

epi⚡watch

Johns Hopkins EpiWatch™ is an Apple Watch app and research study. Using your Apple Watch and iPhone, EpiWatch tracks your epilepsy symptoms and shares your data with Johns Hopkins to help medical researchers better understand epilepsy and potentially improve treatment, while helping you monitor your condition.

EpiWatch provides tools to help you track your medication, seizures and possible triggers. You can view this information at any time and share it with your doctor if you want. With EpiWatch, you can send a message to family members or caregivers to let them know when you are having a seizure.

EpiWatch is not a seizure detector. You should not rely on EpiWatch to get help for your seizures.

How the App and Study Work

Johns Hopkins EpiWatch collects data from the Apple Watch heart rate accelerometer and gyroscope so researchers can measure changes in your heart rate and movement during a seizure. In addition, the app includes an interactive game to measure a seizure's impact on your responsiveness. The game is easy, but it's challenging to complete during a seizure.

EpiWatch also requests your participation in surveys, daily journals and other activities so researchers can better understand your entire experience—your seizures, treatments and medication side effects. You will be able to view the information you enter into the app at any time and share this information with your doctor if you want.

A new feature to EpiWatch enables participants to schedule continuous recording using a timer or to turn on continuous tracking in order to collect seizure data overnight or if they may be having seizures without warning symptoms. This may be particularly helpful for participants with histories of seizures during sleep.

Who's eligible?

You can participate if you are at least 16 years old, a U.S. resident and ...

- Own an Apple Watch that is paired with your iPhone (both must be running the latest update of iOS).
- Have epilepsy and have had at least one seizure in the past year.
- Not have any major learning or physical disabilities that would impair your ability to interact with the app while participating in this study. (NOTE: Family and caregivers may help you carry out some of the activities of the study.)
- Be able to open this app on your Apple Watch at the beginning of at least some of your seizures. If you tend to experience auras, or warning sensations, you may be able to perform the tasks needed for this study.
- Caregivers or family members may also open the app for you, if you are unable.

How to Join the Study

Your use of the app and participation in this study is entirely voluntary. If you choose to participate:

- Install the EpiWatch app on both your iPhone and Apple Watch.
- Complete the [eligibility questionnaire](#).
- Read through the electronic guide describing the app and this study, then answer questions so we can verify your understanding.
- Review an information sheet on the app and this study, and acknowledge you have read this and agree to participate in the research by signing it electronically.
- Register an account using a valid email address.
- Choose which data to share with us from your Apple Watch and iPhone.

www.hopkinsmedicine.org/epiwatch

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