

## Investigating the relationship between self-care behaviors and quality of life in patients with multiple sclerosis, Ardabil Multiple Sclerosis Patients Association, 2024

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### Abstract

**Background:** Multiple sclerosis is an inflammatory disease involving the central nervous system, the prevalence of which is increasing despite medical advances. On the other hand, one way to improve patients' quality of life is teaching self-care behaviors. Therefore, the present study aimed to determine self-care behaviors with quality of life in patients with multiple sclerosis in Ardabil City in 2024.

**Methods:** The current study is a descriptive correlational study that was conducted in 2024 in Ardabil city. This study selected 120 patients with multiple sclerosis by simple random sampling method. Hadi Tehrani (2024) and Morteza Hassanzadeh's quality of life questionnaire (2023) were used to collect data. Data were analyzed using SPSS version 26 software and descriptive statistics and linear correlation coefficient, t-test, and analysis of variance.

**Result:** The results showed that the average age of the patients was  $(38.01 \pm 8.45)$  and the age at the onset of the disease was  $(27.53 \pm 6.36)$ . 73.7% of patients were female and 26.3% were male. All patients with multiple sclerosis reported their self-care behaviors and quality of life at an average level. The average self-care behaviors and quality of life of patients were  $(143.35 \pm 9.99)$  and  $(91.84 \pm 6.08)$  respectively. There was a statistically significant relationship between self-care behaviors and the quality of life of multiple sclerosis patients ( $r=0.46$  and  $P=0.001$ ). The simple linear regression model showed that, among the components of self-care behaviors of patients, the desire for conscious and targeted care has the greatest impact on the quality of life of patients with multiple sclerosis (15%).

**Conclusion:** The results of this study confirmed the effectiveness of the clinical pathway in improving self-care behaviors and improving the quality of life of patients with multiple sclerosis.



Therefore, it seems that involving patients in self-care behaviors is fruitful and has led to the improvement of self-care behaviors, and as a result, it will also affect their quality of life.

**Keywords:** Multiple sclerosis, Nurses, self-care

## Introduction

The paper must not exceed 12 pages. Please use the following guidelines in preparing your full papers. If papers are not prepared according to the following guidelines they will be withdrawn from the conference program.

## Elements of a Paper

The basic elements of a paper are listed below in the order in which they should appear:

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- Main body of paper, including figures and tables, page numbers and footer, headings, enumerations, etc.
- Conclusions
- Acknowledgments
- Nomenclature (Not-necessary for two-page summary paper)
- References
- Appendices

## Paper Preparation

All papers must be written in either English or Persian (Farsi). Paper will be presented in the language that it is written. Paper must send by uploading in the conference website. Don't use Email for sending papers.

For English papers; the fonts for the different parts of a paper are in Times New Roman as follows:

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Use single spacing with no space between the section headings and the paragraph following it. Put one space between the texts of main sections.

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## System of Units

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## Equations

Equations start from the far left of the column and numbered consecutively. The equation numbers must be bracketed and placed opposite to the equation on the far right of the line in that column.

$$\sigma_r = \frac{E}{1-\nu^2} (\epsilon_r + \nu \epsilon_\theta - (1-\nu) \alpha \Delta T) \quad (1)$$

## Tables, Figures and Photographs

Tables must be numbered and the title of the table must be placed on the top of the table with the footnotes on the bottom. Tables must appear where (or as close as to) they are first mentioned in the text. They must be referred in the text as "Table 1".

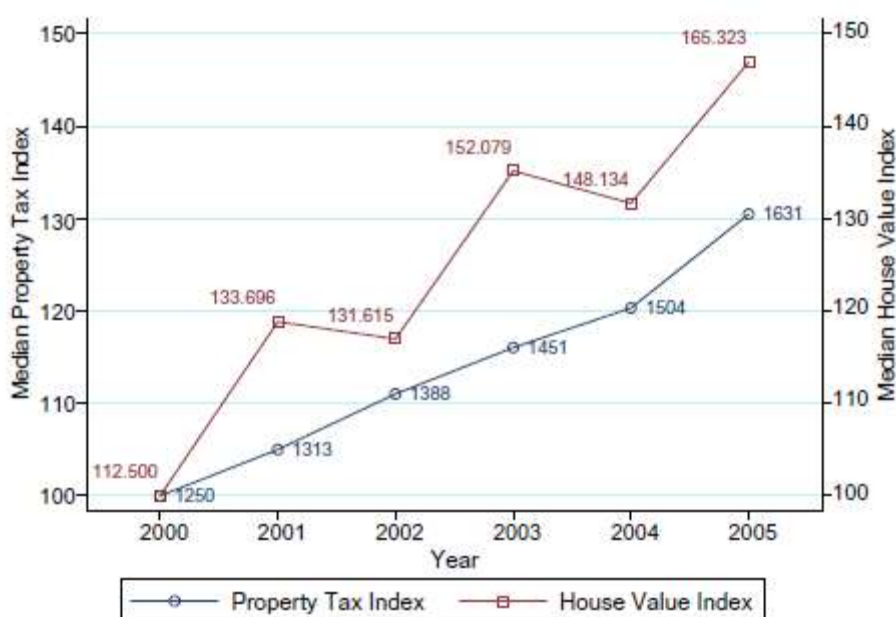
Figures must be numbered and the caption of the figure must come at the bottom of the figure. All the legends and the numerical values on the axes of the curves must be clear and readable. Figures must appear where (or as close as to) they are first mentioned in the text. They must be referred in the text as "Figure 1".

Photographs must original and follow 2 above for numbering and captions.

Leave one space between the Table/Figure and the text following it.

**Table 1-major cities on the 21 routes to london**

Route number	City 1	City 2	City 3	City 4	City 5	City 6
1	Halifax	Sheffield	Nottingham	Bedford		
2	Plymouth	Exeter	Salisbury			
3	Tiverton	Taunton	Frome			
4	Bristol	Bath	Reading			
5	Southampton	Winchester				
6	Portsmouth	Chichester				
7	Canterbury	Rochester				
8	Yarmouth	Ipswich	Colchester			
9	Norwich	Bury				
10	King's Lynn	Ely	Cambridge			
11	Berwick	Newcastle	South Shields	Sunderland	Durham	
12	Bradford	Leeds				
13	Whitby	Scarborough	York			
14	Manchester	Derby	Northampton	Leicester		
15	Hereford	Gloucester	Cirencester			
16	Beverley	Hull	Lincoln	Boston		
17	Whitehaven	Liverpool	Macclesfield	Lancaster	Carlisle	Kendal
18	Shrewsbury	Birmingham	Wolverhampton	Coventry	Dudley	
19	Worcester	Oxford				
20	Kidderminster	Warwick	Banbury			
21	Chester	Lichfield	Coventry			



**Figure (1) median property taxes and house value in the united states, 2000-2005**

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All the obtained results should be carefully investigated and compared with the other works. Two page summary papers must include results and discussion sections.

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The list of symbols comes after the acknowledgment and before references. The English symbols come first followed by the Greek symbols. Both must be typed in alphabetical order and separated.

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- [1] Assembly Jobs, Economic Development, and the Economy Committee, 2006. 20 Years of California Enterprise Zones: A Review and Prospectus, Sacramento, California, April 12, 2006.
- [2] Timoshenko, S.P. and Woinowsky-Krieger, S., 1959, *Theory of Plates and Shells*, New York: McGraw-Hill Book Company.
- [3] Billings, Stephen, 2009. Do enterprise zones work? An analysis at the borders. *Public Finance Review* 37 (1), 68–93.