

Participate in multiple sclerosis research: the ACT-Sydney MS Cohort Study



As part of the Our Health in Our Hands (OHIOH) project, researchers at the Australian National University and Sydney Adventist Hospital are working together to improve the clinical management and overall health and wellbeing of people living with multiple sclerosis (MS).

A foundational part of the OHIOH project has been establishing the MS Cohort Study.

In this study we are recruiting people with MS as well as people who do not have MS. We aim to have a similar distribution of age and sex across the two groups and collect new data each year to see changes over time. By collecting data over time in people with MS and people without MS, we will be able to compare the two groups to answer questions about health and wellbeing, and the influence of MS on how this changes over time. We also aim to identify blood biomarkers which may help monitor or predict disease activity and responses to treatment.

What does participation involve?

- You need to be 18 years old or over, living in the ACT region or in Sydney.
- You may be either living with MS, with a Clinically Isolated Syndrome (CIS), or without a diagnosis or any known signs of MS.
- **Once per year** you will invited to:
 - Complete online questionnaires that may ask about background, medical history, psychological health and wellbeing, and lifestyle (including diet) (approx. 1-2hrs).
 - Attend an in-person appointment (approx. 1 hour) to:
 - measure blood pressure, height, and weight;
 - provide a blood sample; and
 - for people living with MS, complete a short interview about functioning (e.g., rating muscle weakness, walking ability, balance).

Find out more at:

<https://nceph.anu.edu.au/research/research-projects/act-sydney-ms-cohort-study>

Or contact our Study Coordination Team:

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This study has been approved by ACT Health and ANU Human Research Ethics Committees (ETH.2019.00081 and 2020/047 respectively). Version 10, September 2023

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