

Publication

MS quality of life, depression, and fatigue improve after mindfulness training: a randomized trial

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Author(s) Grossman, P; Kappos, L; Gensicke, H; D'Souza, M; Mohr, D C; Penner, I K; Steiner, C

Author(s) at UniBasel [Penner, Iris-Katharina](#) ; [Kappos, Ludwig](#) ; [Grossmann, Paul](#) ;

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Health-related quality of life (HRQOL) is often much reduced among individuals with multiple sclerosis (MS), and incidences of depression, fatigue, and anxiety are high. We examined effects of a mindfulness-based intervention (MBI) compared to usual care (UC) upon HRQOL, depression, and fatigue among adults with relapsing-remitting or secondary progressive MS.

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