

Applicant

Dr. Helen Tremlett, University of British Columbia

Trainee: Marta Ruiz Alguero

E-mail Address

Helen.tremlett@ubc.ca

Project Title

Frailty in older adults with multiple sclerosis (MS): investigating associations with psychological health and lifestyle factors

Project Summary

The intersection of multiple sclerosis (MS) and aging presents unique challenges as it combines age-related issues with the complexities of a chronic disease. Frailty, defined as a condition of reduced reserve and function due to age-associated decline, has been associated with modifiable factors, such as psychological health and lifestyle. Psychological health is often impacted in MS and influences overall health and community engagement. Lifestyle factors influence the aging process and can be important in managing MS. However, the association between frailty and these factors in MS remains unclear. Using CLSA data, we will measure frailty across persons with MS and compare to that of those without MS. We will also evaluate how frailty relate to psychological health and lifestyle factors in the MS population and explore whether these relationships differ by sex, socioeconomic status or education.

Keywords

Frailty, multiple sclerosis, psychological health, lifestyle, socioeconomic status