

Appendices

1. Approval from the Regional Committee for Medical and Health Research Ethics
2. Approval from the Norwegian Social Science Data Services
3. Multiple Sclerosis Impact Scale (MSIS-29)
4. Fatigue Severity Scale (FSS)

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*Regional komité for
 medisinsk forskningsetikk
 Vest-Norge (REK Vest)*

Bergen, 07.02.06
 Sak nr 06/593

Fysioterapeut Tori Smedal
 Fysioterapiavdelingen
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Ad prosjekt: Klimaets innvirkning på effekt av fysioterapi ved multippel sklerose
 (012.06)

Det vises til din søknad om etisk vurdering datert 11.01.06.

Komiteen vurderte studien i møte den 26.01.06.

Komiteen mener dette er en godt fundert vitenskapelig studie som er ryddig lagt opp.
 Rekrutteringsskrivet er fylldig og godt. I stedet for å si at de innsamlede opplysningene vil
 være *anonymisert*, bør en si at de innsamlede opplysningene blir behandlet *konfidensielt*.
 Komiteen har ellers ingen innvendinger.

Studien er da endelig klarert fra denne komité sin side.

Vennlig hilsen

Arnold Berstad
 leder

Arne Salbu
 sekretær



Norsk samfunnsvitenskapelig datatjeneste AS

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Vår dato: 17.02.2006

Vår ref: 14122/GT

Deres dato:

Deres ref:

TILRÅDING AV BEHANDLING AV PERSONOPPLYSNINGER

Vi viser til melding om behandling av personopplysninger, mottatt 19.01.2006. Meldingen gjelder prosjektet:

14122	<i>Klimaets innvirkning på effekten av fysioterapi ved multipel sklerose (MS)</i>
Behandlingsansvarlig	<i>Helse Bergen HF, ved institusjonens overste leder</i>
Daglig ansvarlig	<i>Tori Smedal</i>

Personvernombudet har vurdert prosjektet, og finner at behandlingen av personopplysninger vil være regulert av § 7-27 i personopplysningsforskriften. Personvernombudet tiltår at prosjektet gjennomføres.

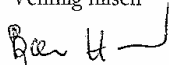
Personvernombudets tilråding forutsetter at prosjektet gjennomføres i tråd med opplysningene gitt i meldeskjemaet, korrespondanse med ombudet, eventuelle kommentarer samt personopplysningsloven/-helseregisterloven med forskrifter. Behandlingen av personopplysninger kan settes i gang.

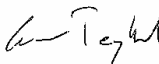
Det gjøres oppmerksom på at det skal gis ny melding dersom behandlingen endres i forhold til de opplysninger som ligger til grunn for personvernombudets vurdering. Endringsmeldinger gis via et eget skjema, <http://www.nsd.uib.no/personvern/endringskjema>. Det skal også gis melding etter tre år dersom prosjektet fortsatt pågår. Meldinger skal skje skriftlig til ombudet.

Personvernombudet har lagt ut opplysninger om prosjektet i en offentlig database, <http://www.nsd.uib.no/personvern/register/>

Personvernombudet vil ved prosjektets avslutning, 31.12.2009 rette en henvendelse angående status for behandlingen av personopplysninger.

Vennlig hilsen


Bjørn Henriksen


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Appendix I

Multiple Sclerosis Impact Scale (MSIS-29)

- The following questions ask for your views about the impact of MS on your day-to-day life **during the past two weeks**
- For each statement, please **circle** the **one** number that **best** describes your situation
- Please answer all questions

In the <u>past two weeks</u> , how much has your MS limited your ability to ...	Not at all	A little	Moderately	Quite a bit	Extremely
1. Do physically demanding tasks?	1	2	3	4	5
2. Grip things tightly (e.g. turning on taps)?	1	2	3	4	5
3. Carry things?	1	2	3	4	5
In the <u>past two weeks</u> , how much have you been bothered by ...	Not at all	A little	Moderately	Quite a bit	Extremely
4. Problems with your balance?	1	2	3	4	5
5. Difficulties moving about indoors?	1	2	3	4	5
6. Being clumsy?	1	2	3	4	5
7. Stiffness?	1	2	3	4	5
8. Heavy arms and/or legs?	1	2	3	4	5
9. Tremor of your arms or legs?	1	2	3	4	5
10. Spasms in your limbs?	1	2	3	4	5
11. Your body not doing what you want it to do?	1	2	3	4	5
12. Having to depend on others to do things for you?	1	2	3	4	5

Please check that you have answered all the questions before going on to the next page
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In the <u>past two weeks</u> , how much have you been bothered by	Not at all	A little	Moderately	Quite a bit	Extremely
13. Limitations in your social and leisure activities at home?	1	2	3	4	5
14. Being stuck at home more than you would like to be?	1	2	3	4	5
15. Difficulties using your hands in everyday tasks?	1	2	3	4	5
16. Having to cut down the amount of time you spent on work or other daily activities?	1	2	3	4	5
17. Problems using transport (e.g. car, bus, train, taxi, etc.)?	1	2	3	4	5
18. Taking longer to do things?	1	2	3	4	5
19. Difficulty doing things spontaneously (e.g. going out on the spur of the moment)?	1	2	3	4	5
20. Needing to go to the toilet urgently?	1	2	3	4	5
21. Feeling unwell?	1	2	3	4	5
22. Problems sleeping?	1	2	3	4	5
23. Feeling mentally fatigued?	1	2	3	4	5
24. Worries related to your MS?	1	2	3	4	5
25. Feeling anxious or tense?	1	2	3	4	5
26. Feeling irritable, impatient, or short tempered?	1	2	3	4	5
27. Problems concentrating?	1	2	3	4	5
28. Lack of confidence?	1	2	3	4	5
29. Feeling depressed?	1	2	3	4	5

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Please check that you have circled ONE number for EACH question

Copies of the scale can be obtained from the corresponding author.

