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Health related quality of life and associated factors among adult epileptic patients taking anti-epileptic drugs at Jimma University Specialized Hospital, Chronic Illness Clinic, Jimma, South West Ethiopia: A cross-sectional study

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Introduction & Aim: Epilepsy is neurological disorder which affects patient's quality of life and their close social networks. Thus, this study assessed health related quality of life and associated factors among adult epileptic patients taking anti-epileptic drugs at Jimma University Specialized Hospital from March 1-1 May 2015.

Methods: Institution based cross-sectional study was used. A total of 314 epilepsy patients already receiving antiepileptic drugs for at least 3 months were randomly selected and interviewed. Quality of life in epilepsy inventory-31 instrument was used to measure health related quality of life. T-test, one-way Anova and Pearson correlation were used to compare means and association between dependent and outcome variables. Multiple Linear regression analysis was performed to assess the association between health-related quality of life and explanatory variables. P value <0.05 was considered statistically significant in this study.

Result: From the total study, 304 (96.8%) participants were interviewed. The mean overall health related quality of life score was 58.8. Overall health related quality of life was significantly associated with sex (P=0.042, CI=0.082-4.55), frequency of anti-epileptic drugs taken per day (P=0.016, CI=0.51-4.95), sleep pattern [(P=0.037, CI=0.17-5.46)], anxiety [(P=0.021, CI=-5.46-(-0.44)] and depression [(P=0.001, CI=-7.35-(-1.94)].

Conclusion & Recommendation: The health-related qualities of life mean score of peoples living with epilepsy and receiving anti-epileptic drug is very low. In addition to controlling seizure, interventions to address the physical, mental, psychological, social and emotional aspects for health wellbeing is likely to achieve better health outcomes for epileptic patients.

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