

DOES STRESS TRIGGER MS ATTACKS?: - NO

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Many studies investigated the relationship between stress events and multiple sclerosis (MS). Although most studies were in favor of the stress-MS relationship, data do not allow to draw any secure conclusions due to the heterogeneity of stress measurements.

There is no uniform definition for stressful life events (physical and psychological trauma, infection, sunlight exposure, toxin, hormonal, nutritional), and measurement tools of stress (environmental, psychological approach, biological approach) are quite heterogenous. Stress measurements are mainly limited to the environmental approach lacking biological correlates.

In addition, most studies evaluated stress-MS-relationship mainly clinical, while only few studies used radiological criteria.

So far, trials employing stress management therapy focused mainly on theoretical conceptualizations and did not show a sustained effect on clinical or MRI measures.

The current data do not allow an individualized conclusion since the association between stress and ms disease is complex and can not be determined for any individual patient.