

Abstract

Background: This bachelor's thesis examines the relationship between physical activity and sociodemographic variables, clinical variables of epilepsy, anxiety, depression and attentional executions, and adverse effects of ASM.

Aims: The aim was to investigate how patients who have physical activity differ from those who do not on sociodemographic variables, clinical variables of epilepsy, adverse effects of epilepsy, anxiety, depression and attentional executions, quality of life and adverse effects of ASM.

Methods: 235 patients were included in this retrospective cross-sectional study. Patients were examined at the Centre for Epilepsy Treatment, Department of Neurology, 2nd Faculty of Medicine, Charles University and Motol University Hospital. Dg. of epilepsy was determined by a physician. All patients signed the IS and the research was approved by the EC. Descriptive statistics (mean, standard deviation, median, minimum, maximum, absolute and relative frequencies) were used to describe the variables. Spearman's correlation coefficient, Student's t-test, and Kruskal-Wallis test were used to analyze the hypotheses and ANOVA was used. Chi-square test was used for discrete variables and logistic regression was used to estimate odds ratio (OR).

Results: We were able to demonstrate a relationship between physical activity intensity and cognitive function and adverse effects of ASM in favour of the physically active (except for the feelings of anger or aggression item relative to others on the LAEP questionnaire, which was higher in the athletes).

Conclusion: We demonstrated the relationship of physical activity on the above variables.

Keywords:

Epilepsy, sport, exercise, antiepileptic drugs, side effects, quality of life

