## Patient and Provider Insights into the Impact of Multiple Sclerosis on Mental Health: A Narrative Review

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The authors of this work include **people living with MS** and **healthcare providers**, seeking to together raise the profile of **mental health concerns faced by people living with MS** 

## What are some common mental health changes people living with MS may encounter?

Mood changes associated with receipt of the MS diagnosis

Loss of interest in everyday activities

Periods of unusually intense emotion

Loss of selfesteem

Persistent feelings of sadness

Suicidal ideation/attempts

Hallucinations or delusions

Heightened levels of stress and/or worry

People living with MS are more likely

than the general population to develop mental health conditions

rels of Fear of disease progression

## What should you do if you experience these symptoms?

Don't suffer in silence share any mental health changes with your MS care provider



Use providers that actively listen and help make decisions about care together

## What can you do to manage your mental health? Integrate care from medical professionals with a robust support system and the right options for you. Mindfulness-based Interventions Care from Medical Professionals · General wellness visits • Yoga · Clinical interview/screening Aerobic exercise · Behavioral therapy Meditation Gratitude journaling Pharmacotherapy · Music therapy Person with MS **Extended Resources** Supports from Personal Network · Peer local/social media · Maintaining identity networks Finding MS society websites. support groups, and apps Patient advocacy groups meaning/purpose · Care and support



PEER-REVIEWED INFOGRAPHIC

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