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## Cardiorespiratory Fitness and Cognitive Processing Speed in Multiple Sclerosis: The Possible Roles of Psychological Symptoms

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**Highlights**

- Aerobic exercise may improve cognition in persons with multiple sclerosis (MS)
- Psychological symptoms may mediate, moderate, or confound this relationship
- This study examined depression, pain, and fatigue effects on fitness and cognition
- Depression, pain, and fatigue did not influence the fitness/cognition relationship
- This might provide critical information for future optimized exercise trials in MS

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