

## Abstract

**Objectives:** The purpose of this project was to improve self-efficacy and reduce the impact of fatigue for individuals with MS through the implementation of a telephone-delivered education-based program.

**Methods:** This was a pre/post study design conducted at an outpatient specialty Multiple Sclerosis clinic. The sample (n=17) included adult individuals with MS fatigue. Each individual participated in eight weekly individual education sessions delivered by phone. The topic covered in the educational session included: symptoms expectation and treatment options of pain, fatigue and mood, nutrition/ activity, communication/ health care relationships and social support.

**Results:** There was a reduction on the impact of fatigue in the overall sample but it did not show statistically significant changes with implementation of the education based intervention [PRE: Median=12, Interquartile range= 3; POST: Median=9, Interquartile range=7; p=.507]. There was a significant increase in self-efficacy score which did show statistical significance [PRE: Median=42.6, Interquartile range=9.1; POST: Median= 45.6, Interquartile range=11.45; p= 0.20].

**Conclusion:** Although there was not a statistically significant reduction in the impact of fatigue, there could be long-term clinically meaningful benefits. The study demonstrated that the implementation of an education-based program could help improve self-efficacy.

**Keywords:** multiple sclerosis, MS, fatigue, MS related fatigue, self-efficacy