

Determinants of quality of life in adults with epilepsy: a retrospective study conducted in Constantine Algeria

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Abstract

Background: Epilepsy has a considerable impact on the quality of life (QoL) of patients and their families which is often underestimated by practitioners. Our objective is to evaluate the (QoL) of epileptic patients based on the different items chosen focused on the patient himself, establish a correlation between the various associated factors and the results of the scale, then study the determining factors which have an impact on QoL.

Methods This is a study of 104 patients followed in neurology consultations, the patients benefited from a clinical evaluation and were questioned using the health questionnaire SF-36 or MOS (medical out come study) SF-36 in French adaptation easier for our population and one of the easiest (QoL) scores to use given its low number of items and its good acceptability. It includes 10 items. The assessment of possible depression was carried out using a simple and quick self-questionnaire comprising 6 items: NDDI (Neurological Disorders Depression Inventory for Epilepsy)

Results Our series consisted of a majority of males with 71,15% of cases, the ages were between 18 and 60 years for 94,23% post-traumatic epilepsy was found with 42,31% of cases and temporal epilepsy for 31,73% of cases. The QoL scores were found between 71 and 100 for 64,42%. The most affected areas were mental health with a depression scores of 70,27%. A correlation with depression and a drop in QoL was found. The most determining for good QoL were monotherapy 74,63% in our cases with the taking of an antiepileptic with a mood stabilizing effect. Depression in epilepsy was significantly correlated with low QoL. As in the literature, it appears that temporal lobe epilepsies and refractory epilepsies are more frequently associated with a mental health disorder.

Conclusions: Assessment of quality of life (QoL) has become an important for chronic neurological diseases. Although quality of life has many determinants, depression must be taken into account in a specific way in order to guarantee personalized and optimized care. It is strongly recommended that psychological health be systematically assessed as part of the epilepsy work-up in order to detect depressive disorders and guide the choice of anti-seizure.

Keywords: Epilepsy. Quality of life. Mental Health. MOS/NDDI. Anti-seizure.