QUALITY OF LIFE, DEPRESSION AND ANXIETY IN PATIENTS WITH EPILEPSY

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Introduction: Understanding the complex impact of epilepsy on a person's quality of life is increasingly significant since it is recognized as an important component of clinical care.

Objectives:

To assess the quality of life of patients with epilepsy;

To identify the influence of anxiety and depression on the quality of life.

Methods: It was a cross-sectional study involving 50 subjects with epilepsy and followed in the outpatient psychiatry. The state-trait anxiety inventory was used to assess the level of anxiety, whereas the Beck depression inventory was used to measure the severity of depression. The quality of life of our patients was assessed using the quality of life in epilepsy inventory (QOLIE -31).

Results: The average age of our patients was 44.66 years. They were benefiting from family counseling in 80% of cases and family financial support in 64% of cases. Thirty percent of them were suffering from stigmatization and 38% from relational difficulties.
A low level of anxiety was found in 46 % of patients, while a mild to moderate depression was found in 52% of cases. The average overall score of quality of life of our patients was 71.66. A high level of quality of life was significantly correlated with a minimum level of anxiety ($p = 0.012$), but not with the severity of depression.

Conclusion: Health education of patients with epilepsy would improve their knowledge about this chronic illness, reduce their anxiety and contribute to improve their quality of life.