

Have you been diagnosed with Multiple Sclerosis  
in the past 5 years?

Are you interested in trialling a new self-help support  
programme for people with a new MS diagnosis?

Please consider taking part in a  
University of Exeter study.



University  
of Exeter

## What is this study about?

This research study will focus on assessing how effective a new self-help support programme is in supporting people with adjustment to a recent diagnosis of MS.



Hi! My name is Marta, and I'm  
a Trainee Clinical Psychologist  
conducting this study.

## Why participate?

- You may learn how to better cope with some of the difficulties brought into your life by MS.
- You may help other people with MS by becoming a part of, and helping to further develop, a new support resource.
- You will be compensated for your time and dedication.

## Who can participate?

- Adults aged 18+ who have received a diagnosis of MS (any type) in the past five years.
- Must have access to the internet and a device (e.g., Smart phone, tablet, computer)
- Able to commit to a 6-week programme and a short follow-up 6 weeks after.

Click [HERE](#) or scan the  
QR code below for  
more information



Do you have a question?  
Email me on [mm1248@exeter.ac.uk](mailto:mm1248@exeter.ac.uk)!