

Survey results: Emotional challenges and MS



Momentum's online survey last fall on mood and multiple sclerosis seems to have touched a nerve, with close to 2,000 readers participating. Respondents cited depression as the most common emotional challenge they have faced since being diagnosed with MS, followed closely by anxiety:

- **81** percent of readers said they have experienced depression since their MS diagnosis.
- **76.4** percent said they have experienced anxiety.
- **58.6** percent said they have experienced abrupt or inappropriate mood changes.
- **10.2** percent said they have experienced other challenges, such as frustration, anger, or uncontrollable crying or laughing.

Medication is the most widely used treatment option.

- **60.7** percent of respondents said they have used medication to manage these challenges.
- **44.2** percent said they have used exercise as treatment.
- **37.6** percent said they have used talk therapy.
- **20.6** percent said they have sought other options, including talking with family members, reducing stress and considering self-medication.

For more information about mood changes in MS, call 1-800-344-4867 and ask for the Society's new book and DVD, **Cognition & Mood in MS: What You Can Do About It**,

available later this summer.