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# The effectiveness of Stigma copings of People with epilepsy in Japan

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Purpose: This study investigated the perceived stigma, the properties of stigma coping and evaluated the coping effectiveness on subjective well being of people with epilepsy in Japan.
Methods: 1. Subjects: Japanese where their epilepsy was diagnosed and noticed. In addition, 629 questionnaires were distributed through a self-help group and referrals from 7 hospitals. Two hundred and eighty-eight patients (45.8%)were eligible, of the 299 (47.5%) that replied.
2. Variables: perceived stigma was measured by frequency of devaluated feeling, discriminated feeling and refused feeling among people who are aware of their epilepsy (Alpha=0.86). The three types of stigma coping made by multiple items were examined, which were 'concealment', 'self-acceptance and education', 'withdrawal'. Subjective-wellbeing was evaluated with life satisfaction and the subjective-restrictions caused by epilepsy.
Results: The mean of perceived stigma (range 0-9) was 3.44 (sd 2.91). In medical condition, obvious signs (e.g. seizure frequency) showed significantly high in perceived stigma, however, epileptic duration was not significant. In regards to social conditions, occupation, educational history and social support no significant differences were present. The higher score interval of 'Withdrawal' decrease and it lower subjective well-being and strengthen perceived stigma. 'Concealment' score showed two peaks, and it raised the restriction and showed no efficacy toward stigma coping. 'Self-acceptance and education' showed a contradiction, which it buffered the effect of perceived stigma influenced on subjective well-being, however, itself raised restrictions.
Conclusion: 'Self-acceptance and education' is the most effective for stigma coping, however, limited people who have obvious medical signs of epilepsy adopt the style.