

MS Study Alert: Perimenopause and Multiple Sclerosis

Summary: The purpose of this national research study is to better understand the experiences, needs, and health changes of women with multiple sclerosis (MS) during the menopausal transition in order to develop and provide needed information and resources. This study is funded by a [2025 request for applications on women's health](#) from the National Multiple Sclerosis Society.

Study Goal: Researchers at the University of Wisconsin-Madison, working with a team of national experts in MS Neurology and Women's Health and a Community Advisory Board of women with MS, are exploring the information needs of, and the impacts of perimenopause on, women with MS. The researchers will use the findings to develop practical, accessible resources for women living with MS. This project includes a national longitudinal survey, optional follow-up interviews, and the development of profile-specific resource toolkits.

Who is eligible to participate in the survey and interviews?

Women diagnosed with MS who:

- are between the ages of 45 and 60,
- identify as female or meet the study's female eligibility criteria, and
- are in the late reproductive stage, early perimenopause, or late perimenopause, based on menstrual history.

Individuals who are currently pregnant or within 12 months postpartum are not eligible. For people using systemic hormones or with procedures that may affect bleeding patterns, perimenopausal stage will be determined based on menstrual history. Final eligibility criteria will be confirmed by the research team.

Researchers are recruiting approximately 2,300 women with MS from across the United States. Recruitment aims to include participants from different regions, racial and ethnic backgrounds, and urban and rural communities.

What does participation involve?

Participants will be asked to complete three online surveys over approximately 10 months: one at baseline, one about 5 months later, and one about 10 months later. The survey takes 20-30 minutes to complete. The study is designed to examine changes over time in areas such as physical and cognitive functioning, menopausal symptoms, daily activities, social participation, emotional well-being, and quality of life. A smaller group of participants will be invited to take part in a follow-up individual interview to share more about their experiences.

Interested in learning more?

Contact: People who are interested in being a part of this study can access the survey at:
<https://redcap.wisc.edu/surveys/?s=WEEHFXA9CFPJHY8D> or reach out to the contact below:

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(please include “MS-MP Survey” in the Subject.)