

## A Review of Psychological Factors in Epilepsy

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**Abstract :** Introduction: Epilepsy is one of the major diseases of the human nervous system. People with epilepsy are exposed to a range of psychological disorders. Psychological factors play an important role in the exacerbation or treatment of epilepsy. The first step in the treatment of epilepsy is drug therapy. Most psychological treatments aim to improve psychological well-being and control seizures. Behavioral approaches, cognitive-behavioral therapy, mind-body interventions, and acceptance and commitment therapy are widely used for the treatment of epilepsy. Psychosocial consequences such as general negative attitudes towards epilepsy and problems with stigma, family relationships, quality of life, marriage, and personality traits (such as stress, anxiety, depression, cognitive processes, and theory of mind) are usually associated with epilepsy. These points have addressed the key role of psychological treatments in addition to conventional treatment. Conclusion: Epileptic patients are expected to have more psychological problems. This emphasizes the necessity of psychological treatment along with drug treatment.

**Keywords :** epilepsy, personality, cognitive therapy, neurology

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