

## ABSTRACT

JUMPSTART Program is an interactive and educational one-day program format in which the person living with MS and their support partner gain knowledge, skills and tools to adopt healthy lifestyle behaviors and actively co-manage their disease. Participants reported overall satisfaction with JUMPSTART Program workshops, increased knowledge, skills, and resources related to living better with MS. Three month results showed maintenance of intended healthy behaviors, improved MS specific self-efficacy, improved MS Benefit Finding and continued Can Do MS involvement. Overall, results provide evidence of program success related to individual empowerment, satisfaction outcomes and qualitative feedback of gaining benefit from knowledge and resources acquired.

## BACKGROUND

- MS leads to significant implications for mental and physical functioning with a unique progression trajectory, therefore interventions need to encompass the whole person. Specifically, the need for empowering strategies that strengthen quality of life and overall health in chronically disabled populations has been called for (e.g., Vanner et al., 2008).
- Empowerment can encompass various aspects and has been defined as the process of gaining control over events, outcomes, and resources, emphasizing the role of control as the central characteristic of power (e.g., Foster-Fishman et al., 1998).
- Attending to physical needs through interventions that promote physical activity and movement are also necessary. There has been accumulating evidence that physical activity is beneficial for individuals affected with MS and has been linked with improved Quality of Life (e.g., Motl & Gosney, 2008).
- Lastly, MS also has a pervasive impact on support partners often resulting in increased distress and reduced marital satisfaction (Pakenham, 2001; Bogosian et al., 2009); interventions that include both individuals diagnosed and support partners may achieve more lasting effects.
- As part of efforts to have all individuals live fully with MS, Can Do MS has implemented the JUMPSTART Program. Objectives: reach people with MS and their support partners who need resources & information, introduce lifestyle empowerment via practical and easy tools, and provide a program that engages and excites individuals toward the Can Do MS mission of lifestyle empowerment.



"From JUMPSTART Program I gained support from individuals, information on exercise and eating/cooking ideas, acceptance of MS and am now ready to accept moving forward and being more positive."

- JUMPSTART Program Participant

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## METHOD

### PRELIMINARY RESULTS

- Pre, post & 3-month data assessment
- Post Assessments: Satisfaction, usage & qualitative feedback
- 3-month Assessments: Multiple Sclerosis Self-Efficacy scale (MSSE; Schwartz et al., 1996), Benefit Finding in Multiple Sclerosis scale (BFiMSS; Pakenham & Cox, 2009) and usage & qualitative feedback

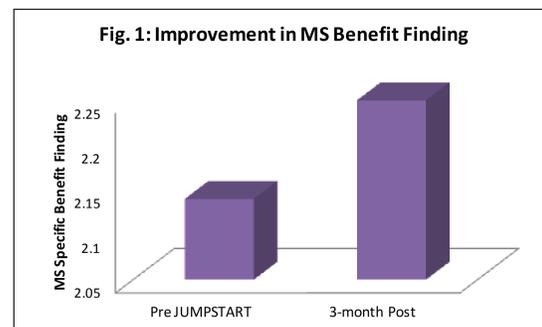
### PROCEDURE

- Can Do MS developed JUMPSTART Program, a one-day nationally distributed program addressing a range of MS issues such as fitness, nutrition, cognition, motivation and support partner relationships. A variety of MS experts including MDs, RNs, PTs and psychologists facilitate workshops.
- Participation was voluntary with participants giving informed consent. Current data consists of 8 workshops conducted from March 2011 to June 2012; data represents 363 surveyed pre, 231 surveyed immediate post and 57 participants surveyed at 3-months post program.

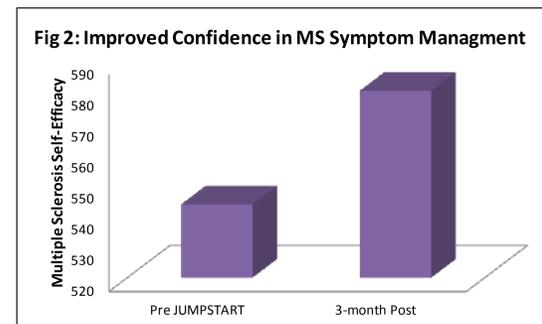
JUMPSTART Program Participants	
Length of MS	M = 11.57 years SD = 9.23
Age	M = 49.77 years SD = 12.78
Gender	67% Women; 33% Men
% who reported being able to actively participated in JUMPSTART Program	92%
Primary source of MS info	Internet & Health Care Team

## RESULTS

**3-MONTH OUTCOMES:** Repeated Measures ANOVA's were run on pre and post responses.

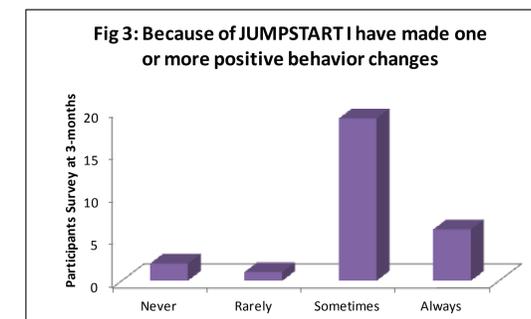


- Significant improvement in the Benefit Finding in MS scale;  $F(1,32) = 4.24, p < .05$ .
- MS Benefit Finding captures a mindfulness benefit finding domain which may be unique to MS or chronic illness in general.
- It consists of 7 factors: Compassion/Empathy, Spiritual growth, Mindfulness, Family Relations growth, Lifestyle gains, Personal growth & New opportunities.
- Largest improvements were seen in the factors of Mindfulness & Spiritual growth.



- Significant increase in MS Self-Efficacy;  $F(1,35) = 2.81, p = .10$
- This scale measures confidence with managing symptoms and coping with demands of illness.
- Scores range from 100-1000 with higher scores showing better confidence or coping with MS.

3-month Outcomes (cont...):



- Participants reported positive behavior changes as a result of the JUMPSTART Program (see Fig 3) (94%).
- Participants reported use of JUMPSTART Program skills in current relationships (92%) and use of resources learned at the program (92%).
- Participants reported incorporating the Can Do MS mission of lifestyle empowerment (89%)

**POST OUTCOMES:** Out of the 231 participants surveyed at post.

- Participants reported enjoying the program (99%).
- Would recommend the program (97%).
- Gained skills & information related to living better with MS (95%).
- Discovered new MS resources that can better help them to live with MS (92%).
- Qualitative reporting of better outlook, hope, tools, direction, support and helping support partners better live with MS in their lives.

"At 3-months after JUMPSTART Program, I am taking better care of myself and my partner with MS."

- JUMPSTART Program Participant

## CONCLUSION

- This one-day workshop format is a good gateway program, introducing individuals to the Can Do MS mission of lifestyle empowerment and providing them with valuable skills and tools to better assist them in their journey with MS.
- Specifically, improvements in MS Benefit Finding are encouraging as mindfulness has been shown to be effective in the management of a broad range of physical and mental health problems, including MS symptoms (Mills & Allen, 2000).
- In addition, Multiple Sclerosis Self-Efficacy has been linked to quality of life and shown to be a predictor of health status in individuals with MS (Stuifbergen & Roberts, 1997; Farrell et al., 2004).
- Although the current report consists of a small sample size for follow-ups (with caution in interpretation of outcomes), significant findings are encouraging and data collection is ongoing to better understand how this program can impact participants lives.
- By participating in the JUMPSTART Program individuals gained connections to others and learned about resources to help them live fully with MS.