

Exercise Avoidance as a Learned Behavioral Pattern in Epilepsy

 Okan Sökmen

University of Health Sciences Türkiye, Atatürk Sanatoryum Training and Research Hospital, Clinic of Neurology, Ankara, Türkiye



Okan Sökmen MD,

Cite this article as: Sökmen O. Exercise avoidance as a learned behavioral pattern in epilepsy. *Arch Epilepsy*. 2026;32(3):115-115.



Corresponding Author: Okan Sökmen MD, University of Health Sciences Türkiye, Atatürk Sanatoryum Training and Research Hospital, Clinic of Neurology, Ankara, Türkiye, **E-mail:** drokansokmen@gmail.com

Received: 08.05.2026 **Accepted:** 20.05.2026 **Epub:** 25.06.2026 **Publication Date:** 29.07.2026

DOI: 10.4274/ArchEpilepsy.2026.26265



Copyright© 2026 The Author(s). Published by Galenos Publishing House on behalf of Turkish Epilepsy Society.

This is an open access article under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 (CC BY-NC-ND) International License.

Keywords: Epilepsy, exercise avoidance, fear of seizures, learned behavior, physical activity

Dear Editor,

The recent study of physical activity in epilepsy reported that fear of seizures was the primary reason for avoiding exercise, whereas seizure frequency itself was not related to physical activity levels.¹ This suggests that exercise restriction in epilepsy may depend less on actual seizure burden and more on how patients perceive risk.

Many patients with epilepsy judge danger according to the unpredictability of seizures rather than seizure frequency alone. Even patients with relatively rare seizures may continue to see exercise as unsafe because the possibility of suddenly losing control remains frightening. Over time, avoidance behavior may continue even when seizure burden is low. This may partly explain why some patients remain physically inactive despite stable epilepsy.

One possible explanation is that avoiding exercise may gradually become a learned behavior. Patients who repeatedly avoid physical activity and do not experience seizures may start to believe that inactivity itself is protective. In this way, remaining sedentary may unintentionally strengthen the idea that restriction is necessary. Temporary caution may turn into long-term self-imposed restrictions, even among patients without severe epilepsy. Importantly, this process may continue even after the original medical concern becomes less relevant. As avoidance becomes routine, patients may stop evaluating whether the restriction is still clinically necessary.

The findings of the study also suggest that this process may be reinforced by both social and clinical factors. Most patients had never discussed physical activity with their physicians, and many reported being discouraged from exercising by people around them.¹ In daily practice, physician silence may not always be neutral. When exercise is never discussed during follow-up visits, some patients may interpret this as a sign that physical activity is unsafe. Warnings from family members may further strengthen avoidance behavior. In this setting, fear may gradually shift from being a response to seizures toward becoming part of everyday activities.

This may explain why physically restrictive lifestyles remain common despite increasing evidence that exercise is safe and beneficial in epilepsy.^{2,3} The problem may therefore involve more than low motivation. In some patients, inactivity may gradually become part of living with epilepsy itself, reinforced by others' fear and caution.⁴ This may create a mismatch between actual epilepsy severity and daily functional limitations. Patients with relatively controlled epilepsy may therefore continue to live with restrictions associated with severe disease.

The study raises an important question: are some behavioral restrictions in epilepsy maintained more by learned fear than by ongoing medical necessity? If so, physical restriction in some patients may persist less because of ongoing medical necessity and more because fear itself has gradually been reinforced. Epilepsy care may therefore need to address not only seizures but also the learned restrictions that persist after the actual risk has changed.

Footnotes

Financial Disclosure: The author declared that this study received no financial support.

References

1. Yücel Z, Günay MA. Assessment of physical activity behaviors and perspectives in epilepsy patients. *Arch Epilepsy*. 2026;32(1):25-30. [\[Crossref\]](#)
2. Capovilla G, Kaufman KR, Perucca E, Moshé SL, Arida RM. Epilepsy, seizures, physical exercise, and sports: a report from the ILAE task force on sports and epilepsy. *Epilepsia*. 2016;57(1):6-12. [\[Crossref\]](#)
3. Johnson EC, Helen Cross J, Reilly C. Physical activity in people with epilepsy: a systematic review. *Epilepsia*. 2020;61(6):1062-1081. [\[Crossref\]](#)
4. Mayor R, Gunn S, Reuber M, Simpson J. Experiences of stigma in people with epilepsy: a meta-synthesis of qualitative evidence. *Seizure*. 2022;94:142-160. [\[Crossref\]](#)