

Quality of life of patients with MS in Ardabil province and the factors affecting it**Abstract:**

Background and Objective: MS is a chronic and progressive disease of the central nervous system that is characterized by chronic inflammation, myelin destruction of nerve cells by the immune system and the formation of plaques in the neural pathway. The disease usually occurs in the form of relapses, primary progression, secondary progression and progressive exacerbation, the most common form of which is recurrence.

There are currently an estimated 700 patients. Registered in Ardabil province indicates) on the quality of life of patients can be programs to identify people at risk of reduced quality of life and the necessary interventions to increase their quality of life, so we decided to study the quality of life of patients With MS and the factors affecting it.

Methods: This study will be performed as a cross-sectional study. The minimum sample required was 200 patients and sampling was among the patients who came to my clinic between January and June 2017. A referral to Alavi Hospital was made available

Results: In this study, 200 MS patients were included in the study. The mean age of the samples was 37.1 years with a standard deviation of 8.3 years. The minimum age was 18 and the maximum age was 62 years. The patients were 129 women (64.5%) and 71 patients (35.5%) were men. Statistical analyzes showed that the complications of MS and patients' quality of life were not related to gender and the quality of life of both sexes was affected. General health with 55.98 ± 25.99 , Physical Health with 55.77 ± 30.57 , role emotional with 23.95 ± 58.78 , mental health with 23.45 ± 63.26 , social relations with 30.34 ± 62.93 , physical limitation with 36.63 ± 62.32 , vitality with 37.16 ± 71.16 and pain 26.57 ± 61.76 .

Conclusion: Except for the parameters of social, physical and mental relationships, in other cases, age had a significant inverse relationship with the combined domain of physical health. There was no significant relationship between gender and monthly income with quality of life.

Keywords: MS, Multiple Sclerosis, Quality of Life, Ardabil