The chronic illness of epilepsy imposes several psychosocial stressors on patients and influences their health-related behaviors. The disease requires substantial behavioral and psychosocial adjustments. The influence of psychosocial stressors exerted by epilepsy on a person's self-efficacy is not well documented, especially among the Egyptian patients. This study was conducted to identify the psychosocial stressors and self-efficacy among Egyptian patients with epilepsy. A sample of convenience of 100 patients with epilepsy was recruited from the Out-patient clinic in El-Abassia Mental Health Hospital in Cairo and El Manial University Hospital Out-patient Clinic for Epilepsy. Four tools were used to accomplish this study including sociodemographic and medical data sheet, Stressors Inventory for Persons with Epilepsy (SIPE), General Self-efficacy Scale (GSES), and Epilepsy Self-efficacy Scale (ESES). The investigator collected data through a semi-structured interview with each patient and his/her family member if available. Results revealed that patients with epilepsy had intermediate psychosocial stressors (75%) as well as intermediate self-efficacy (72%). Sixty five percent of the sample was diagnosed as grand-mat epilepsy In addition; the study revealed that the frequency of seizures was the most related element to the level of psychosocial stressors and self-efficacy beliefs. Accordingly, we recommended that psychiatric nurses should teach patients and their families about epilepsy and emphasize their need for medication compliance.

Key words: Epilepsy, Self-efficacy beliefs, Psychosocial stressors.