

Global Patient Fatigue Survey

RESULTS

Janssen Neuroscience
PHARMACEUTICAL COMPANIES OF Johnson & Johnson

UNDERSTANDING MULTIPLE SCLEROSIS-RELATED FATIGUE

Fatigue is often considered an “invisible symptom” of multiple sclerosis (MS) that goes beyond just “feeling tired.” It can interfere with a person’s ability to function at home and work, **even putting a strain** on relationships and a person’s social and emotional health. To uncover the real-world impact of fatigue, 1,300 people with MS across the globe were surveyed.



For my daughter's fifth birthday, we decided to go to an amusement park. It was hot, and I got so worn out. I felt like a bother and a rain cloud on her good day, almost like I was going to **ruin this special time.**"

—Annie, age 32, diagnosed in 2011

GENERAL IMPACT OF FATIGUE

65%

experience some level of fatigue **daily**

44%

report their fatigue being most intense during periods of **relapse**

53%

experience most fatigue-related symptoms in the **evening**

60%

stated their MS-related fatigue has **worsened** since their diagnosis

45%

experience most fatigue-related symptoms in the **morning**



FATIGUE & SOCIAL/EMOTIONAL WELLBEING

75%

agree it's **difficult for others in their life to understand** how fatigue impacts them on a daily basis

40%

reported **feeling lonely** as a result of MS-related fatigue

69%

often feel that they **should hide from others** how much their fatigue affects them

37%

reported having **trouble making new friends** or having strained friendships because of their fatigue



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FATIGUE & THE WORKPLACE

85%

believe it impacts how
they feel and act at work

Over 33%

reported that they either arrived late or left
work early, called in sick (from work) or missed
family/social activities because of their fatigue

Nearly 40%

have **reduced the numbers of
hours** they work per week



MANAGING FATIGUE

90%

have discussed
their fatigue with their
healthcare provider (HCP)

About 50%

reported taking breaks throughout
the day to manage their fatigue

95%

took steps to address fatigue (i.e., changed diet & sleep,
restricted activities, etc.) in the past six months

56%

say they don't feel their HCP fully understands
the overall impact fatigue has on their daily lives



For more information on MS or MS-related fatigue, visit
www.MoretoMS.com