10 August 2023

We have released our latest evidence snapshot, “The effects of psychological interventions for mood in people living with multiple sclerosis”.

It summarises the evidence for the effectiveness of psychological interventions for mood in people living with multiple sclerosis (MS).

This snapshot tells us that:

- Providing psychological interventions for mood early may help people living with MS maintain functional, social and economic independence.
- Psychological interventions (such as mindfulness interventions or stress management interventions) can help with depression, anxiety and stress in people with MS.
- Some psychological interventions (such as cognitive behaviour therapy or mindfulness interventions) can help with pain, fatigue and quality of life.

Some of these supports may be funded through the NDIS and some supports need to be accessed from mainstream and community organisations.

This snapshot is part of a broader research program relating to early interventions that aims to build a body of evidence that can empower individuals to consider a broader range of evidence-based supports relevant to their needs.

You can read the evidence snapshot here.

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