

Prepare the Mind: Can Coaching in Goal-directed Behaviour Increase the Success of Cognitive Rehabilitation in People With MS?

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Contributor: Dr. phil. Priska Zuber (PI), PD Dr. phil. Corina Schuster-Amft, PD Dr. med. Katrin Parmar

External collaborator: Charlotte Rouzée (PhD candidate) and Dr. Marit Ruitenbergh (Leiden University), Prof. Hanneke Hulst (University of Auckland), Prof. Ralph Benedict (University at Buffalo)

Contact: preparethemind@reha-rhf.ch

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Short summary: Cognitive impairments such as memory problems, concentration difficulties and slowed information processing speed are common in people with multiple sclerosis (MS) and can significantly affect daily functioning and quality of life. Previous studies have shown that cognitive rehabilitation has positive effects on cognitive performance. It is believed that the results of cognitive rehabilitation treatment could be improved by addressing individual differences and characteristics. Current cognitive rehabilitation programs often do not take these individual differences sufficiently into account. In this project, we aim to improve the effectiveness of cognitive rehabilitation by focusing on individual characteristics with the help of a mental preparation program. Participants first complete one of two mental preparation programs for 12 weeks before participating in a 6-week cognitive rehabilitation program. In the mental preparation program, various topics are addressed together with a caregiver. All participants then undergo cognitive rehabilitation focused on training processing speed and memory. In addition to cognitive performance, we also examine psychological, (neuro)biological, and social changes using questionnaires. This research could provide valuable insights into how the cognitive performance and quality of life of people with MS can be improved. This study is funded by the National MS Fund and conducted in collaboration with Leiden University (NL), the University at Buffalo (USA) and University of Auckland (NZ).