Understanding Depression and Anxiety in People Living with Multiple Sclerosis

Title of the research
The role of metacognitive beliefs in emotional distress in people with multiple sclerosis

Institution
Institute of Psychology, Health and Society
University of Liverpool

Name of Lead Investigator
Dr Peter Fisher

Research funded by
University of Liverpool

Who to contact
Phillip Heffer-Rahn
Email: prahn@liverpool.ac.uk
Phone: 07720 384620

Recruiting until
February 2017

Total number of participants needed
200

Who can take part
People over the age of 18 diagnosed with multiple sclerosis

About the research
The University is conducting research to help understand more about emotional distress in MS. We are interested in how people make sense of their illness and the nature of depression and anxiety in MS. This means we are inviting people with a diagnosis of MS to complete a set of questionnaires that ask for views about MS and their beliefs about depression and anxiety. We expect people to have different views about MS and the symptoms experienced, as well as different emotional reactions. It is possible that some people will have experienced depression and anxiety during the course of their illness, whereas others may never have experienced these difficulties. It is important to get a sense of different perspectives to build a more complete understanding of the psychological aspects of depression and anxiety in people living with MS.

The invitation to take part in the study does not mean that we think you are having problems with depression or anxiety, or indeed finding it hard to cope. We are inviting people regardless of how they currently feel to get a broad picture of depression and anxiety in people living with the condition.

How will the research benefit people with MS?
The researchers hope to get a better understanding of the psychological factors involved in depression and anxiety in people living with MS.
What will taking part in the research involve for the participants?
Participants will be asked to complete 6 online questionnaires that take approximately 30 minutes, and agree to leave contact details in order to complete the same questionnaires about 12 weeks later.

What are the risks involved in taking part?
There is minimal risk that participants will find the subject matter distressing. Participants will be advised to refrain from participating if they find the subject matter sensitive. They will be informed that they have the right to withdraw at any time.

Is there any compensation for taking part?
Participants will not directly benefit from participation in this study.

To thank participants for taking part in the study we are offering the chance to enter a prize draw for one of three £50 gift vouchers. Details will be given at the end of the study to those that have completed the surveys.