

## **Physical Activity Together for MS (PAT-MS): Pilot Study of a Dyadic Telerehabilitation Intervention for People with Moderate-to-Severe Multiple Sclerosis Disability and their Family Caregivers**

Do you, a close friend, or family member have multiple sclerosis?

Researchers at the University of Ottawa are seeking volunteers to take part in a study on the effects of an online physical activity program for people with multiple sclerosis (MS) and their support partners.

Who can participate in the study?

- People living with MS who are 18 years of age or older, relapse-free in the past 30-days, and experience some MS difficulty (e.g., walking, cognitive challenges, sensory problems, etc.) may be eligible to participate.
- Care-partners (family members or close friends) who are 18 years of age or older and regularly support someone living with MS may be eligible to participate.
- All prospective participants must not currently be exercising on a regular basis.

If you are interested and choose to participate, you would randomly be placed into one of two groups:

Group 1:

- 12-week videoconference (via Zoom) physical activity program consisting of:
  - ✓ 6 group videoconferencing sessions (~60 min each) every other week for 12 weeks
  - ✓ Brief one-on-one support calls (~15 min) on weeks without a videoconference

Group 2:

- Wait-list in which you carry on with your usual activities (you will be invited to take part in the same physical activity program after the wait period).

Additionally, you will be asked to complete two online surveys (via SurveyMonkey). Surveys will be conducted at:

- Baseline (before the program begins)
- 12 weeks (after the program ends)

In appreciation for your time, you will receive \$50 for each testing session. Eligible individuals will be selected on a first come, first served basis.

**Study video:** <https://www.powtoon.com/s/enjaQUDsMRT/1/m>

For more information about other eligibility criteria and participation, please contact the research coordinator in the Clinical Exercise Physiology Lab (CEPL), University of Ottawa.

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