

## **Evaluation of social and family challenges in Multiple sclerosis patients in Ardabil province in 2021**

### **Abstract**

**Background:** People diagnosed with Multiple sclerosis need to adapt and coordinate their quality of life with the challenges of chronic disease. By knowing the personal and social effects of Multiple sclerosis disease on various dimensions of social and personal life of patients, appropriate and practical solutions can be found to solve them.

**Aim:** The aim of this study was to determine the social and family challenges of Multiple sclerosis patients in Ardabil province in 2021.

**Materials and methods:** This study was conducted cross-sectionally. If the patients had consented to participate in the study, they completed the researcher's questionnaire. After collecting the information in the questionnaires, it was entered into the statistical software and analyzed.

**Results:** 100 patients with a definite diagnosis of Multiple sclerosis referred to the neurology clinic of Alavi Hospital in Ardabil city were examined in terms of social and family challenges. According to the results of the study, the average age of the participants was  $44.5 \pm 10.16$  years. 76% of the participants were women and 24% were men. In terms of education level, 42% were illiterate, 23% had primary education, 20% had secondary and intermediate education, and 15% had university education. 78% were married and 22% were single. 69% of multiple sclerosis patients were employed and only 31% were unemployed or housewives. The average age of onset of the disease was  $30.96 \pm 4.27$  years and the average duration of the disease was  $13.53 \pm 9.90$  years. The lowest challenge was related to job search and employment with a score of  $2 \pm 1.19$  and the highest challenge was related to work and social relations with a score of  $2.49 \pm 0.86$ . Also, the scores of other social and family challenges including were reported as follows: making friends and maintaining relationships with friends  $2.33 \pm 1.33$ , having children  $2.12 \pm 1.05$ , emotional and marital relationships  $2.1 \pm 0.8$ , divorce rate And separation was reported as  $2.04 \pm 1.27$ , relationships with parents and first degree members  $2.04 \pm 1.33$ , and the patient's marriage process  $2.01 \pm 1.04$ .

**Conclusion:** Multiple sclerosis causes many family and social proble in patients.

**Keywords:** multiple sclerosis, family challenges, social challenges