

A Study on the Socio-Demographic Profile and Lifestyle of Women with Multiple Sclerosis in Chennai, South India

¹Hasna Arshia & ²Sheba Sangeetha Jeyaraj

¹Ph.D. Research Scholar, Department of Home Science, Women's Christian College, Chennai, India;
hasu5arsh@gmail.com

²Assistant Professor, Department of Home Science, Women's Christian College, Chennai, India

ABSTRACT

Multiple Sclerosis (MS) is an autoimmune inflammatory and a demyelinating disease of the central nervous system that favors women more than men. Socio-demographic profile and lifestyle of MS patients have not been extensively studied or reported in India. This study assessed the socio-demographic profile and lifestyle of women affected by Multiple Sclerosis. Women (n=30) diagnosed with Multiple Sclerosis and registered with the Multiple Sclerosis Society of India (Chennai Chapter) were included in the study. An interview schedule and a food frequency questionnaire were developed to collect the required information. The mean age of onset of MS in the participants was 26.8 ± 8.04 yrs. According to the socio-demographic profile, majority of the participants were graduates (73.3%) and post graduates (23.3%). Around 53.3% belonged to high income group and all the participants were involved in sedentary activities based on their occupation. Majority were married and belonged to nuclear families. Lifestyle pattern of the participants revealed that majority of the them had a sedentary lifestyle pattern and the food frequency questionnaire revealed a lower intake of fruits, vegetables, nuts and a higher intake of saturated fat like meat, whole milk and ghee. The study had significantly brought to light the socio-demographic profile and lifestyle of people with MS, thereby emphasizing the need to plan lifestyle intervention programs for young adults affected with this crippling disease.

Keywords: multiple sclerosis, women, socio-demographic profile, lifestyle