

Looking beyond pseudo seizure-stressing the clinical etiological profile of patients presenting with pseudo seizures

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Abstract

Objective: To describe the clinical & etiological profile of patients with pseudo seizures. **Materials & Methods:** Prospective cross sectional study, 32 patients in the age group of 18-60 years with documented pseudo seizures were included in the study. **Results:** The mean age of patients was 32.8± 4.52 years with a female preponderance (70%). **Conclusion:** Stress was found to be the leading identified cause of pseudo seizures in this age group. **Keywords:** stroke.

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INTRODUCTION

Pseudo seizures is a major menace in the society. Accurate diagnosis is critical for guiding treatment decisions and determining the prognosis of individual patients. Hence study was conducted to look into the clinical etiological profile of these patients.

BACKGROUND

The etiological factors in cases of pseudo seizures differ greatly. Our study aims to find out the unique etiological characteristics of pseudo seizures in this particular study group.

MATERIALS AND METHODS

This is a prospective cross sectional study 32 patients in the age group of 18-60 years with documented pseudo seizures were included in the study They were subjected to clinical examination, brain and vascular imaging(CT/MRI), EEG, video EEG and other etiological workup as needed.

RESULTS

The mean age of patients was 32.8± 4.52 years with a female preponderance (70%)

True seizure + Pseudoseizure	Only Pseudoseizure	Abnormal EEG
11 Patients	21 patients	5 Patients

RISK FACTOR	NO OF PTS (%)
STRESS	11(34.3%)
ANXIETY	6(18.75%)
H/O SYNCOPE	2(6.25%)
H/O SEIZURE IN THE PAST	5(15.6%)
H/O HEAD INJURY IN THE PAST	4(12.5%)
CARDIAC ABNORMALITIES	1(3.12%)

CT/MRI	NO(%)
NORMAL	27(84.3%)
INFARCT/HEMORRHAGE	4(12.5%)
INTRACRANIAL SOL	1(3.12%)

DISCUSSION

Pseudo seizures has a major impact on individual and society. Accurate diagnosis is critical for guiding treatment decisions and determining the prognosis of individual patients. However, few studies have focused on etiology and risk factors for Pseudo seizures in adults^{1,2,3,4,5}. The current prospective study is focusing on pseudo seizures in patients admitted or attended outpatient in B.M.C.R.I. In comparison to studies conducted in western countries, a higher female predominance was observed in the current study⁵. The female pre-dominance noted in the current study may at least in part have been attributable to a sociocultural system in India that manifests as females being more likely to be depressed due to male dominance.

The most common etiology in the current study is stress, and was observed at a higher rate than that reported in previous studies of pseudo seizures in adults^{2,3,4,5}. The most frequent reason for categorizing these patients as having an stress was using questionnaire an -complete evaluation including CT/MRI,EEG work up. The second common cause of pseudo seizure in the current study was anxiety. The current study has several limitations, the first being the number patients recruited, this study included patients admitted from October 2015 to may 2016. Lastly, this is a hospital-based study and the results may not be generalizable to the general population. Despite these limitations, the current study is focusing on the etiologies and risk factors for pseudo seizures in adults in India. Our study highlights the need for aggressive management of

tradi-tional risk factors in young adults and also the need for exten-sive work-up in every patient in order to find correct etiologies.

CONCLUSION

In our series of pseudo seizures in adults the risk factor profile was significantly different in that usual risk factors played a relatively minor role in the causation of pseudo seizures in this age group.stress was found to be the leading identified cause of pseudo seizures in this age group. Further studies with larger patient population are required to confirm these findings.

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