

## Effectiveness of Self-Care Education on the Mental Aspect of Quality of Life in Multiple Sclerosis Patients

Farzad Poorgholami <sup>1\*</sup>, Vahid saadatmand <sup>2</sup>

1-Medical Surgical Nursing, Faculty of Nursing & Para-Medicine, Jahrom University of Medical Sciences, Jahrom, Iran

2-Critical Care Nursing, Faculty of Nursing & Para-Medicine, Jahrom University of Medical Sciences, Jahrom, Iran.

**Background:** Multiple sclerosis (MS) is a chronic, progressive and degenerative myelin sheath disease of the central nervous system, that for a reason a variety of symptoms can cause destructive effects on quality of life. This study aimed to investigate the Effectiveness of Self-Care Education on the Mental Aspect of Quality of Life in Multiple Sclerosis Patients.

**Methods:** This quasi experimental research was accomplished in the multiple sclerosis society in Jahrom in 2014. Eighty patients with multiple sclerosis were selected by convenience sampling and randomly divided into experimental and control groups. At first, demographic information and Multiple Sclerosis, Mental Quality of Life (MSMQOL-54) questionnaire were completed by experimental and control groups. Educational sessions for the experimental group was performed according to the patient needs. Three months after the self-care performance by experimental group MSMQOL-54 questionnaires were completed by two groups. Data were analyzed by using Chi-Square, paired and independent t-tests.

**Results:** In this study, no statistically significant difference was observed between the study groups in demographic variables ( $P < 0.05$ ). In the experimental group, the mean of all mental aspect QOL was  $49.2 \pm 15.4$  before and  $60.5 \pm 18.6$  after intervention, that showed statistically significant difference before and after intervention ( $P < 0.001$ ). In the control group there was no significant difference in mental aspect QOL between before and after intervention. ( $p = 0.34$ )

**Conclusion:** This study revealed that applying Self-Care education could improve the mental aspect quality of life in multiple sclerosis patients. It is recommended that this program be used to improve the mental aspect quality of life in these patients.

**Keywords:** Self-Care, Patients education, Quality of Life, Mental Aspect, Multiple Sclerosis