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Effect of Anxiety in Life Quality of People with Epilepsy

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Abstract

Anxiety disorder is characterized by constant feelings of worry, excitation or alternative panic attacks. Anxiety becomes a disorder when the feelings are repeated or severe and are produced by insignificant things or nothing at all and interfere with our functioning. Epilepsy is determined as two or more unprovoked seizures. Many recent epidemiological studies have found the prevalence of depression and anxiety to be higher in people with epilepsy than in people without epilepsy. There is a relationship between the appearance of epileptics and levels of depression and anxiety. Almost 35% of people with epilepsy suffer from depression and anxiety. Depression and anxiety may lead to suicidal ideation or efforts and drug addiction and require further attention because they carry the risk of reduced quality of life. These experiences are also likely to increase the unfavourable effects associated with antiepileptic drugs and have been related to poor reaction to pharmacological and surgical treatments. Furthermore, people with depression or anxiety have been more likely to suffer from epilepsy than those without depression or anxiety. It is better to consider the treatment of anxiety in these patients. Anxiety disorders in patients with epilepsy can be effectively treated with counselling and medical treatment.

Keywords: Anxiety, Epilepsy, Life Quality.

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