

# Knowledge of and Attitude Towards Epilepsy Among the General Public in Saudi Arabia

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## ABSTRACT

Epilepsy, the most prevalent chronic neurological disorder, impacts individuals across all age groups. The current understanding of epilepsy is constrained by limited knowledge, as indicated by cross-sectional studies. Furthermore, views towards this condition exhibit notable variations across different cultural contexts. To investigate the level of knowledge and attitudes around epilepsy among the general public. A cross-sectional study was conducted in Saudi Arabia between January and February 2022, utilizing an online survey as the primary data collection tool. The study sample comprised individuals currently residing in Saudi Arabia, aged 18 years or older. The researchers employed binary logistic regression as a statistical method to ascertain the factors that serve as predictors for possessing information about epilepsy. The study involved a total of 530 individuals. The participants demonstrated a limited degree of understanding on epilepsy, as evidenced by a median knowledge score of 3.0 (interquartile range: 2.0-5.0) out of a total of 12 points. The study sample exhibited a favorable disposition towards epilepsy, as evidenced by a mean attitude score of 3.6 (SD: 1.3) out of 4. Women between the ages of 24 and 34, married individuals, those with a bachelor's degree, individuals employed in the healthcare sector, those who have reported exposure to information about epilepsy through hearing or reading, personal acquaintance with someone who has or had epilepsy, and those who have witnessed an epileptic seizure were found to possess a higher level of knowledge regarding epilepsy, in comparison to other groups ( $p \leq 0.05$ ). Future research is needed to look into the variables that contribute to a lack of knowledge and to identify educational interventions to raise public awareness.

**Keywords:** Attitude; Epilepsy; Knowledge; Saudi Arabia

*Bahrain Med Bull 2026; 48 (2): 3033-3038*

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