



A STUDY OF DEPRESSION AND QUALITY OF LIFE IN PATIENTS WITH EPILEPSY IN A TERTIARY CARE HOSPITAL

Psychiatry

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ABSTRACT

Background: Epilepsy is a long-lasting neurological condition characterized by epileptic seizures with its impact on with neurobiological, cognitive, psychological, and social domains. Epilepsy is associated with Neuropsychiatric manifestations. Depression is the one of the psychiatric comorbidities and had secondary effects on social and cognitive development and thereby imposes restrictions on affected individuals' home and workplace environments. Persons with epilepsy (PWE) tend to experience social isolation, stigmatization, lack of understanding, and unemployment. These were investigated in quality of life studies. **Aim:** To study the prevalence of depression and its impact on the quality of life among patients diagnosed with epilepsy

Objectives of the study:

1. To study the role of socio-demographic factors on quality of life in patients with epilepsy.
2. To study the role of seizure-related factors on quality of life in epilepsy patients.
3. To study how depression severity had impacted the quality of life in patients with epilepsy.

Methodology:

The present study was cross-sectional study using a convenient sampling method conducted on 83 patients from both the in and outpatient care patients at the Government Hospital for Mental Care, Vishakhapatnam, with a clinical diagnosis of epilepsy and who were also diagnosed with depression according to ICD-10 criteria. Sociodemographic and clinical variables were collected and. All the subjects were assessed using the Hamilton Depression Rating Scale (HAM-D) and Quality of Life in Epilepsy Scale (QOLIE-31) **Results:** The mean age of the study population is 41.8 years. Majority (73.5%) of them had Generalized motor seizures. The age of onset was 21 years and above (68.7%), with the last seizure attack at 7-12 months (28.9%). Majority were on single drug (51.8%). which (42.4%) shows very severe depression. The mean QOLIE subtotal scores are 4.7+2.61 for seizure worry, 8.0+3.8 for quality of life, 8.4+4.5 for emotional well-being, 6.66+3.36 for energy fatigue, 16.1+8.34 for cognitive, 1.77+1.01 for medication, and 57.7+28.8 for overall QOLIE. QOLIE showed statistically significant in epileptic seizure activity in one year ($P=0.000$), age at onset of first epileptic seizure activity ($P=0.003$), family history of seizure ($P=0.000$), family income ($P=0.000$), anti-epileptic medicine in use ($P=0.000$), socioeconomic status ($P=0.000$), education status ($P=0.000$), the severity of depression ($P=0.000$). In Persons taking epileptic drugs that the rate of depression is less with lamotrigine and sodium valproate compared to other Antiepileptic drugs. **Conclusion:** QOL in PWE was associated with depression. Physicians who treat PWE need to assess and depression. The relationship between QOL and epilepsy is multifaceted and complicated which implicates in providing psychological and social support.

KEYWORDS

Depression, Epilepsy, Quality of life