

Draft - SIG AuTonomy / SIG Psychology Agenda

28th to 29th of November, Hamburg

Do, November 28th, 13 – 18 h

Patient involvement

1. Patient reported outcome measures – Development of the 16-item Scale
2. PEXMS – Patient experiences in MS

Coping

1. Compact – Program
2. Design an app to support people with cognitive challenges
3. Yoga and MS – Patient experiences with mindfulness
4. Power@MS2 – Online Relapse training program

Diner 7pm

Fr, November 29th, 09 - 13 h

Lifestyle and MS

1. What is the role of wearables in patient empowerment and behavior change (sleep, activity)
2. Effect of Tension and Trauma Releasing Exercises (TRE) on Fatigue and Spasticity
3. ELEVIDA-GO! – Development of an internet-based behavioural intervention to increase physical activity and reduce MS-fatigue
4. Results of a large-scale digital data collection for a data-driven approach to research in diet and multiple sclerosis
5. NUTRiMS: Nutrition in Multiple Sclerosis. Development of a coaching program to increase MS-related food literacy among people with multiple sclerosis
6. Design and methodology of a web-based lifestyle program – Levidex

13 – 15 h SIG Psychology discussion and planning