

# Effect of Health Education on Knowledge and Attitude of Parents Towards Epilepsy in Egyptian Children

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## INTRODUCTION

Children who have epilepsy are especially vulnerable to the negative effects of stigma. Social maladjustment in early life can have a significant impact on quality of life and academic performance.

Several studies have revealed that the general public's knowledge and attitudes towards epilepsy are largely deficient. Nevertheless, educational activities were effective in improving knowledge and to some extent attitudes towards epilepsy.

## OBJECTIVES

- To compare the knowledge and attitude towards epilepsy among parents of children with epilepsy (group-A) and parents with no history of epilepsy among their children (group-B).
- To evaluate the effectiveness of educational interventions on the epilepsy knowledge and attitudes among the parents in both groups.

## METHODS

We adapted items from three previously validated questionnaires used in Arabic countries. The questionnaire was distributed and answered before and after the educational sessions.

## METHODS

Parents of children with epilepsy in group-A were recruited from Pediatric Neurology clinic, Ain Shams University Children hospital. Group-B included parents with no history of epilepsy among their families, they were recruited from the outpatient clinic.

A self-administrated structured questionnaire was prepared to analyze public knowledge, attitudes, and beliefs about epilepsy. Questions were translated into Arabic and then back translated to make sure the translation was accurate.

An educational session was developed and given by the authors using a unified PowerPoint presentation on epilepsy including (its origin, manifestations, first Aid, misconceptions and treatment) and videos of (seizures and the do's and don'ts in case of a seizure).

All educational materials used were based on information provided in Epilepsy Foundation website (<https://www.epilepsy.com/>).

## RESULTS

The study included 100 parents in group-A and 118 in group-B of matched age and social class. Most parents in group-A and 40% of group-B agreed epilepsy is an organic disease (P<0.001) (Figure1).

## RESULTS

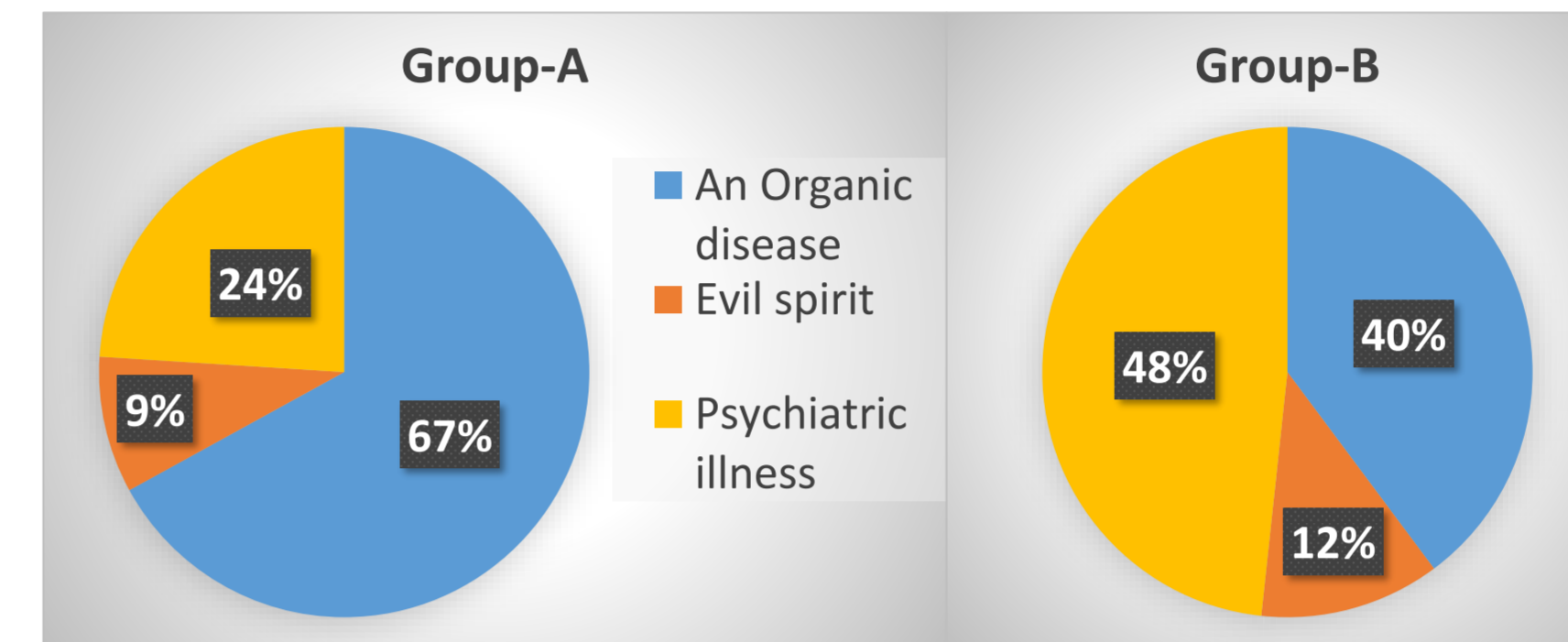


Figure 1: answers to "origin of epilepsy" among both groups

Parents in group-A knew better about manifestation of epilepsy and first aids of seizures in comparison to group-B (P <0.001).

The majority of the respondents (in both groups) agreed that epilepsy and antiepileptic drugs can affect learning and IQ and can limit sports activities (Figure2).

One third of group-B would refuse their children to be friends of a person with epilepsy.

We found a statistically significant difference in the correct answers regarding origin of epilepsy, its manifestation and first aid of a seizure before and after education in **group-A** (P=0.033, <0.001, 0.009 respectively).

All items of Knowledge have significantly changed correctly after education of **group-B**.

The educational interventions have not changed the negative attitude towards epilepsy among both groups.

## RESULTS

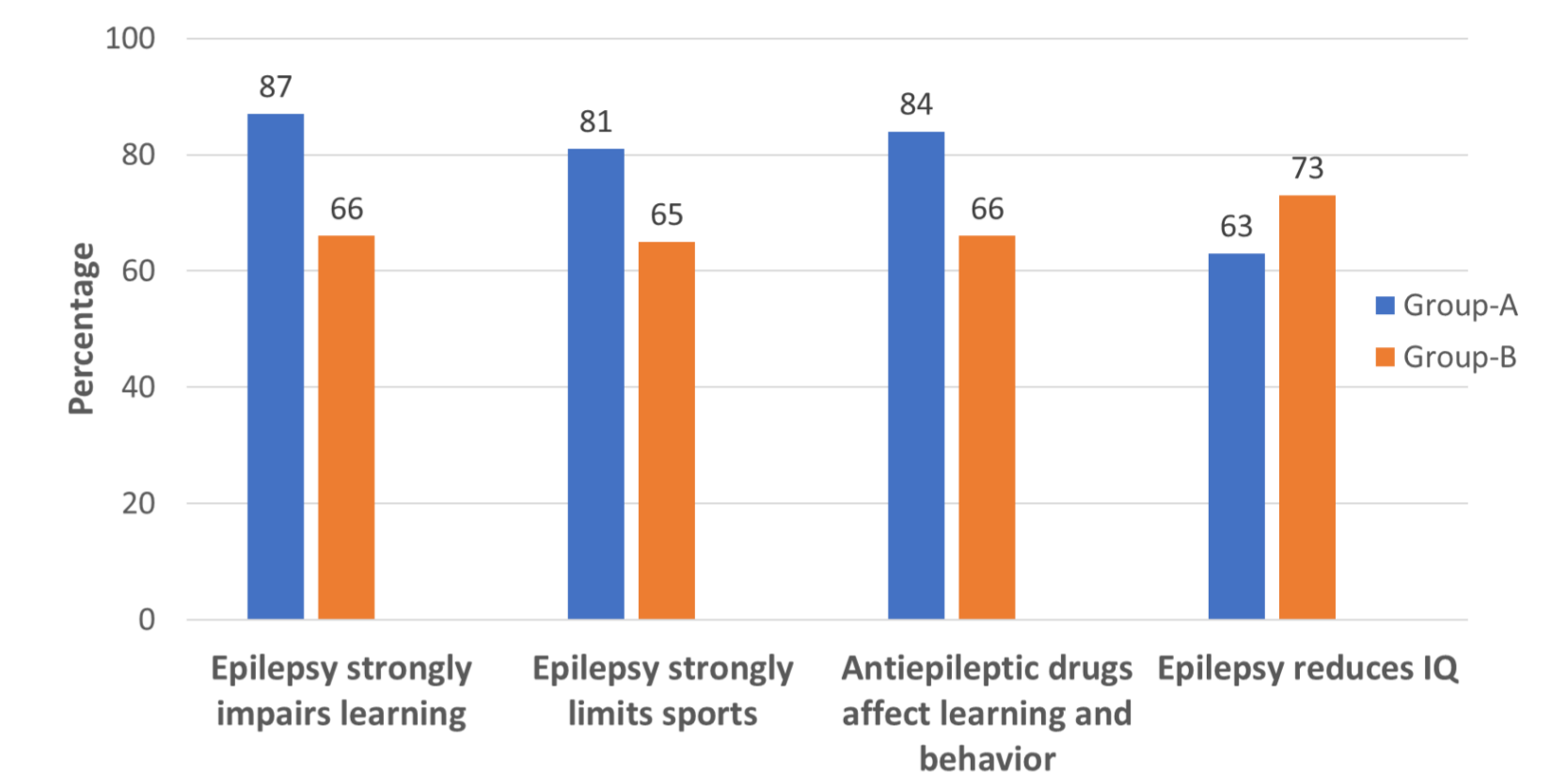


Figure2: Attitudes towards epilepsy among both groups

## Conclusion

Providing education session on epilepsy increased the parents' knowledge specially regarding manifestations and first aid of seizures, while negative attitudes remained substantially unchanged.

## References

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