



Mindfulness-Based Cognitive Interventions in Multiple Sclerosis

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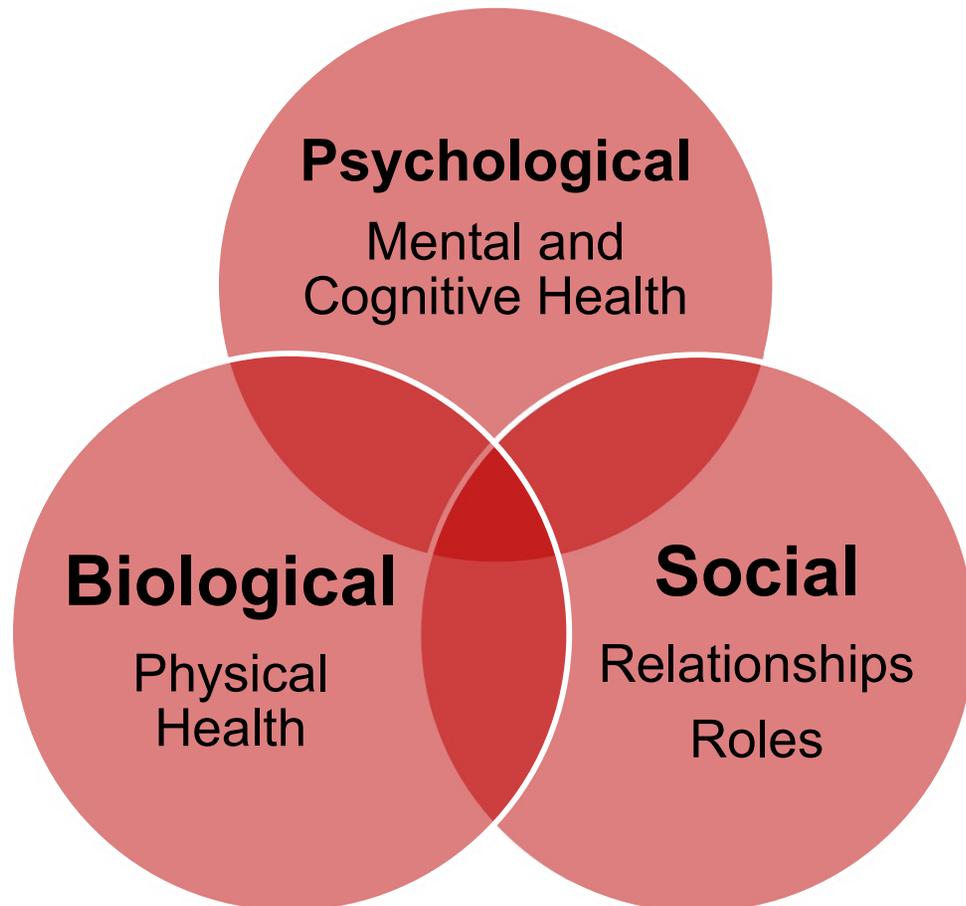


Neuropsychology

Clinical psychologist with specialized training in brain sciences

Focus on brain health

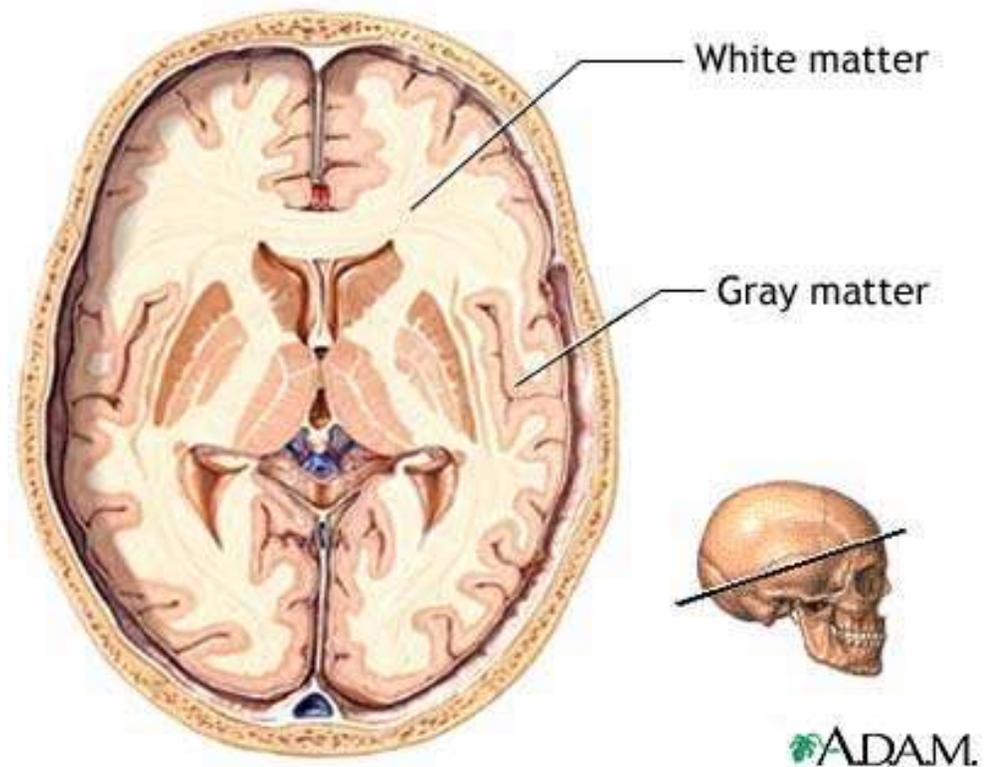
Invisible symptoms in MS



Invisible Symptoms – Cognitive Changes

Cognitive difficulties reported by 43-70% of patients

- Cognitive fog
- Attention problems
- Forgetfulness
- Slowed processing speed



Invisible Symptoms – Depression/Anxiety

Patients with MS experience unique challenges

Having MS can be stressful

Stress may exacerbate MS symptoms

There may also be disease-specific reasons individuals with MS experience emotional symptoms

Prevalence of depression among patients with MS: 30.5%

Prevalence of anxiety among patients with MS: 22.1%

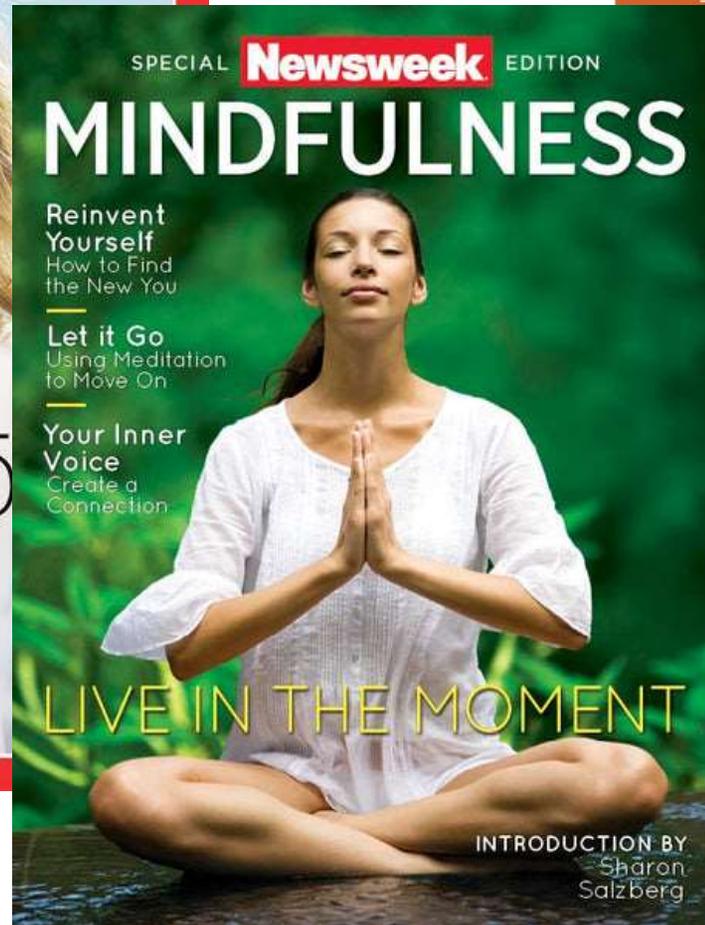
Invisible Symptoms - Fatigue

Fatigue affects 75-95% of patients

Among the most debilitating symptoms in MS



Mindfulness

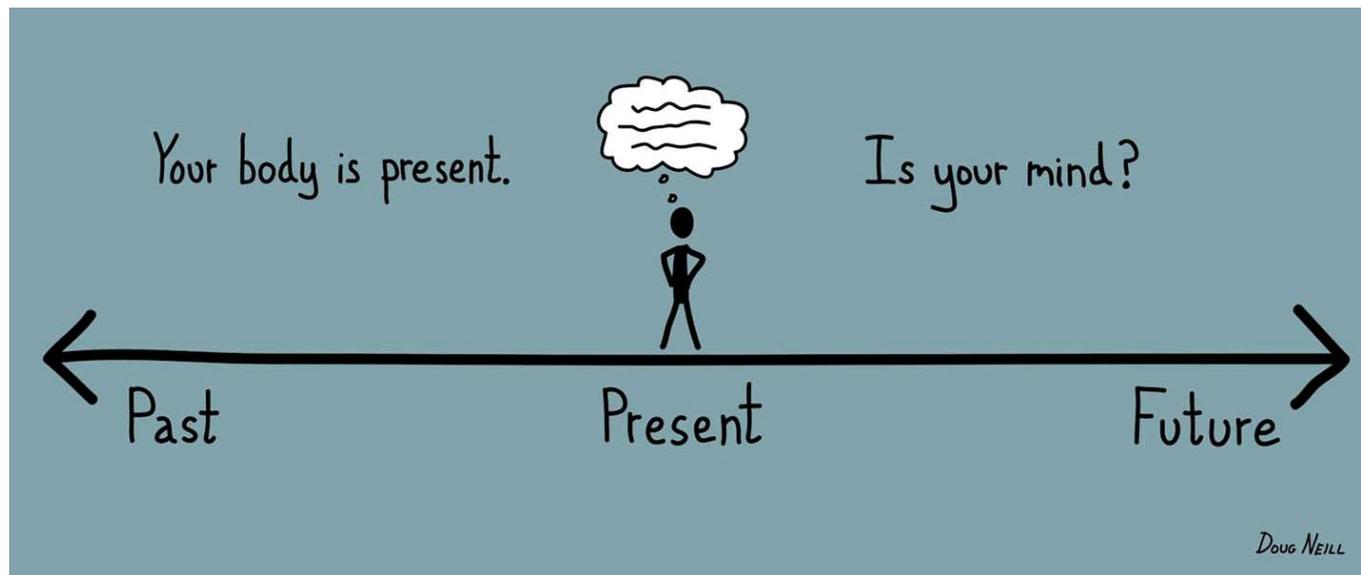


“Mindfulness means
paying attention
in a particular way;
On purpose, in
the present moment,
and non-judgmentally.”

Jon Kabat-Zinn

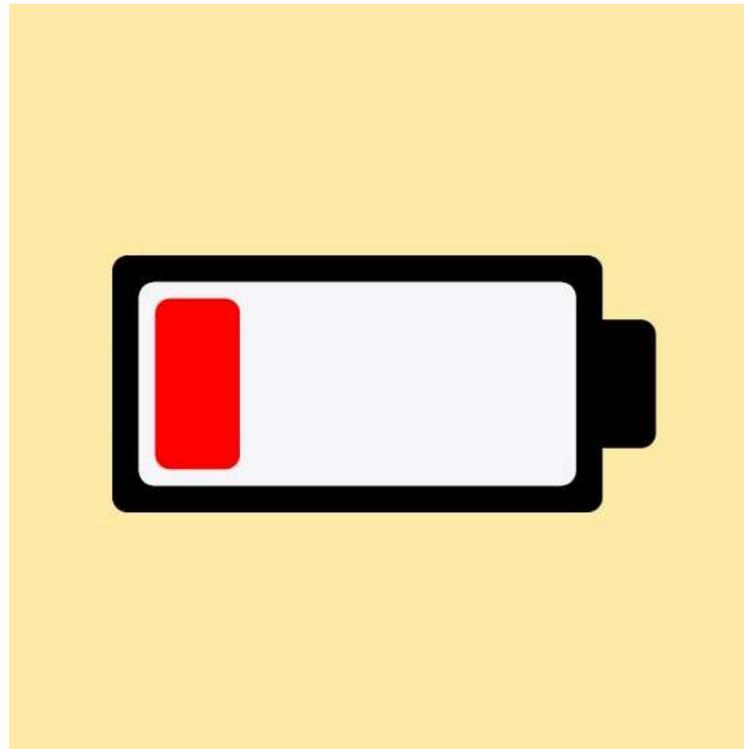
Mindfulness

Being in the present moment without judgement

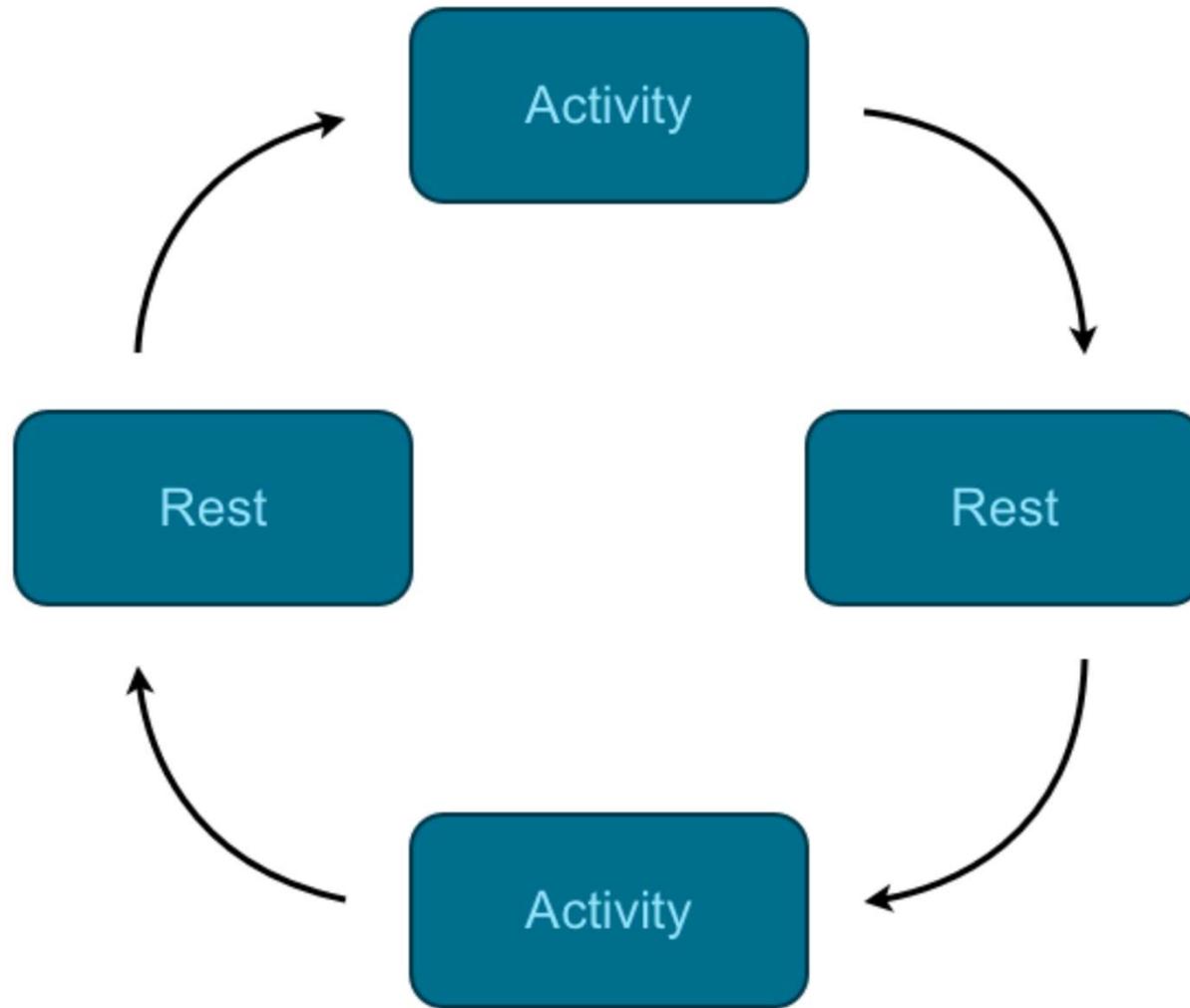


Informal Mindfulness Practices

Set daily alarms to check in with yourself



Activity Pacing for Cognitive Fatigue



Behavioral Health Interventions in MS

Research suggests that behavioral health treatment, such as psychotherapy can be effective at addressing many symptoms that patients with MS experience

The goal is to learn new coping strategies to manage a range of symptoms/experiences

Common treatment targets include:

- Mood (depression, anxiety)

- Adjustment to MS

- Fatigue

- Sleep

- Chronic pain

- Cognitive symptoms

Helpful Resources

National MS Society

<https://www.Nationalmssociety.org>

<https://www.nationalmssociety.org/Chapters/OHA>

Multiple Sclerosis Association of America

<https://mymsaa.org/>

Multiple Sclerosis Foundation

<https://msfocus.org/>

Mindfulness-Based Cognitive Therapy

MBCT.com

Mindful Way through Anxiety

<https://mindfulwaythroughanxiety.com/>