

به نام خدا

جلسه آموزش مجازی دانشجویان دکترای روان شناسی

درس آسیب شناسی روانی

خرداد ۱۳۹۹

دکتر اصغر آقایی

دانشگاه آزاد اسلامی واحد اصفهان (خوراسگان)

صرع و جامعه

تهیه و تدوین : دکتر اصغر آقایی

باورها و نگرش های نادرست

بین باورها و نگرش های مردم با واقعیت های مربوط به بیماری صرع متأسفانه در بعضی موارد تفاوت وجود دارد که این موضوع بخش مهمی از نگرانی های این دسته از بیماران است

عوامل موثر در سوگیری های اجتماعی درباره بیماری صرع

الف - باورها و نگرش ها
مردم درباره بیماری صرع

ب - باورها و نگرش ها
رفتارهای خود بیمار مبتلا

یکی از مشکلات عمده مبتلایان
به صرع ، نگرش ها، دانش ها و
باورهای غلط فرد یا خانواده یا
خانواده همسر او در مورد
بیماری است.

احساسات و نگرش فرد مبتلا

Epilepsy is a chronic disorder that may affect how you feel about yourself and your relationship with other people, such as family, friends, or co-workers

صرع و مشاوره

- Some people may need counseling to talk about their feelings, and learn ways to deal with stress. Don't ever be ashamed to ask for help.

صرع و مشاوره

- Everyone with epilepsy feels angry and sad at times. Those feelings are normal. If you start to feel hopeless or overwhelmed, talk to your parents or some adult you trust, and get some help.

ترس از حمله

People with epilepsy may be embarrassed or fearful about their seizures and they may have to content with the ignorance and fear of other people. •

When should I tell people about my seizures? •

Remember that intimate relationships are complicated and may have problems for many reasons. Peoples without epilepsy struggle with these issues, too.

How do I tell other people about my epilepsy?

**Have a positive attitude about yourself -
- epilepsy is only a part of who you are,
and nothing to be ashamed of.
Whenever possible, choose a
comfortable place and enough time to
keep you from feeling anxious or rushed
when you talk about your seizures.**

واقعیت های مربوط به بیماری صرع

• واقعیت اول:

- بیماری صرع مانند همه بیماری های جسمی – فیزیولوژیکی دیگر علت هایی دارد
- علل عجیب و غریب ندارد

واقعیت دوم:

- در اکثر موارد قابل درمان و بهبودی کامل است

• واقعیت سوم

- مانند اکثر بیماری ها پیامدها و عوارض روانی و اجتماعی دارد
- مثل دیابت ، فشارخون ، مشکلات غده تیروئید
- اضطراب ، افسردگی و خشم هم در سایر بیماری ها و هم در افراد عادی می تواند وجود داشته باشد که گاهی در بیماران مصروع نیز مشاهده می شود

واقعیت چهارم:

مانند بسیاری از بیماری های دیگر باعث محدودیت هایی می شود

مانند بیماری قلبی ، آسم ، مشکلات ستون فقرات

محدودیت های کاری ، ورزشی ، رانندگی ، تفریحات ، به کارگیری برخی رژیم های غذایی و سبک های

جدید زندگی در بیماری صرع نیز وجود دارد

واقعیت پنجم:

- مانند اکثر بیماری ها پس از کنترل و بهبودی باید فرد به عنوان یک شخص عادی به دامن جامعه برگردد تا بتواند زندگی طبیعی داشته باشد

صرع و ازدواج

وقتی یک فرد
مصروع تصمیم به
ازدواج می گیرد،
سؤالات متفاوتی
برای وی وجود دارد.
از جمله این که

آیا می تواند ازدواج
کند یا خیر؟

آیا بیماری او به
فرزندش نیز به ارث
می رسد؟

صرع و ازدواج

افراد مصروع هم می توانند
عاشق شوند و هم
می توانند ازدواج کند

صرع و داشتن فرزند



داروهای ضد تشنج و بارداری

داروها نیز در حین بارداری ادامه پیدا می کند و نحوه زایمان هم بنا به تصمیم پزشک است. بعد از زایمان نیز مادر می تواند به فرزند خود شیر دهد زیرا مصرف داروها تأثیر منفی در فرزند وی ندارد، بلکه توجه به این مسئله ضروری است که اگر خانم باردار در دوران بارداری بدون مشاوره پزشک، خودسرانه داروی خود را قطع نماید و دچار حمله تشنج گردد، این امر می تواند برای وی خطرناک باشد.

- There are concerns related to seizures, certain medications and a specific vitamin supplement called folic acid that are important to discuss with your doctor before you become pregnant.

**Women with
epilepsy get
pregnant and most
of them have
normal, healthy
babies.**

(If you are not taking folic acid, you should ask your doctor or nurse about it.) Having children is an important decision for any couple, and it requires planning and commitment.

There may be some special adjustments if you have epilepsy, but there is no reason you can't be a successful parent.

• آیا صرع می تواند در روابط زناشویی ایجاد مشکل کند؟

***IT IS NOT UNUSUAL FOR
PEOPLE TO HAVE PROBLEMS
WITH SEXUAL
PERFORMANCE AT TIMES,
AND PEOPLE WITH EPILEPSY
ARE NO EXCEPTION.***

**HOWEVER, PEOPLE WITH COMPLEX PARTIAL SEIZURES,
PARTICULARLY WHEN THE SEIZURES START IN THE TEMPORAL
LOBE, SEEM TO HAVE MORE SEXUAL PROBLEMS, SUCH AS THE
ONES LISTED EARLIER.**

I would like to have a close relationship, but I'm afraid to have sex. Is that unusual?

No. Low self-esteem or cosmetic effects from medication may make women and men with epilepsy feel sexually unattractive. Those feelings can lead to a lack of sexual desire and arousal. Acceptance of yourself and your epilepsy are important in developing an intimate relationship with another person.

Perhaps you are afraid you might have a seizure during intercourse. Seizures often involve the same areas of the brain that are important to maintaining healthy sexual function, and some of the sensations felt during lovemaking can be similar to those experienced during auras or simple partial seizures.

MANY WOMEN WITH EPILEPSY SAY THAT INTERCOURSE IS PAINFUL FOR THEM. THIS IS ESPECIALLY COMMON IN PEOPLE WHO HAVE TEMPORAL LOBE EPILEPSY.

PAINFUL INTERCOURSE CAN BE CAUSED BY DRYNESS OF THE VAGINA OR PAINFUL VAGINAL SPASMS DURING INTERCOURSE.

Do men with epilepsy have sexual problems too? •

YES, ALMOST A THIRD OF ALL MEN WITH EPILEPSY HAVE DIFFICULTY ACHIEVING AND MAINTAINING AN ERECTION.

SPECIALISTS CALLED UROLOGISTS OFFER HELP TO MEN WITH SEXUAL PROBLEMS, INCLUDING SOME MEDICATIONS THAT EASE PROBLEMS WITH ERECTION.

YES, THEY MAY. WHEN SEIZURES ARE UNDER CONTROL, PEOPLE SEEM TO HAVE IMPROVED SEXUAL DESIRE AND PERFORMANCE.

داروهای ضد تشنج وروابط زناشویی

ANY OF THE ANTIPILEPTIC DRUGS (AEDS) CAN POSSIBLY CAUSE SEXUAL DIFFICULTIES. HOWEVER, THIS REACTION TO ONE MEDICATION DOES NOT MEAN YOU WILL HAVE THE SAME EXPERIENCE WITH ANOTHER.

TALK WITH YOUR DOCTOR ABOUT TRYING ANOTHER ANTICONVULSANT MEDICATION FOR YOUR SEIZURES IF YOU SUSPECT THIS IS A PART OF YOUR SEXUAL PROBLEM.

HORMONES PLAY AN IMPORTANT ROLE IN SEXUAL FUNCTION AND SOME PEOPLE WITH EPILEPSY HAVE ALTERATIONS IN NORMAL HORMONE LEVELS. BOTH SEIZURES AND EPILEPSY MEDICINE CAN INTERFERE WITH THE WAY YOUR BODY USES HORMONES, RESULTING IN SEXUAL PROBLEMS.

YOU MAY NEED REFERRAL TO AN ENDOCRINE SPECIALIST TO SORT OUT THE COMPLEX INTERACTIONS BETWEEN HORMONES, SEIZURES, AND MEDICATIONS.

I am embarrassed to talk to my doctor about sex.

It may be difficult, but it is very important to talk to your doctor about sexual difficulties.

In addition to epilepsy, there are other causes for sexual dysfunction that can be diagnosed and

treated (medical conditions such as diabetes, thyroid disorders, or high blood pressure).

Your physician may ask questions about religious beliefs, uncomfortable experiences in your past related to sex, any stress or recent illness, and details of your sexual relationships.

These are private, personal issues, but it is important to share the information openly, to help your doctor understand your problems and provide the appropriate help in solving them.

IT IS OFTEN IMPORTANT TO BRING YOUR PARTNER FOR COUPLES THERAPY. SOME PEOPLE NEED INFORMATION ABOUT SEXUAL FEELINGS AND ACTIVITIES AND SUGGESTIONS FOR MAKING THEIR RELATIONSHIP MORE PLEASURABLE.

صرع و مدرسه

Students with epilepsy are at increased risk for academic underachievement, particularly

in the basic skills of reading, language, and arithmetic.

Approximately nine percent of children with epilepsy have I.Q.s below 70, a percentage that is three times greater than in the general population.

Children with severe epilepsy are also likely to experience social rejection from peers.

Teacher attitude is an important factor in a child's social adjustment at school;

صرع و بلوغ

However, some girls and women have more seizures just before or at the beginning of their periods.

صرع و رانندگی

Some states make you wait six months to a year after having a seizure before you can

drive. Driving is a serious privilege, involving your safety and that of other people.

چه باید کرد؟

آموزش عمومی مردم درباره صرع

آموزش ویژه به والدین ، دوستان و اطرافیان بیمار

آموزش ویژه به معلمان و دست اندرکاران آموزشی

گسترش برنامه های رسانه های جمعی مخصوصا رادیو و تلویزیون درباره واقعات های مربوط به بیماری صرع و بیماران مبتلا به صرع

آموزش های ویژه به مبتلایان درباره روابط اجتماعی