

(S118) PHYSICAL ACTIVITY AND COGNITIVE FUNCTIONING IN MULTIPLE SCLEROSIS—THE SUBJECTIVE CONNECTIONRuchika Prakash¹; Erin Snook²; Robert Motl¹; Arthur Kramer¹*¹University of Illinois at Urbana-Champaign (IL, USA); ²University of Massachusetts Amherst (MA, USA)*

Background: Cognitive difficulties represent a core symptom experienced by individuals with multiple sclerosis (MS). There is evidence from the field of gerontology that physical activity moderates the decline in cognitive functioning that occurs with increasing age.

Methods: Based on that evidence, we examined the association between physical activity and self-reported cognitive impairment in persons with MS. The sample included 82 individuals with relapsing-remitting MS who wore an accelerometer for 7 days and completed the Godin Leisure-Time Exercise Questionnaire (GLTEQ) and Perceived Deficits Questionnaire (PDQ).

Results: Physical activity, measured either objectively or subjectively, was inversely associated with self-reported cognitive impairment, even after controlling for clinical and demographic factors.

Discussion: Physical activity represents a modifiable behavior with the potential of forestalling cognitive impairment in individuals with MS.

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