

# Connection between epilepsy and psychological conditions

The underlying cause(s) of depression and anxiety in people with epilepsy differ from person to person. The connection between epilepsy and mental health issues may be related to:

- Depression which existed prior to a diagnosis of epilepsy.
- Seizure activity, particularly where seizures lead to feelings of sadness or negative thoughts.
- Depression and/or anxiety may develop after a diagnosis of epilepsy, as this can be a life changing event and lead to feelings of sadness, grief, lowered self-esteem and fear of having a seizure.
- Depression and/or anxiety may develop as a result of living with epilepsy, and can be as a result of feeling socially isolated, and/or feeling stigmatised, or ASMs.



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