Psychosocial Factors - Epilepsy

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Three Steps
Emotions

- Emotions are a complex psychophysiological experience of an individual’s state of mind as interacting with biochemical (internal) and environmental (external) influences.
- Emotion fundamentally involves “physiological arousal, expressive behaviours and conscious experience.” (D.G. Myers (2004))
Research

• Räty et al. (2007) – Daily life in epilepsy: Patients’ experiences described by emotions

• Swedish study

• 18-27 year olds

• 95 of the 102 contacted completed questionnaires eliciting descriptions of their daily lives with epilepsy in their own words

• A content analysis was completed
Positive Emotions Identified

• Confidence
• Hope
• Harmony
• Forbearance
Negative Emotions Identified

• Anxiety
• Despair
• Fear
• Resignation
• Indignation
• Sadness
• Insecurity
• Anger
Self-Evaluating Emotions Identified

• Being valuable
• Being insignificant
• Shame
• Guilt
• Self-doubt
Two Groups

1. Active and Flexible – focused on possibilities and planned how to handle negative emotions

2. Passive and Resigned – resigned to epilepsy in a negative way, afraid of being exposed, negative emotions were directed towards self
Swedish Research

• Conclusion – Emotions are very important in the experiences and well-being of individuals with epilepsy
• Young adults need to reflect on their emotions around their epilepsy and address negative emotions in a positive way
Psycho-social Factors Affecting Epilepsy

- Stress
- Side effects of medication
- Fatigue
- Poor self-esteem
- Depression and/or anxiety
- Poor Diet
- Loss of sense of control
- Worries about the future