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The Relationship Between Suicidal Behavior, Epilepsy Impact, and Social Isolation in Patients with Epilepsy

Patients with epilepsy experience psychosocial problems due to epilepsy, patients may isolate themselves from society and may engage in suicidal behavior. The aim of this study is to determine suicidal behavior in patients with epilepsy and to examine the relationship between suicidal behavior and the disease effect and social isolation levels. The data of this descriptive cross-sectional study were collected between May 2024 and January 2025. The Patient Information Form, Suicidal Behavior Scale, Personal Impact of Epilepsy Scale and Social Isolation Scale were used to collect the data. Of the 80 patients who participated in the study, 58% were female, 53% were married and 40% were actively working. The mean age of disease onset was 22.7 (± 15.9) and the mean duration of disease with epilepsy was 10.4 (± 9.4) years. The majority of the patients (73.7%) had generalized seizures. 37.5% of the patients stated that they had more than one seizure per month and 50% of them used two or more epilepsy medications. Patients reported that epilepsy most significantly affected their private lives (46.3%). It was found that the Suicidal Behavior Scale scores of the patients did not show any significant difference according to sociodemographic characteristics ($p > 0.05$). However, the suicidal behavior scale scores of the patients who had generalized seizures ($p = 0.028$), had more than one seizure per month ($p = 0.007$), and had their private lives ($p = 0.022$), work life ($p = 0.010$) and social life ($p < 0.001$) affected by epilepsy were higher. The suicidal behavior scale scores of the patients were positively and significantly correlated with all sub-dimensions and total scores of the Epilepsy Impact Scale ($p < 0.01$). In addition, as the Social Isolation Scale score increased, the Suicidal Behavior Scale score also increased ($p < 0.01$). According to linear regression analysis, disease effects and social isolation explained 31% of suicidal behavior in epilepsy patients ($R^2 = 0.31$, $p < 0.01$). Suicidal behavior in epilepsy patients is not a frequently studied subject and it is recommended that patients be evaluated more comprehensively in future studies.

Keywords: Epilepsy, epilepsy impact, social isolation, suicidal behavior

Biography

Kubra Yeni graduated from Ondokuz Mayıs University School of Nursing. She got her master's (2014) and Ph.D. degrees (2020) from the Istanbul University-Cerrahpasa Florence Nightingale Faculty of Nursing. She has studies on epilepsy, multiple sclerosis, and stroke, generally deals with the psychosocial aspect of the diseases. She is a member of the National Neurology Nursing Association and Turkish Epilepsy Society (Turkish Chapter of ILEA). She is currently working as an associate professor at Ondokuz Mayıs University, Faculty of Health Sciences, Department of Nursing in Türkiye.