

(S28) EFFICACY OF FATIGUE: TAKE CONTROL: RESULTS OF A PILOT STUDY ON A DVD-BASED GROUP PROGRAM

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Background: Fatigue: Take Control (FTC) is a novel program to teach comprehensive fatigue management to people with multiple sclerosis (MS) following the recommendations in the Fatigue and Multiple Sclerosis guideline. FTC includes six 2-hour group sessions with DVD viewing, discussion, and homework with accompanying participant and leader workbooks. Chapters of the National Multiple Sclerosis Society offer the program. While many people have participated in FTC programs, their efficacy has not been determined.

Objectives: To determine whether participation in an FTC program reduces fatigue and improves self-efficacy.

Methods: After meeting entry criteria, 30 people with MS were randomized to either a group who immediately participated in the FTC program (TC) or a wait-list group (WL), who participated in the FTC program after 8 weeks. The primary outcome measure was the Modified Fatigue Impact Scale (MFIS), and a secondary outcome measure was the MS Self-Efficacy Scale (MSSE).

Results: The MFIS and MSSE were administered at baseline and at scheduled visits during the study. A mixed model (hierarchical linear model) tested the effects of FTC for the outcomes using all observations from the study visits. The MFIS showed a significant effect for the TC group during the intervention ($F[1,269] = 7.079, P = .008$). Across visits, the means for fatigue were significantly lower for the TC group than for the WL group. The MSSE showed that the TC group had higher self-efficacy than the WL group during the intervention ($F[1,111] = 5.636, P = .019$). Similarly, the overall means collapsed across visits were higher for the TC group than for the WL group.

Conclusions: This pilot study demonstrated significant effects of the FTC group program on fatigue and self-efficacy. These findings suggest that a comprehensive program based on the Fatigue and Multiple Sclerosis guideline may reduce fatigue in MS. We are planning a multicenter trial to further test the efficacy of the FTC program with more observations and greater power.

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