### Abstract

Introduction: Multiple sclerosis (MS) is one of the most common diseases of the central nervous system. MS is the result of damage to myelin. There is the exact relationship between stresses and the onset or progression of MS so stress management is important in people with Multiple sclerosis. 

Objective: Investigate The Effect of Educational Program Based on BASNEF Model on behavioral methods of stress management in people with multiple sclerosis.

Materials and Methods: This is a quasi-experimental intervention study. This study was performed on 97 patients with Multiple sclerosis between the ages of 15-50 years from Sina and Shariati hospitals, and were randomly divided to two groups, experimental and controls. The instruments for data collecting were a questionnaire established based on the BASNEF Model, a check list related to patient practice on the basis of self reporting. All groups completed the questionnaires and check lists before and one month after intervention, and the patients of the experimental group participated in educational classes during the two months. Eventually, the collected data were analyzed by using statistical tests.

Results: Our findings indicated both groups don't have any significant difference based on demographic characteristics. The mean scores of BASNEF Model variables (attitudes, subjective norm, enabling factors, intention) were significantly increased in the experimental group compared to the controls after intervention. Also behavioral methods of stress management improved significantly among the experimental group, compared to control group.

Conclusion: Applying the BASNEF Model is very effective for developing an educational program for people with Multiple sclerosis in order to control their stress. In people with Ms Stress management is highly recommended.

Key words: Multiple sclerosis, stress management, BASNEF Model