



## Letter to the Editor

## Reply to the comments on “Evaluation of sleep quality in spouses of people with epilepsy”



## Keywords:

Marriage  
Anxiety  
Depression  
Sleep Quality  
Sleep seizures  
Spouses of patients

## To the Editor,

We are grateful to Dr. Onder for his comments [1] on our original article, “Evaluation of sleep quality in spouses of people with epilepsy” [2]. The following are our responses to the comments.

In their comment [1], Dr. Onder stated that our lack of measuring seizure severity in patients with epilepsy was a limitation. As we stated in the materials and methods section in our study [2], the patients with epilepsy experienced seizures during sleep, and their spouses were sharing the same bed at that time. We believe that sleeping of patients and their spouses together would create difficulties in determining the severity of their seizures precisely. It was reported that the rate of marriage in patients with epilepsy is low while it decreases even further as the severity and frequency of their seizures increase [3–5]. Moreover, epilepsy seizures have negative effects on existing marriages [4].

Perhaps, it was because of this reason that the mean number of yearly seizures of the married patients with epilepsy in our study was a little higher than 2. As the seizures in married patients with epilepsy are usually rare, we had the opinion that the number of the cases in our study would be insufficient for grouping or analysis based on seizure severity. In light of this information, it might be considered that there is a need for a multicenter study with a very large sample in order to be able to comply with the recommendations of Dr. Önder [1]. The low number of the cases in our study [2] is an important limitation, and we stated it in the manuscript. Nevertheless, we believe that our study is significant in terms of raising awareness on this topic and encouraging for future studies.

Dr. Önder [1] stated that it was a limitation of the study to not state whether the seizures during sleep started before or after marriage. In our study [2], the patients with epilepsy ( $n = 60$ ) were divided into two groups as those whose seizures started before marriage and those whose started after marriage and analyzed, but no significant difference was found. However, the group who had seizures during sleep ( $n = 30$ ) was not divided into two groups as before and after marriage for analysis. This was because it would not be statistically appropriate to have such a comparison between groups with very small sizes that are not homogeneously distributed.

In summary, most of the limitations stated by Dr. Önder in their comments [1] are related to the low number of the patients in our study, while this was stated in our study [2], and it was emphasized that there is a need for new studies that would eliminate this limitation. As also stated in our study [2], we agree with the opinion that there is a necessity for studies to be carried out with large samples.

## Declaration of Competing Interest

None.

## Acknowledgments

We thank Dr. Halil Onder for his contribution to improve future new publications.

## Financial support

None.

## References

- [1] Onder H. Letter regarding the article evaluation of sleep quality in spouses of people with epilepsy. *Epilepsy Behav* 2019;540–6.
- [2] Hamamcı M, Hacımusalar Y, Karaaslan O, İnan LE. Evaluation of sleep quality in spouses of people with epilepsy. *Epilepsy Behav* 2019;9(94):233–8.
- [3] Fisher RS, Vickrey BG, Gibson P, Hermann B, Penovich P, Scherer A, et al. The impact of epilepsy from the patient's perspective I. Descriptions and subjective perceptions. *Epilepsy Res* 2000;41(1):39–51.
- [4] Deli A, Kinariwalla N, Calvello C, Capelli V, Neale M, Henderson R, et al. An evaluation of the psychosocial impact of epilepsy on marriage in the United Kingdom. *Epilepsy Behav* 2019;9:204–8.
- [5] Agarwal P, Mehndiratta MM, Antony AR, Kumar N, Dwivedi RN, Sharma P, et al. Epilepsy in India: nuptiality behaviour and fertility. *Seizure* 2006;15:409–15.

Mehmet Hamamcı

Department of Neurology, Bozok University, Faculty of Medicine, Yozgat, Turkey

Corresponding author at: Department of Neurology, Bozok University Medical School, Yozgat 66100, Turkey.

E-mail address: [drmehmetmehmet@gmail.com](mailto:drmehmetmehmet@gmail.com)

Yunus Hacımusalar

Özgül Karaaslan

Department of Psychiatry, Bozok University, Faculty of Medicine, Yozgat, Turkey

Levent Ertuğrul İnan

Department of Neurology, Ministry of Health Ankara Research and Training Hospital, Ankara, Turkey

27 May 2019

Available online 9 July 2019