

THE EXPERIENCE OF YOUNG ADULTS LIVING
WITH RELAPSING-REMITTING MULTIPLE SCLEROSIS

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ABSTRACT

The purpose of this interpretive phenomenological study was to explore and interpret the experience of young adults living with relapsing-remitting multiple sclerosis (RRMS) who were diagnosed by a physician at least six months prior to the study. This study was important because, prior to this proposed study, there has been limited work focused specifically on interpreting the meaning of living with RRMS as a young adult.

In this cross-sectional study, I used convenience and purposive sampling techniques sequentially to recruit participants residing in a six-county area. I recruited six participants between 20 and 40 years of age with a medical diagnosis of relapsing-remitting multiple sclerosis. Data collection involved a series of three in-depth interviews in participants' homes or another private location of their choice. Interviews were transcribed, and data were organized and analyzed using Miles and Huberman's approach. Analysis was informed by the Heideggerian phenomenological method.

The findings from this study can be used to guide the development of interventions and support services for individuals and families with RRMS. This study will add to existing knowledge through dissemination of results related to the meaning of living with RRMS as a young adult.