

## Excessive daytime sleepiness pada pasien dengan epilepsi serta faktor-faktor yang berhubungan = Excessive daytime sleepiness in epilepsy patients and related factors

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### Abstrak

**ABSTRAK**  
Tujuan: Menentukan prevalensi excessive daytime sleepiness (EDS) pada pasien dengan epilepsi dan faktor-faktor yang berhubungan di Rumah Sakit Cipto Mangunkusumo (RSCM).

Metode: Studi potong lintang deskriptif ini menggunakan kuesioner Epworth Sleepiness Scale (ESS) pada pasien epilepsi yang diambil secara konsekutif di poliklinik neurologi RSCM, pada bulan Oktober-November 2015. Faktor-faktor yang dianalisis meliputi usia, jenis kelamin, jenis bangkitan, sindrom epilepsi, etiologi epilepsi, frekuensi bangkitan, bangkitan nokturnal, risiko Obstructive Sleep Apnea (OSA), depresi mayor, gangguan cemas menyeluruh, obat anti epilepsi, dan potensial resistensi obat. EDS ditentukan jika skor ESS > 10. Risiko OSA ditetapkan dengan kuesioner STOP-Bang; depresi mayor ditentukan dengan kuesioner Neurological Disorders Depression Inventory for Epilepsy (NDDI-E) versi Indonesia; gangguan cemas menyeluruh ditentukan dengan kuesioner Mini International Neuropsychiatric Interview for International Classification of Diseases-10 (MINI ICD-10).

Hasil: Diantara 93 pasien epilepsi, prevalensi EDS adalah sebanyak 32.3%; wanita lebih banyak dari pria. Faktor-faktor yang berhubungan secara signifikan dengan EDS adalah usia kurang dari 35 tahun, frekuensi bangkitan dalam 1 tahun lebih dari sama dengan 8 kali, depresi mayor, dan potensial resisten obat. Dari analisis multivariat, terdapat 2 faktor independen yang berhubungan dengan EDS yaitu depresi mayor dan potensial resisten obat.

Kesimpulan: EDS umum dijumpai pada pasien epilepsi dengan prevalensi 32.3%. Depresi mayor dan potensial resistensi obat merupakan faktor yang berhubungan dengan EDS pada pasien epilepsi

**ABSTRACT**  
Purpose: To determine the prevalence of excessive daytime sleepiness (EDS) in epilepsy patients and its related factors at Cipto Mangunkusumo Hospital Jakarta, Indonesia.

Materials and Method: This cross-sectional descriptive study using Epworth Sleepiness Scale (ESS) questionnaire to identify EDS in epilepsy patients visited our neurology clinic during October-November 2015 consecutively. Related factors that had been analyzed were age, sex, seizure type, epilepsy syndrome, etiology, seizure frequency, nocturnal seizures, risk of Obstructive Sleep Apnea (OSA), major depression, general anxiety disorder, anti epileptic drug, and potentially drug resistant epilepsy (DRE). EDS was determined if ESS score > 10.

Risk of OSA was assessed by STOP-Bang questionnaire; major depression was assessed by Neurological Disorders Depression Inventory for Epilepsy (NDDI-E) Indonesian version; general anxiety disorder was assessed by Mini International Neuropsychiatric Interview for International Classification of Diseases-10 (MINI ICD-10). Data analysis was done using SPSS 17.0.

Results: Among 93 subjects, prevalence of EDS was 32.3%; female was more common than male. Related factors that significantly influenced to EDS were age < 35 years old, seizure frequency within 1 year >8 times, major depression and potentially DRE. From multivariate analysis, there were 2 independent factors that related to EDS that were major depression and potentially DRE.

Conclusions: EDS is common in epilepsy patients (32.3%). Major depression and potentially DRE were related factors of EDS in epilepsy patients.

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