

**Interested in learning more about
how to take charge of your MS?**

Getting On
With
Your Life
With MS

**Our research team
at McGill University
is looking for
volunteers with
Multiple Sclerosis
to help us evaluate
two e-books on
taking charge of
your MS and your
health.**

**To learn more about study and see if you are
eligible visit goo.gl/ibKs2X
or email getonms.med@mcgill.ca**

Introduction

MS affects people differently with symptoms ranging from abnormal sensations that don't affect function to severe disability limiting mobility and restricting participation in life's roles.

In a previous study we found out that participants wanted the results of the physical tests to assess their functioning. Our team realized that this was not as straightforward as it seemed as the results could not be presented without telling people what they meant and how to improve.

Our team put together two e-books representing different methods of delivering this important information.



What is this study about?

The purpose of this study is to identify which is most effective in improving quality of life in people living with MS. If you chose to participate, you will be assigned randomly (similar to taking names out of a hat) to receive either the educational materials or the activity guide. No matter which group you are assigned to, if you complete the study, you will receive the other e-book.

This study is based **entirely online**, therefore does not require any travel on your part.



Who are we looking for?

To be eligible to participate you must:

- Be diagnosed with MS
- Be over the age of 18
- Read and speak English fluently
- Have access to a computer or tablet connected to the internet

Procedure

Once you agree to participate, you will receive an email with a link to a survey containing questions about your quality of life, health, usual activities and the activities you do to take care of yourself and your MS. These questions will be repeated at the end of the study.

After answering those questions, you will receive the e-book (PDF format) along with instructions on how to use it. You will have three months to work through the activities and information offered in the book. Each month you will be contacted by email to assess how often you used your e-book and make sure any technical issues you may have are resolved.



How do I participate?

If you are interested in participating in this study or obtaining more information about it, you should fill out the survey following the link below and provide us with your contact information.

[Link to Information and Eligibility survey:](https://goo.gl/ibKs2X)

<https://goo.gl/ibKs2X>



If you have difficulty with the survey or would like to contact the project coordinator directly:

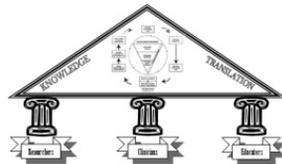
getonms.med@mcgill.ca

Principal Investigator

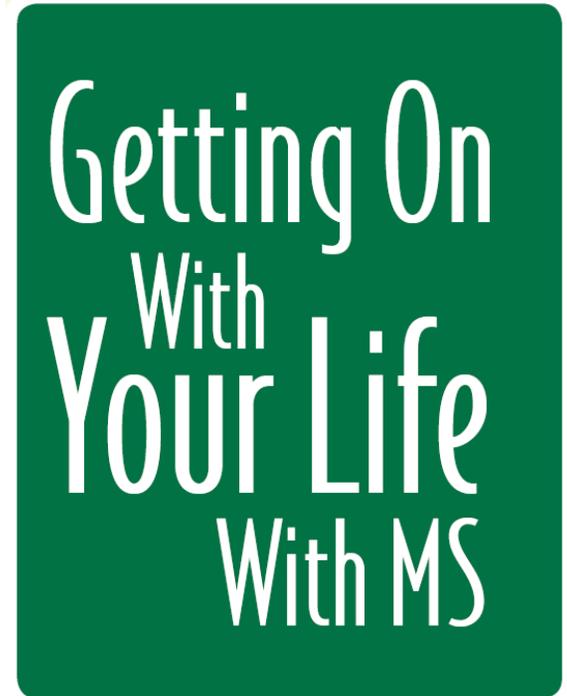
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**Edith Strauss Rehabilitation
Research Projects**



**Getting on With Your Life
With MS:**

**Evaluation of a New Self-
Management Workbook for
People Living with Multiple
Sclerosis**