

# An opportunity to participate in research to improve health and wellbeing for people with multiple sclerosis

As part of the Our Health in Our Hands (OHIOH) project, researchers at the Australian National University are working together to improve the clinical management and overall health and wellbeing of people living with multiple sclerosis (MS).

A foundational part of the OHIOH project is establishing the ACT MS Cohort Study. In this study we will recruit people with MS as well as people who do not have MS. We aim to have a similar distribution of age and sex across the two groups, and collect new data each year to see changes over time. By collecting data over time in people with MS and people who do not have MS, we will be able to compare the two groups to answer questions about health and wellbeing, how that changes over time, and whether and how having MS affects health and how this changes over time.

## What does participation involve?

You need to be 18 years old or over either with MS or without a diagnosis or any known signs of MS. For people living with MS, participation will occur within one month of your appointment with your treating doctor/neurologist. Once you provide consent, all participants will be asked to:

- Complete online questionnaires that include information about background, medical history, psychological health and wellbeing and diet.
- Complete measures of current health including blood pressure, height, weight and functioning e.g., rating muscle weakness, limb mobility, balance, speech, body sensations and visual function.
- Provide a blood sample.

During the COVID-19 pandemic, all aspects of the study will be conducted online or over the phone. A blood sample collection and measures of current health will recommence once public health orders allow and participants feel comfortable conducting a face-to-face appointment.

Once the baseline appointment has been completed, participants will be asked to attend an annual follow-up appointment that is similar to the baseline appointment. If a person living with MS experiences a relapse between their annual appointment, they will be asked to attend a follow-up appointment.

## Find out more!

Contact **Dr Jo Lane** on **02 6125 1485**

Or email: [jo.lane@anu.edu.au](mailto:jo.lane@anu.edu.au)

Or go to the Our Health in Our Hands website at:

<https://www.anu.edu.au/research/research-initiatives/our-health-in-our-hands>