

## Impact of Educational Intervention Based on family-centered empowerment model on quality of life in Patients with Multiple sclerosis

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**Introduction:** Multiple sclerosis is a chronic central nervous system disease that affected all the aspects of life of patient, family and community. quality of life is normally at a low level among Multiple sclerosis patients, and several studies have confirmed the positive effects of the empowerment program on this parameter among these patients. The aim of this study was to determine the Impact of Educational Intervention Based on family-centered empowerment model on quality of life in Patients with Multiple sclerosis.

**Methods:** This clinical trial was conducted on 80 patients with Multiple sclerosis. Patients who met the inclusion criteria were selected and divided into two groups of control and intervention using a randomized block design. Intervention was performed through educational sessions held twice a week for 4 weeks. In addition, Multiple sclerosis Quality of Life questionnaire was completed by the subjects of both groups before and two months after the intervention. Data analysis was performed using SPSS V.18 and statistical tests, including Mann-Whitney U, Chi-square, Fisher's exact and T-test.

**Results :** In this study, no statistically significant difference was observed between the study groups in demographic variables ( $P < 0.05$ ). However, results of paired t-test indicated a statistically significant difference in the mean score of quality of life before and after the intervention in each group ( $P \leq 0.0001$ ). Moreover, independent t-test revealed a statistically significant difference in the mean scores of quality of life between the two groups after the intervention ( $P \leq 0.001$ ).

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**Conclusion :** According to the results of this study, the empowerment program had a significantly positive effect on the quality of life among Multiple sclerosis patients. Therefore, it is recommended that this program be considered in the treatment procedure of patients with Multiple sclerosis.

**Keywords:** Empowerment, Multiple sclerosis, Quality of Life  
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