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Restless Leg Syndrome in Multiple Sclerosis and Neuromyelitis Optica Spectrum Disorder: A Case-control Study in Iran

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Background: Previous studies showed that patients with chronic disorders such as MS had more frequency of restless leg syndrome (RLS) compared to healthy population. However, there are no published studies that assessed the frequency of RLS in neuromyelitis optica spectrum disorder (NMOSD). So, we conducted this study to evaluate the prevalence of RLS in NMOSD, MS and healthy controls and assess the possible RLS association with QOL and related factors.

Methods: We prospectively studied 40 NMOSD patients and 82 healthy controls (HCS) who visited MS clinics of kashani in Isfahan, Iran between February 2017 and January 2018. RLS was diagnosed according to the international restless legs syndrome study group criteria. Specific questionnaires were used to assess RLS severity such as the health-related quality of life (HRQOL), fatigue levels, sleep quality and depression symptoms of the patients.

Results: Eleven (26.8%) patients with NMOSD and 2 (4.3%) participants in the HCS group fulfilled RLS diagnostic criteria and or was 2.088 (95% ci 0.026-0.600; p=0.009). IRLS score in NMOSD patients were higher than HCS, with an adjusted or 2.138 (95% ci 1.800-2.540; p=0.000). The median of age, disease duration, FSQI global score, ESS total score, frequency of poor sleep quality and frequency of antidepressant drugs using in patients with RLS were higher than patients without RLS

Conclusions: Our finding showed that RLS was strongly associated with NMOSD and MS. Also, we found RLS have an important impact on HRQOL, fatigue and sleep quality in NMOSD patients.