



How can a self-regulation program be implicated in the management of disease severity and well-being in MS patients?

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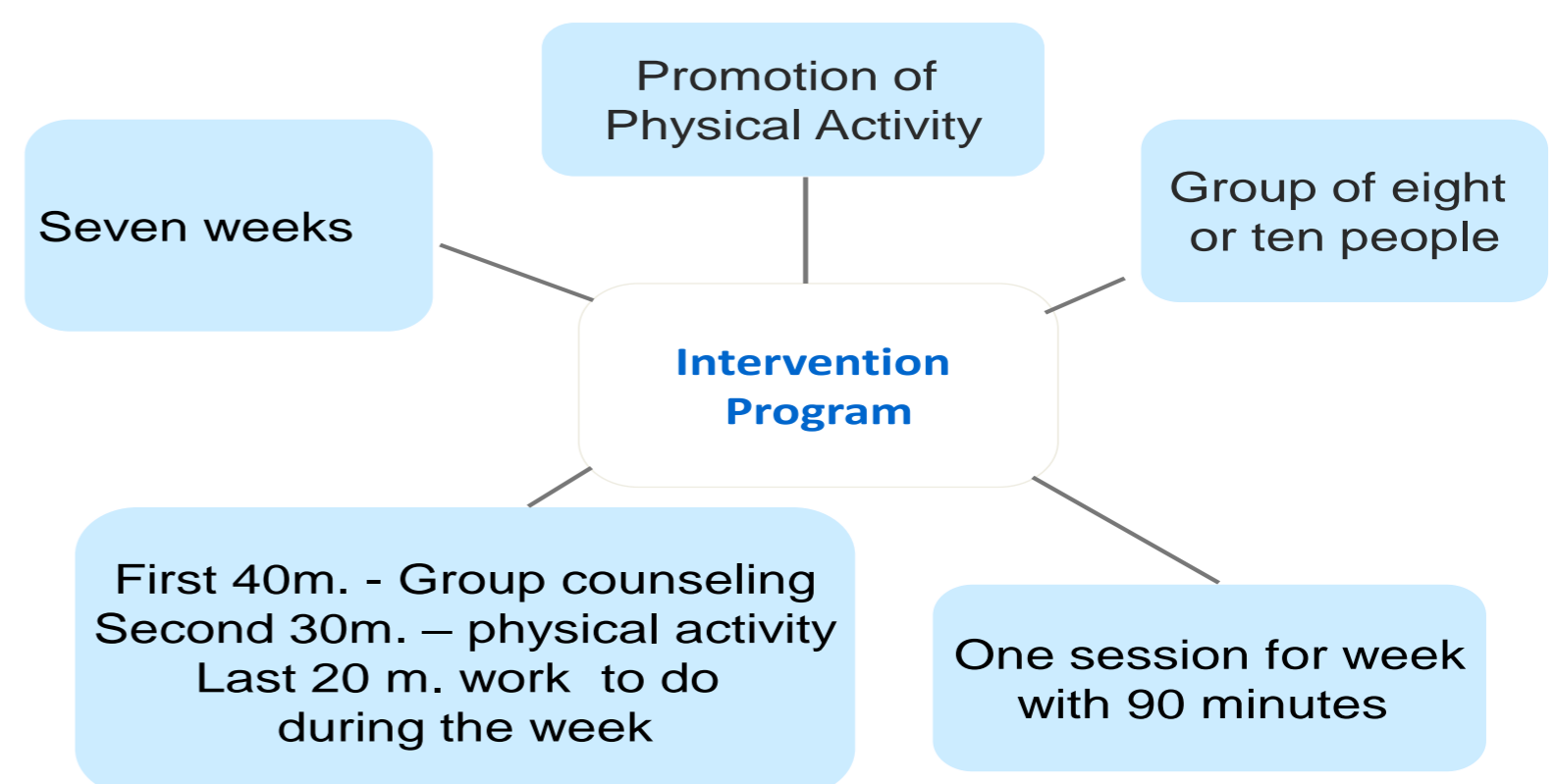
Introduction: Multiple sclerosis (MS) is a chronic disease of the central nervous system that mainly affects young adults, promoting a great impact on functionality. MS leads to strong functional restrictions, particularly in the context of daily living activities, as well as in patient participation.

The aim of this study: is to understand the implications of a self-regulation program in the perception of disease severity and well-being and in MS patients.

Methods: This is a prospective study. It was implemented a set of exercises for use in daily life activities, supported by different studies with patients with MS, based on the self-regulation model.

We used the instruments: We ask patients to "please classify the severity of your disease?" and use the domain of psychological well-being, the Mental Health Inventory (MHI-38) at the beginning (time A) and at the end (time B) of the program of self-regulation. We use the SPSS version 23, a non-parametric statistical hypothesis test (Wilcoxon test).

The intervention followed the recommendations of the Helsinki Declaration.



Results: In the analysis of results, we found that of the 29 patients, the mean age was 44 years, with patients between the ages of 20 and 58, 58.3% were women, 37.5% were currently married, 67% were retired and the mean level of education was 12.5 years.

The correlation between the perception of disease severity and psychological well-being before the self-regulation program was $R_s=0.40$ ($P<0,05$), and no significant after the intervention suggesting that a higher perception of PWB to minimize the negative perception of disease severity.

Conclusion: We conclude that the self-regulation program for physical activity in MS patients contributes to improve the relationship between the perception of disease severity and psychological well-being, suggesting that this program can be a facilitator model in controlling the severity of the disease.