

## **BACHELOR THESIS ABSTRACT**

**Author:** Iva Tikovská

**Supervisor:** Mgr. et Mgr. Klára Novotná, Ph.D.

**Title:**

Motivation for physical activity and exercise in people with Multiple Sclerosis

**Abstract:**

Multiple sclerosis (MS) is chronic neurodegenerative disease, which affects young adults between the age of 20 and 40 and manifests with various neurological symptoms, depending on localization of the inflammatory damage in CNS. Concerning right management of the disease, in addition to regular pharmacotherapy it is important to observe rules of healthy lifestyle recommended for MS (so called MS Brain Health Initiative). In this study we were evaluating adherence to healthy lifestyle recommendations for MS (level of physical activity, sleep, stress, healthy diet) through questionnaire survey. The data were obtained by online form only. The questionnaires were distributed via Facebook and also with help of patient organisations and MS centre of General University Hospital in Prague and 1<sup>st</sup> medical faculty of the Charles University. The questionnaires included: General questionnaire of healthy lifestyle as well as Hospital Depression and Anxiety Scale, General Self Efficacy Scale, Social Support Scale, Physical Activity Enjoyment Scale and The Diet Questionnaire. There were 133 MS patients (112 women and 21 men) involved in this study, including all age groups and various neurological disability steps (from mild symptoms to wheelchair users). Regarding adherence to recommended guidelines of healthy lifestyle, total number of 32 (24 %) respondents stated that they keep healthy lifestyle recommendations, 89 (67 %) try to follow them and 12 (9 %) respondents do not follow them. The most frequently performed physical activity was walking, resistance training and yoga. The main exercise limitations were fatigue and muscle weakness. Most respondents try to follow healthy lifestyle recommendations (according MS Brain Health initiative) at least for physical activity recommendations. Some of the healthy lifestyle recommendations such as sleep regime, diet, social support and awareness of the patients, could still be improved.

**Keywords:**

multiple sclerosis, motivation, exercise, physical activity, healthy lifestyle