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Perceived Cognitive Deficits and Depressive Symptoms in Patients with Multiple Sclerosis: Perceived Stress and Sleep Quality as Mediators

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Highlights

- Higher levels of perceived cognitive deficits were associated with lower quality of sleep, more perceived stress, and higher levels of depressive symptoms.
- Perceived stress served as a significant mediator in the perceived cognitive impairments and depressive symptoms linkage.
- Sleep quality was also a significant mediator in the association between perceived cognitive deficits and depressive symptoms.
- Perceived stress and sleep quality are potentially modifiable factors, perhaps serving as a target for future treatment, to buffer risk of MS patients developing depression.

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