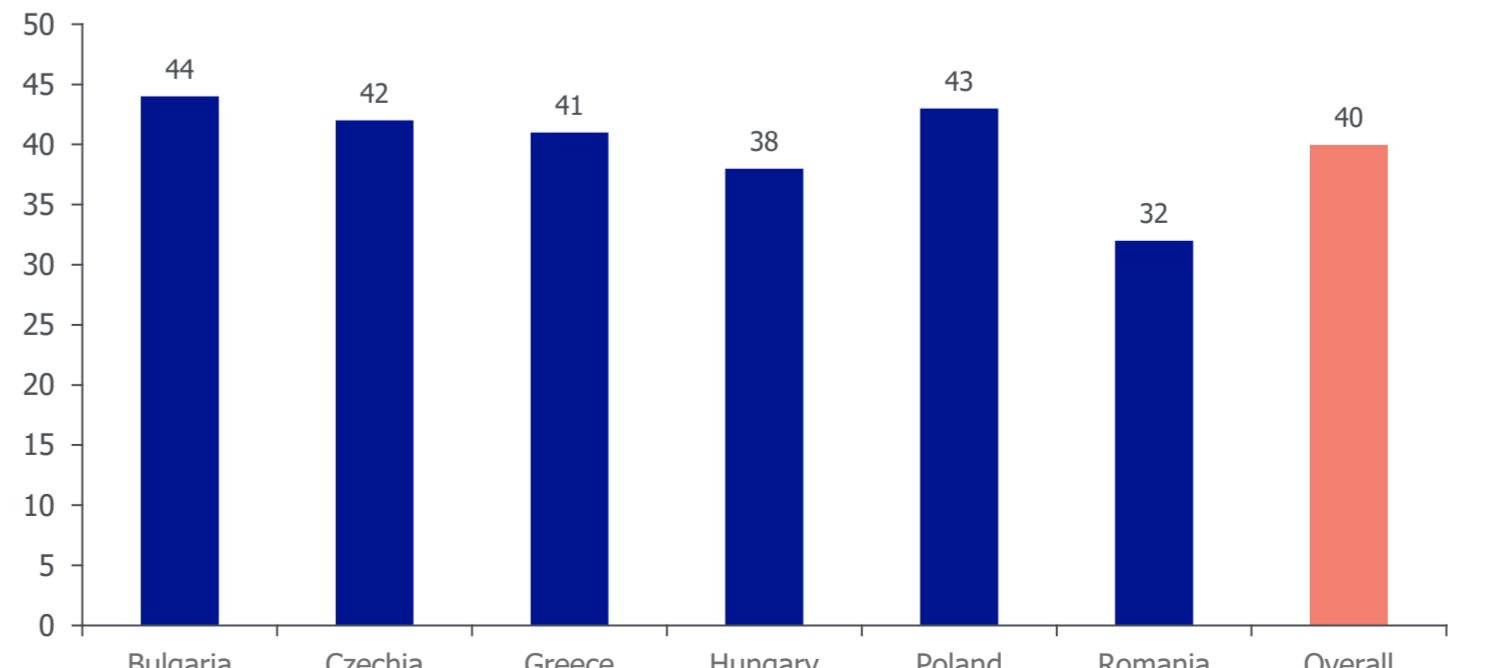


ELECTRONIC PATIENT-REPORTED OUTCOMES (ePRO) COMPLETION RATE

ePRO answer rate by country - BRITOBA



ePRO answer rate by country - BRIVA-Reg



FEEDBACK SESSIONS WITH PHYSICIANS

- At the 2024 European Epilepsy Congress, physicians shared their experiences with the Helpilepsy platform in BRIVA-Reg. They noted that when participants engaged actively, the platform clearly improved the quality of clinical visits by enabling more structured discussions and providing additional insights into patients' daily lives. Physicians viewed this as an important step toward closer collaboration and more personalized care.
- Several challenges were also discussed. Because data entry was voluntary, some participants lacked motivation to use the app regularly. Technical issues, especially slower performance on certain devices, occasionally hampered sustained engagement. In addition, the app was less suitable for patients with limited digital skills or cognitive impairments, and some questionnaire translations required refinement.
- Despite these limitations, physicians emphasized the strong potential of digital tools in epilepsy management and research. The integration of connected devices such as NightWatch was seen as a valuable addition, and suggestions for further improvements included simplifying onboarding, adapting content to patient characteristics, and adding supportive features such as menstrual cycle tracking.
- These learnings from BRIVA-Reg and BRITOBA directly informed the design of Neuroventis' new eDiary and electronic clinical outcome assessment (eCOA) platform.

Conclusions

- The BRITOBA (EP0103) study, conducted across 4 European countries and Canada, and the BRIVA-Reg (EP0099) study, conducted across 6 mid-European countries, provided first valuable statistics on the usage of the Helpilepsy app.
- These data allow us to identify the patient groups most likely to engage with the app in its current form for these types of studies.
- These insights are contributing to the development of a new generation of electronic clinical outcome assessments (eCOA) platforms for the epilepsy population, aimed at enhancing protocol compliance and providing benefits to both patients and physicians.

References

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- Leunikava I, et al. *Epilepsia* 2022;63(Suppl 2):126; Abstract 307.
- Leunikava I, et al. 16th Panhellenic Conference on Epilepsy, 2022; Presentation PA07.
- NDDI-E, Neurological Disorders Depression Inventory for Epilepsy; Neuro-QoL SF, Quality of Life in Neurological Disorders - Short Form; PedsQL Pediatric Quality of Life Inventory; PGIC, Patient Global Impression of Change; QOLIE-10-P, Patient-Weighted Quality of Life in Epilepsy Inventory-10-P; QOLIE-31-P, Patient-Weighted Quality of Life in Epilepsy Inventory-31-P; SSQ3, Seizure Severity Questionnaire 3; TSQM-9, Treatment Satisfaction Questionnaire for Medication-9; WPAI-GH, Work Productivity and Activity Impairment - General Health; y.o., years old.
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