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Psychosocial and Clinical Determinants of Quality of Life in Patients with Epilepsy.

**INTRODUCTION:** Epilepsy is one of the most common neurological disorders. It is a chronic disease that affects more than 300,000 people in Poland. Regardless of the type, severity or stage of the process, the disease can lead to limitations in fulfilling social roles and a reduced quality of life. The study aimed to determine the relationship between quality of life and sociodemographic factors, clinical factors and social stance of people with epilepsy. Also, how acceptance of the disease and control of emotions affect the patients' quality of life.

**MATERIAL:** 370 patients diagnosed with epilepsy took part in the study, of whom 172 (46.49%) were women and 198 (53.51%) were men. The mean age of the study subjects was 38.5 years.

**METHODS:** The study was conducted between June 2021 and December 2022, using a diagnostic survey method. The author used the WHOQOL-Bref Questionnaire, the Emotional Control Scale (CECS), Acceptance of Illness (AIS) and the original questionnaire consisting of three parts: sociodemographic, clinical and social attitudes towards epilepsy patients. The study was conducted at the Dr L. Błażek General Hospital in Inowrocław, the Dr A. Jurasz University Hospital No. 1 and the Dr J. Biziel University Hospital No. 2 in Bydgoszcz.

**RESULTS:** The Integrated Software Suite for Data Manipulation R was used for statistical analyses. The group of respondents assessed the overall quality of life at a mean level of  $2.77 \pm 0.52$  points. The highest score was obtained in the somatic domain and the greatest deficit was in the social domain. Quality of life scores in all domains were significantly influenced only by material situation. Age was most significant for the psychological and social domains, while gender was only significant for the social domain. The problem of getting a job correlated with the somatic and social domains. The most common causes of epilepsy were alcohol abuse (131/370), head injury (122/370), and (68/370) do not know the cause. Social factors are predictors for the psychological and environmental domains, and personal factors for the social domain only. Occupational factors significantly affect all quality of life domains. The mean score on the AIS scale was  $18.9 \pm 6.90$  points and on the CECS scale  $57.01 \pm 10.60$  points.

**CONCLUSION:** Study participants had an average level of quality of life, with lower scores shown by older people (in all domains). More frequent alcohol abuse lowered patients' quality of life scores. In

contrast, the higher the degree of acceptance of the disease, the better the quality of life score was in all areas. The values of the general emotion control index - CECS, indicated a higher level of suppression of negative emotions by women.

*Diego*