

The effect of group hope therapy integrated with mobile learning on hope and perceived stress levels in MS patients (Article)

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MS is a chronic, progressive disease of the central nervous system which is characterized by chronic inflammation and destruction of the nervous system neurons. Following this illness, physical disabilities and mental changes occur on which are effective on the MS patient's self-esteem and his quality of life. This study is an experimental study before and after intervention. In this study, all patients with chronic physical and mental illness other than MS, more than years had passed since their diagnosis, were literate, and with a non progressive form of MS were included in the group. The group sessions were held to all patients with including criteria and at that meeting the patients completed the Perceived Stress Scale and Hope Schneider Questionnaire. Then people in 10 sessions participated in a group hope therapy. Then they received the complementary intervention through a mobile phone with meaningbased messages that contained sentences on hope and promoting inhibition of stress. Samples. In the end, the post-test was performed on patients and the means were compared with each other. The results showed that the mean expectancy increased after the intervention ($p = 0.02$). Moreover, the perceived stress levels decreased after the intervention. ($P = 0.0001$). Using methods such as hope therapy with mobile based learning have a special place in this context and they increase hope and reduce stress levels in patients with multiple sclerosis. So, with effectively planning and the usual treatments, we can improve mental health and even improve the prognosis of these patients.

Author keywords

Hope; Hope therapy; Multiple sclerosis; Perceived stress