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#### Neurobehavioral Aspects of Different Forms of Multiple Sclerosis

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#### Abstract.

Introduction: Multiple sclerosis (MS) is an inflammatory disease of the central nervous system in young adults. Cognitive impairment during MS has been overlooked for a long time and raises a renewed interest recently.

Objective: Determine prevalence of cognitive dysfunction in MS in a cohort hospital, particularities and factors affecting progression of cognitive dysfunction in individuals with MS.

Methods: Thirty patients (21 women and 9 men) with MS aged 18 to 43 years followed at the Neurology Department of Charles-Nicolle Hospital from 2008 to 2013 participated in this study. Patients participating in this study were chosen randomly without considering their cognitive status. Evaluation included a neuropsychological assessment, physical examination and brain and spine MRI.

Results: About 86% had cognitive impairment in at least one neuropsychological test. Predominant impaired domains were attention and information processing followed by verbal memory and executive functions. Depression was the most prevalent psychiatric disorder. Cognitive dysfunction was correlated with clinical form of MS, EDSS, radiological findings and disease's course.

Conclusion: Cognitive dysfunction might be more relevant to patients than mobility restrictions. Incorporating a systematic neuropsychological assessment in patients followed for MS allows psychosocial adaptation, monitoring disease activity and elucidating the effects of disease-modifying medications.

Keywords: Multiple sclerosis; Cognitive impairment; Tunisia

#### Introduction.

Multiple sclerosis is an inflammatory disease of the central nervous system (CNS) in young adults with a presumed autoimmuse origin. It affects more than 2.1 million people worldwide (National MS Society 2011) and is characterised by a heterogeneous broad spectrum and an unpredictable long-term outcome [1-2]. Cognitive impairment in MS has been underestimated. However, evidence emerging in the last 20 years suggests high prevalence rates of cognitive disturbances up to 70% when sensitive cognitive tests are applied. Attention, recent memory, information processing speed, executive functions, verbal intellectual ability, and visuospatial perception are the most involved [3-5].

Conflicting literature data report that cognitive impairment could be considered as an early feature of the disease or a consequence of its duration, course, and severity [6-8]. Cognitive dysfunction has important clinical implications and might be more relevant to patients than mobility restrictions. Correlation between cognitive dysfunction and disease duration isn't clearly established. Recent studies have pointed out that it may affects patients at early stages of the disease. Cognitive impairment is detectable even in clinically isolated syndrome (CIS) and with increasing frequency in relapsing-remitting. MS (RR-MS) and secondary progressive MS (SP-MS) [9]. Recent imaging and pathology studies have shown that MS affects white matter as well as grey matter. Unlike white matter lesion burden or distribution, grey matter atrophy has often been linked to cognitive

impairment [10]. Nevertheless, relationship between cortical injury and diffuse white matter tracts damage and their respective contribution to cognitive dysfunction is still under investigations [11-12]. In this article we review cognitive profile in different forms of MS in a cohort hospital. Correlations with disability, clinical form, progression and imaging findings will be discussed.

#### Patients and methods

#### Study design

Thirty MS patients (21 women and 9 men) underwent the follow up study between 2008 to 2013. Patients were diagnosed with definite MS according to Macdonald criteria 2010 MS and gave informed consent before being included in the study. Physical disability was rated using Kutzke's EDSS score. All patients participating in this study were chosen based on a clinical history of active MS and mild to moderate physical disability at disease's onset (EDSS 0–5.0), without considering their cognitive status. As a result, mean baseline neuropsychological test scores were within the normal range on all but one test (Woed List Generation). Patients were in agreement with inclusion criteria such as age > 18 years, follow up > 1 year clinical. Exclusion criteria were no other neurological disease/bead trauma, no known psychiatric illness, no alcohol/drug abuse and no medication which could influence cognition.

## **Neurobehavioral Aspects Of Multiple Sclerosis**

**RJ Shavelson** 

Neurobehavioral Aspects Of Multiple Sclerosi	is:

#### Neurobehavioral Aspects Of Multiple Sclerosis Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Neurobehavioral Aspects Of Multiple Sclerosis**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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