



What was the aim of the research?

In this research we tested a newly-developed therapy for people with multiple sclerosis (MS). The programme, called the COB-MS, is for people who have some difficulties with memory, concentration or attention.

As it was the first time we were testing this therapy, we first needed to check that it is possible (feasible) for occupational therapists (OTs) to run the programme with people with MS. We also wanted to make sure the research and the programme were acceptable to people who took part.

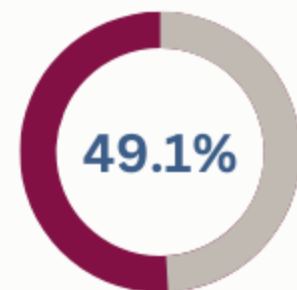
Because of COVID-19 everything happened online.



Results from the COB-MS feasibility study



110 people with MS were randomly assigned to either the COB-MS group or a wait-list group. We collected data from these people at various time-points in the study.



Wait-list group



COB-MS group



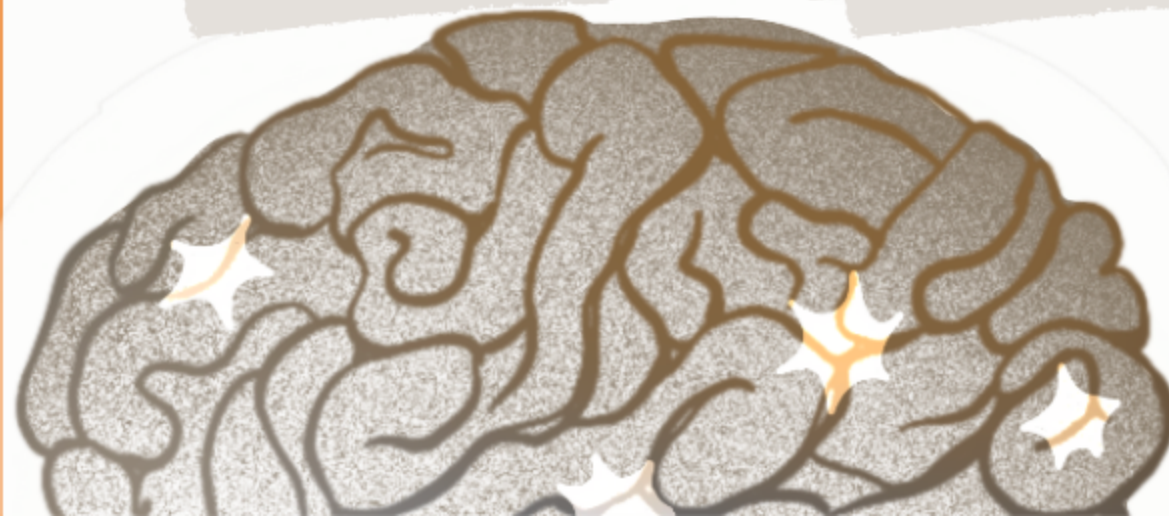
People with MS and OTs from across the country took part in the research. The COB-MS was delivered online in small groups by OTs trained in the COB-MS.

The OTs were satisfied with the training received, the content of the COB-MS and with running it online

The treatment was accepted by people with MS who took part. They were pleased with both the COB-MS programme and the other aspects of taking part in the research.

I found the programme itself, invaluable. My experience has been life altering. [The training] set me on a path which I cannot thank you enough for, so thank you –COB-MS participant

We have enough confidence from these results to do a full trial of the therapy. We need to test the COB-MS further on a larger group of people so we can fully test the impacts (if any) of the COB-MS for people with MS. This will be our next step.



KEY MESSAGES: WHAT DID WE FIND OUT?

Due to the pandemic the research went online.

We discovered the therapy could be administered online. Carrying out cognitive tests online was equivalent to doing it in-person.

The treatment was accepted by people living with MS.

Occupational therapists (OTs) felt it is possible to administer the therapy.



We learnt:
a) why people with MS and OTs decided not to take part;

b) what it feels like when you are not eligible to take part in the study;

and c) how best to design study material.

We have a better picture of what services are available for people with MS and cognitive challenges in Ireland.



Want to know more?

Visit our website:

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Thank you for all your support.