**Scientific Research NMSC: running study**

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| **Title study** | Improving Cognition in People with Progressive Multiple Sclerosis: A Multi-arm, Randomized, Blinded, Sham-controlled Trial of Cognitive Rehabilitation and Aerobic Exercise |
| **Acronym** (if applicable) | CogEx |
| **Aim of the study** | To determine whether the combination of cognitive and physical training has a reinforcing effect on improving cognitive problems in persons with progressive MS. |
| **Summary / abstract**  (max 200 words)  (inclusion/exclusion criteria, intervention(s), outcomes) | This study is a multisite, randomized, double-blinded, sham controlled clinical trial of cognitive rehabilitation and aerobic exercise. Subjects with progressive MS, non-wheelchair users between 25 and 65 years. All participants will be randomly assigned into one of four groups: CR plus aerobic exercise; CR plus sham exercise; CR sham plus aerobic exercise and CR sham plus sham exercise. Subjects will participate in the assigned treatments for 12 weeks, twice a week and will have a cognitive and physical assessment at baseline, 12 weeks and 24 weeks. The primary outcome is the Symbol Digit Modalities Test (SDMT) measuring processing speed. Secondary outcome measures include: indices of verbal and non-verbal memory, depression, walking speed and a dual cognitive-motor task. |
| **Kind of study** | multicenter |
| **Duration of the study**  *(months/years)* | 2 years |
| **Anticipated number of participants** | 16 in NMSC |
| **Start date** | 01/01/2020 |
| **Recruitment possible until** | End date of recruitment (dd/mm/yyyy) |
| **Interested in participating?** | Contact: Mieke D’hooge ([mieke.dhooge@uhasselt.be](mailto:mieke.dhooge@uhasselt.be); [Mieke.dhooge@mscenter.be](mailto:Mieke.dhooge@mscenter.be))  02/59 78 677 |
| **Principal Investigator/ Supervisor**  *(name + affiliation)* | Prof. Dr. Peter Feys, Universiteit Hasselt |
| **Local supervisor (NMSC)** | Prof. D. Kos |