[Seeking participants for a lifestyle intervention study in people with multiple sclerosis](https://www.thermh.org.au/research/clinical-trials/8227)

***An Online Lifestyle Modification Course for people with MS: a randomised controlled trial of course effectiveness.***

We are seeking to examine the effectiveness of a tailored online educational course designed for people newly diagnosed with multiple sclerosis. The online course delivers information about possible modifications to lifestyle behaviours that may affect health outcomes.

The study will provide valuable insight into how we think about managing MS and will help to determine whether people with MS would benefit from undertaking an MS online course related to lifestyle modifications.

**Who can take part:**

People who are:

* 18 years or over
* within 5 years of having received a relapsing remitting multiple sclerosis diagnosis from a neurologist; and
* have access to the internet

### **What is involved for you:**

Undertaking an online course related to lifestyle. This involves watching seven 1-hour sessions over a 6-week period at a time that is convenient for you.

Completing a series of questionnaires related to your lifestyle and health before undertaking the online course and 6, 12 and 30 months after taking the online course. Completing these questionnaires will take approximately 45 minutes.

You may be asked to be involved in an interview to describe your experience of the Online course and any impacts it may have had on you, but you can choose not to participate in this interview.

### **For more information:**

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