

The effect of seizures on quality of life in Cypriot patients

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The overall aim of this study was to assess the impact of epilepsy and its treatment on the quality of life of people with epilepsy in Cyprus. Previous studies have demonstrated that reducing side effects of medication and achieving better seizure control are the key to improving the quality of life for people with epilepsy. In addition, continued education, for the lay public and the person with epilepsy is vital in order to increase knowledge, dispel myths about the condition and reduce associated stigma. The results also show that over a third of respondents felt stigmatised by their condition. High percentages of respondents reported that their condition negatively affected their future plans and ambitions and their feelings about themselves. The most commonly experienced side effects were sleepiness/drowsiness, memory problems, behavioural problems, nervousness and headache.