

Anxiety and depression among family caregivers of children with epilepsy in Burkina Faso.

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Background

Epilepsy is a common and chronic neurological disorder influencing children's cognitive and behavioral performance. Primary caregivers of children with epilepsy report high levels of depression and anxiety.

Patients and Methods

We carried out a cross-sectional study on caregivers of children with epilepsy in the neurology Department of Yalgado Ouedraogo University Teaching Hospital from May 7 to August 18, 2020. The State-Trait Anxiety Inventory scale and Beck Depression Inventory scale were assessed to screen anxiety and depression.

Results

One hundred caregivers with a mean age of 37.75 ± 10.69 years were included in the study. The majority of them was female gender (73%), aged <40 years (59%), and residing in rural areas (79%). Most of caregivers were female gender (73%) and the mothers of children (67%). The majority of CWE were boys (55%), having generalized epilepsy (55%) and epilepsy duration less than 6 years (74%). Anxiety was observed in 56%, depression in 27%

and both anxiety and depression in 23% of caregivers. The factors influencing anxiety among caregivers were female gender ($p = 0.04$), being patient's mothers ($p = 0.04$) and caring male patients ($p = 0.04$). The factors associated to caregiver's depression were being married ($p = 0.03$) and caring patients with 5 seizures per year ($p = 0.04$).

Conclusion:

The study reveals very high rates of anxiety and depressive disorder among caregivers of children with epilepsy in Burkina Faso.

Keywords:

depression; anxiety; caregivers, children with epilepsy; Burkina Faso.

Biographie:

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