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Assessment of the Quality of Life of Multiple Sclerosis Patients' Caregivers in Saudi Arabia

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Multiple sclerosis (MS) has been found to impact the quality of life of caregivers. Although many studies have assessed the quality of life of MS caregivers worldwide, no such studies have been conducted in Saudi Arabia. In this study, we aim to assess the quality of life of MS patients' caregivers in Saudi Arabia.

This cross-sectional study included caregivers of MS patients (for >1 year) who visited the neurology clinic at King Abdulaziz Medical City, Jeddah, Saudi Arabia between July 2017 and December 2018. The study utilized the Zarit Burden Interview (ZBI) to assess the burden on MS patients' caregiver. In addition, their demographic profile was collected, and certain information regarding the patient was also collected through an oral interview.

There were a total of 219 respondents, of which 117 (53.4%) male caregivers. For ZBI, the majority of caregivers reported little or no burden (57.1%), followed by mild to moderate burden (30.1%), then moderate to severe burden (10.5%), and only 5 (2.3%) reported severe burden.

Our results showed limited impact of MS on the quality of life of caregivers of MS patients. We stress on the importance of routine assessment of the quality of life in MS patients and caregivers as routine practice with the other important measures. The finding of this study will help in encouraging medical centers to establish more specialized MS clinics that put into consideration the psychological factors.

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Assessment Quality of Life in Multiple Sclerosis Iraqi Patients and its Relation to Patients Factors

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Multiple sclerosis (MS) is the most widespread disabling neurological condition of young adults. Patient's Quality of life (QoL) is largely affected by MS, yet few studies have focused on finding relationships between MS patient's factor with QoL.

The aim is to assess the Patient's QoL and the relation between patient's factors (age, sex, marital status, occupation, date of diagnosis) and specific QoL impacts.

This is a cross-sectional study conducted at an outpatient clinic of Baghdad Teaching Hospital. 100 Iraqi patient already diagnosed with MS were enrolled. Demographic information and MS Quality of Life Inventory (MSQLI) questionnaire items which include Pain Effect Scale (PES), Modified Fatigue Impact Scale (MFIS), Bowel Control Scale (BCS) and Bladder Control Scale (BLCS) were collected. Data were analysed by one-way ANOVA. Each variable was analysed with the four QoL scales. P value of less than 0.05 was considered statistically significant.

One hundred patients (22 males and 78 females) with a mean age of 36 years SD(+/-12.3), mean disease duration of 6 years SD(+/-4.9), mean PES(61.5) SD(+/-25.8), mean MFIS(52.9) SD(+/-28.5), mean BCS(20.3) SD(+/-28.3), mean BLCS(24) SD(+/-33.5). Age was significantly associated with all scales (P < 0.05) while disease duration was only statistically significant with BCS (p=0.03). Marital status was statistically significant with MFIS (p=0.03) and BCS (0.01). Occupation was only significant with bladder (p=0.03). There was no association between gender and QoL scales.

Age only affects all the QoL scales whereas sex has no effect. Disease duration affects BCS. Marital status affects MFIS and BCS. Occupation affects BLCS.

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Insulin Resistance is Related with Cognition Impairment in Multiple Sclerosis Patients

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Multiple sclerosis (MS) is a chronic and progressive autoimmune disease of the central nervous system (CNS). Slowed cognitive processing speed and episodic memory decline are the most common cognitive deficits in MS, with additional difficulties in executive function, verbal fluency, and visuospatial analysis. The aim of this study was to compare the cognitive status of MS patients with and non-insulin resistant.

In a cross-sectional study, 74 patients with diagnosis of relapsing remitting MS were invited to collaborate. After obtaining informed consent and recording information including time of diagnosis, waist circumference, height and weight, 5 cc of fasting blood samples were taken from patients. And blood glucose and insulin levels were measured. Cognitive status of patients was assessed using Minimal Assessment of Cognitive Function in MS (MACFIMS) questionnaire. According to Homeostatic Model Assessment of Insulin Resistance (HOMA) index more than 2.5, patients were divided into two groups with (n=28) and non-insulin resistance (n=46), then cognitive status was compared in two groups.

The mean of age, duration of disease and EDSS of all participants were 40.78 ± 5.2 years, 11.56 ± 4.56 years and 1.68 ± 1.12 respectively. In our study, the prevalence of insulin resistance was found 37.8%. The mean scores of CVLT, CVLT-DR, COWAT, JLO tests were significantly lower in the insulin resistance group comparing to non-insulin resistance group (P < 0.05). Also, the score of the CVLT, CVLT-DR, COWAT, JLO, BVMT and DKEFS tests had reverse correlation with fasting insulin levels, which was meaningful for COWAT.

MS patients with insulin resistance are more disturbed in the areas of verbal memory, verbal fluency, executive function and visuospatial processing and this disorder is exacerbated by an increase in fasting blood insulin levels.

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