We have released our latest evidence snapshot, “The effects of psychological interventions for mood in people living with multiple sclerosis”.

- Evidence Snapshot (DOCX 195KB)
- Evidence Snapshot (PDF 455KB)

This report summarises the evidence for the effectiveness of psychological interventions for mood in people living with multiple sclerosis (MS).

Providing psychological interventions early may help people living with MS maintain functional, social and economic independence.

This evidence snapshot aims to empower individuals to consider a broader range of evidence-based supports relevant to their needs.

Some of these supports may be funded through the NDIS and some supports need to be accessed from mainstream and community organisations.

The snapshot included 10 recent systematic reviews and meta-analyses on the topic. It included data from more than 30 randomised controlled studies with over 4,000 people with MS.

The snapshot tells us that:

- Cognitive behaviour therapy (CBT) is associated with moderate reductions in pain and fatigue in people with MS.
- Mindfulness interventions are associated with moderate reductions in symptoms of depression, anxiety, stress, fatigue and better coping and quality of life in people with MS.
- Stress management interventions are associated with moderate reductions in symptoms of depression, anxiety and stress in people with MS.
- There is some evidence to support acceptance and commitment therapy and relaxation therapy on stress and fatigue in people with MS but the evidence base is small and inconclusive.

To find out more about this research, please email research@ndis.gov.au.