

Relationship Among Physical Activity, Balance, Stress, And Coping in Adults with Multiple Sclerosis

Background: Understanding the intersect between stress, coping, balance and physical activity is an important step in developing effective interventions aimed at increasing quality of life in people with multiple sclerosis (MS). **Objective:** The purpose of the study was to examine the relationship between coping, stress, health distress, balance, and physical activity in individuals with MS. **Method:** Eight participants with MS participated in the study. Physical activity was measured using an accelerometer worn on the hip for seven days. Participants also recorded the number of falls and near falls that occurred over the seven-day period and completed questionnaires related to coping, daily hassles, and health distresses during that time. Each participant's balance was measured through clinical assessment. **Analysis:** A correlational analysis will be conducted to determine the relationship between physical activity, stress, coping, and balance for the study sample. **Discussion:** The relationship between physical activity, stress, coping, and balance in individuals with MS will be examined in light of the current research literature and implications for future health promoting interventions aimed at increasing the quality of life of those with the disease will be discussed.