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## The determination of patients with epilepsy anxiety and depression risk levels

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**Objective:** The purpose of this study was to determine the levels of anxiety and depression and factors affecting the anxiety and depression.

**Methods:** A descriptive study was conducted with 84 epilepsy patients who applied to the neurology polyclinic of a university hospital in the eastern part of Turkey between January and April 2016. Personal information form and Hospital anxiety and depression scale (HADS) were used for data collection. The data were evaluated in the SPSS 18.0 software package.

**Results:** The mean score of anxiety was found  $10.01 \pm 3.92$  (min=0, max=20) in epilepsy patients. Taking 10 as cutting point, 60.7% of them were found to be at risk in terms of anxiety. The depression mean score was found  $8.73 \pm 4.16$  (min=1, max=21). Taking 7 as cutting point, 67.9% of epilepsy patients were found to be at risk in terms of depression.

**Conclusion:** While planning the treatment of patients with epilepsy, evaluating them mentally will help to provide optimal treatment and care services.

### Biography

Nuray Dayapoglu has completed her PhD from Atatürk University and Post-doctoral studies from Atatürk University Faculty of Nursing. She has published more than 7 papers in reputed journals and has been serving as an Editorial Board Member of reputed.

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