

The effectiveness of mindfulness-based cognitive therapy with repetitive extracranial magnetic stimulation (rTMS) on fatigue, selective attention, information processing and working memory in patients with multiple sclerosis

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Abstract

Multiple sclerosis (MS) is a chronic autoimmune disease that destroys the central nervous system. This disease destroys the myelin sheath and causes plaque formation in parts of the white matter of the brain and spinal cord and affects the subcortical areas (Esfandeh et al., 2016). According to the National MS Association, more than 2.1 million people worldwide were infected in 2011 (Moss-Morris et al., 2012). In Iran, 578 out of every 100,000 people are infected with this disease (Hosseini et al., 2016). Immune, genetic, environmental, and traumatic and stress factors are effective in the occurrence of this disease (Attar Siah et al., 2015). The first manifestations of this disease in the age group of 20 to 40 years usually occur with symptoms such as anxiety, weakness, imbalance, visual impairment and psychological changes such as depression, hopelessness and reduced ability to solve problems (Bruce and Robin, 2002; Taghizadeh and Mir Alaei, 1392). Common symptoms include fatigue, weakness in the arms and legs, numbness, disharmony, imbalance, vision problems, bladder or bowel dysfunction, sexual dysfunction, depression and other emotional changes, difficulty speaking or swallowing. Become limited in mobility, skills, activity and communication and cognitive problems (Maiden and Frankel, 2014; Ashtari, Rezvani and Afshar, 2014).

Biography

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