



# MS and psychology

## Why is my child being referred to psychology?

The impact of the diagnosis of MS or possible MS can vary greatly between individuals and families and may affect many aspects of individual's and their family's life. We recognize this, so the demyelinating disease service works closely with both the clinical psychology and neuropsychology team to ensure that everyone receives the support that is needed. A member of the psychology team is available at every clinic appointment to discuss any concerns. You will also be asked to complete questionnaires at the time to help us with your assessment.

## Clinical psychology

Clinical psychology can support individuals and their families in many aspects of MS care. Feelings of anger, anxiety, fear and sadness, amongst others, are common and understanding and managing these may be easier with professional support. Discussing various coping strategies for daily ups and downs and knowing which symptoms are normal are all areas the team is expert in. In addition, the team can support with peer relations, goal setting, techniques to cope with blood tests and other practical issues such as managing injectable therapies. Most of our patients value the support from the Psychology team.

## Neuropsychology

We know that MS affects a person's central nervous system, and as a result there can sometimes be effects on a person's ability to concentrate, on their memory and on their learning. Neuropsychological testing will help identify specific strengths and weaknesses that your child may be experiencing. If you agree we can use the results of the testing to make recommendations at school. Even if there are no problems, it is very helpful for us to establish a baseline and re-evaluate progress every few years.

Full testing details are available from the Neuropsychology department.