Restless Leg Syndrome in Individuals with Multiple Sclerosis: Effects on Disability and Percieved Physical Health

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OBJECTIVES

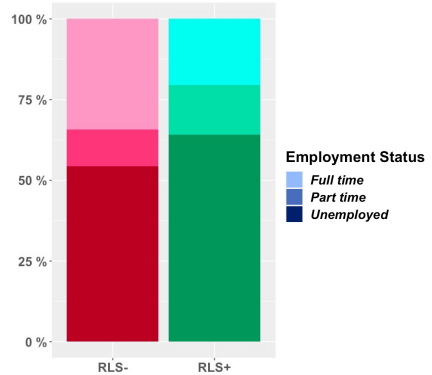
In persons with multiple sclerosis (PwMS), explore the relationship between **restless leg syndrome (RLS)** and disease outcome measures.

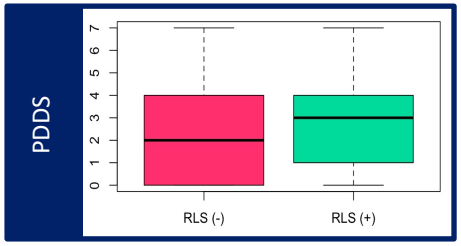
BACKGROUND

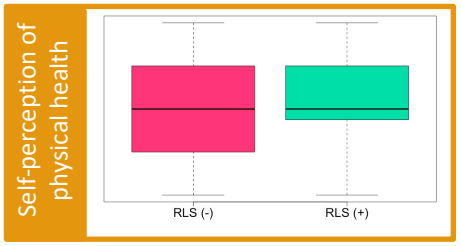
- Restless leg syndrome is significantly more prevalent in PwMS [1]
- There is conflicting evidence on whether PwMS with restless leg syndrome score higher on disability measures, fine motor limitations, and quality of life [2-8]

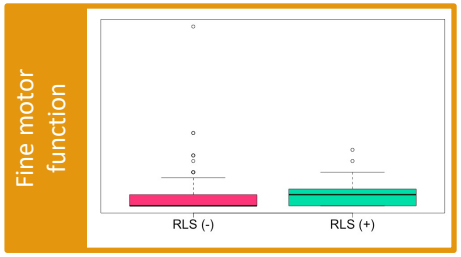
RESULTS

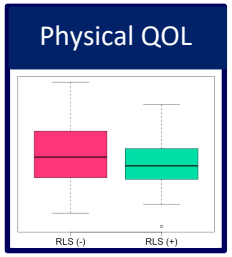
Employment

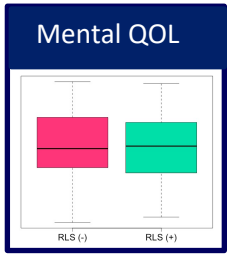












METHODS

Cross-sectional analysis

Survey: REDCap survey emailed between 3/2018-12/2020 to a cohort of 795 adult individuals, 516 of whom had a diagnosis of MS
Cohort: Responses from 179/516 PwMS (35% response rate)

OUTCOME MEASURES:

Motor function

1. Patient Determined Disease Steps (PDDS)
2. Fine motor function

Quality of Life (SF-v12 questionnaire)

1. Mental quality of life
2. Physical quality of life
3. Self-perception of physical health

Employment

Wilcoxon Rank Sum testing revealed:

- PwMS with RLS were more likely to experience fine motor impairment than PwMS without this comorbidity ($p < 0.05$), and were more likely to self-report limitations to their physical health ($p < 0.05$)
- PwMS with RLS did not show a significant difference in PDDS, employment status, physical quality of life, or mental quality of life when compared to PwMS without this comorbidity.

Study Population

Age	51 ± 11
F:M	4:1
RLS (+)	39(20%)
Overall employment	
Full time	47 (31%)
Part time	19 (12%)
Unemployed	87 (57%)

CONCLUSION

PwMS with restless leg syndrome reported a **higher burden** of fine motor functional impairment and more unfavorable self-perceptions of their physical health.
Restless leg syndrome **was not associated with** diminished quality of life, employment rate, or PDDS.

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