

Cross sectional study to determine the knowledge and attitude of Al imam university male students about epilepsy in Riyadh 2014

Abdulrahman Nasiri, Ibrahim Alzahim, Sakhr Dawari, Alhareth Alakeel, Abdullah Alzayed, Abdulrahman Alhomoud, Bassam Albalawi, Abdulmalek Alqwizani.

Abstract— Objectives: Since epilepsy was found, many centuries ago and people were struggling to know how and why an epileptic shock happens. In this paper, we aim to measure the level of awareness and knowledge of the community about epilepsy and how to deal with its seizures.

Methods: this is a cross-sectional, household survey study conducted on the students in Imam University, Riyadh, Saudi Arabia. The study design was a multi-stage random sample taken from students from several colleges in the Imam University. Data was collected using an electronic pre-designed questionnaire. The data was collected based on in Knowledge of Epilepsy and the sources of it, the relationship between epilepsy and mental disease, Complications and prognosis of epilepsy, the prevalence of epilepsy and Community awareness about epilepsy.

Results: 130 subjects completed the survey via the internet using google forms. All of them from Riyadh city. The study sample included 130 males. All of the participants were Saudis. Specifically, Imam Mohammed bin Saudi University students. About 22.7% of the participants know about epilepsy. 98.4% believed that it's not contagious. 59.4% think that it's hereditary. Close to 55.5% said that it's not psychological. Interestingly, only 25.4% think that it occurs due to possession. 73.4% believe that it causes death as an ultimate final stage. While 71.1% think it's curable. Only lesser as 12.5% claimed the knowledge of performing the appropriate first aid techniques for epilepsy while the majority of 87.5% claimed otherwise of knowing nothing. Which reflects the base knowledge of this condition as 89.1% said that they don't have enough information about it. The tendency seemed low to read and handouts or brochures about the condition, as 82% claimed that they've never attended nor read anything about epilepsy. 20.3% said that epilepsy is well spread throughout the kingdom. Which then brings up a very important question and that is "is the community is interested to raise awareness for these sorts of conditions?" and 12.5% said they're while 87.5% said they aren't.

Conclusion: Surprisingly 55.5% reckoned that epilepsy is not related to mental issues. 25.8% believed that it's caused by demonic possession which can be due to superstition belief. 73.4% thought that epilepsy could lead to fatality. 60% of the participants thought that epilepsy is not a widely spread around the kingdom. 87.5% of the participants showed no interests in knowing about epilepsy.

Index Terms— knowledge, attitude, incidence, epilepsy, Riyadh, students, possession, kingdom, Al-imam.

1 INTRODUCTION

Since epilepsy was found many centuries ago and people were struggling to know how and why an epileptic shock happens, over the last few years scientists discovered the reason lying behind these seizures and developed many techniques and medications to control it.

Epilepsy is one of the oldest known brain disorders which is characterized by recurrent seizures, as a result of sudden excessive electrical discharges in the brain cells. According to the World Health Organization (WHO) definition, "a diagnosis of epilepsy is reserved for those who have recurring seizures, at least two unprovoked ones".

Although people developed by means of knowledge and education, they still do not know how these seizures happen and why and how they can manage these epileptic shocks.

In this paper, we aim to measure the level of awareness and knowledge of the community and we will try to demonstrate if there is a link between their knowledge and the educational status. Moreover, we are aiming through this paper to discover what the reasons lying behind having or lacking the knowledge and determine whether their actions when facing an epileptic seizure is correct or not.

2 METHODS

This is a cross-sectional, household survey study conducted on the students in Imam University, Riyadh, Saudi Arabia. The study design was a multi-stage random sample taken from students from several colleges in the Imam University. The study includes ages "between 18 to 25" (as it is the average age of a college student).

Data were collected using an electronic pre-designed questionnaire includ-

ing the following: 1) Knowledge of Epilepsy and the sources. 2) The relationship between epilepsy and mental disease. 3) Complications and prognosis of epilepsy. 4) Knowledge of Recovery Position and how to do it. 5) The prevalence of epilepsy. 6) Community awareness about epilepsy. 7) The causes of epilepsy.

Data were collected by receiving the electronic questionnaire from the students that participating in the study.

Data were presented and statistically analyzed using SPSS statistical package for Windows.

3 RESULTS

130 subjects completed the survey via the internet using google forms. All of them from Riyadh city. The study sample included 130 males. All of the participants were Saudis. Specifically, Imam Mohammed bin Saudi University students. About 22.7% of the participants know about epilepsy. Around 98.4% believed that it's not contagious. 59.4% think that it's hereditary. Close to 55.5% said that it's not psychological. Interestingly, only 25.4% think that it occurs due to possession. 73.4% believe that it causes death as an ultimate final stage. While 71.1% think it's curable. Only lesser as 12.5% claimed the knowledge of performing the appropriate first aid techniques for epilepsy while the majority of 87.5% claimed otherwise of knowing nothing. Which reflects the base knowledge of this condition as 89.1% said that they don't have enough information about it. They also shared their opinion about the prevalence of epilepsy in Saudi Arabia and 40.6% expressed positively, while 59.4% neglected that. 96.9% think that the lack of knowledge for epilepsy is because that school wasn't involved in the education process for these kinds of conditions. The tendency

seemed low to read and handouts or brochures about the condition, as 82% claimed that they've never attended nor read anything about epilepsy. 20.3% said that epilepsy is well spread throughout the kingdom. Which then brings up a very important question and that is "is the community is interested to raise awareness for these sorts of conditions?" and 12.5% said they're while 87.5% said they aren't. 61.7% learned about epilepsy from a personal experience of knowing a friend or a family member who has it, whole 18% read and searched for it and 17.2% broaden their knowledge about the condition from campaigns made specifically for epilepsy. We then asked about the reasoning behind the lack of information and knowledge toward epilepsy, 69.5% agreed that 1- there are few campaigns about epilepsy, 2- It's not widespread and 3- there are little few articles about epilepsy which are targeted toward the public. Therefore, many as 95.3% think there is a noticeable lack from institutions and public health committee toward raising the public's awareness about epilepsy.

4 DISCUSSION

130 subjects completed the survey via the internet using google forms. All of them from Riyadh city. The study sample included around 130 males and 0% females due to some limitations we've encountered. All of the participants were Saudis. Specifically, Imam Mohammed bin Saudi University students. About 22.7% of the participants know about epilepsy. Around 98.4% believed that it's not contagious. 59.4% think that it's hereditary. Close to 55.5% said that it's not psychological. Interestingly, only 25.4% think that it occurs due to possession. 73.4% believe that it causes death as an ultimate final stage. While 71.1% think it's curable. Only lesser as 12.5% claimed the knowledge of performing the appropriate first aid techniques for epilepsy while the majority of 87.5% claimed otherwise of knowing nothing. Which reflects the base knowledge of this condition as 89.1% said that they don't have enough information about it. They also shared their opinion about the prevalence of epilepsy in Saudi Arabia and 40.6% expressed positively, while 59.4% neglected that. 96.9% think that the lack of knowledge for epilepsy is because that school wasn't involved in the education process for these kinds of conditions. The tendency seemed low to read and handouts or brochures about the condition, as 82% claimed that they've never attended nor read anything about epilepsy. 20.3% said that epilepsy is well spread throughout the kingdom. Which then brings up a very important question and that is "is the community is interested to raise awareness for these sorts of conditions?" and 12.5% said they're while 87.5% said they aren't. 61.7% learned about epilepsy from a personal experience of knowing a friend or a family member who has it, whole 18% read and searched for it and 17.2% broaden their knowledge about the condition from campaigns made specifically for epilepsy. We then asked about the reasoning behind the lack of information and knowledge toward epilepsy, 69.5% agreed that 1- there are few campaigns about epilepsy, 2- It's not widespread and 3- there are little few articles about epilepsy which are targeted toward the public. Therefore, many as 95.3% think there is a noticeable lack from institutions and public health committee toward raising the public's awareness about epilepsy.

5 CONCLUSION

Surprisingly 55.5% reckoned that epilepsy is not related to mental issues. 25.8% believed that it's caused by demonic possession which can be due to superstition belief. 73.4% thought that epilepsy could lead to fatality. 60% of the participants thought that epilepsy is not a widely spread around the kingdom. 87.5% of the participants showed no interests in knowing about epilepsy. Further research is needed. Raising awareness is a priority through campaigns and other Medias.

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