

P01-298 - **EFFECTS OF WRITTEN EMOTIONAL EXPRESSION ON GENERAL HEALTH OF PATIENTS WITH MULTIPLE SCLEROSIS**

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**Introduction and objectives:** Multiple Sclerosis (MS) is an acquired chronic neurological disorder. Studies have shown that prevalence of MS is more in some areas of Iran like as Azarbaijan(Tabriz) and Isfahan. General health problems are prevalent in MS patients. Written Emotional Expression (WEE) is one of the cost-effective self helpers' methods that its efficacy has been studied on mental health, but this method has never been studied on MS patients in Iran.

**Aims:** Aim of this study was to evaluate efficacy of WEE on general health of MS patients.

**Methods:** With experimental study, 40 ( 8 male, 32 female) MS patients who had completed informed written consent and filled General Health Questionnaire (GHQ-28) were asked to write their negative feeling for 30 minutes daily for 4 consecutive days. After 15 days they filled GHQ again. Finally the Statistical analysis was done.

**Results:** After intervention of Written Emotional Expression, general health score in patients with multiple sclerosis decreased significantly. ( $p < 0.01$ )

**Conclusions:** Written Emotional Expression may be effective on general health of multiple sclerosis patients.