

art therapy (14). Patients with MS have higher levels of psychiatric disorders such as stress and anxiety as compared to healthy population (8). Therefore, anxiety management with this method could be considered as a treatment protocol in MS.

Limitation of this study is that participants may have been familiar with software similar to the one used in this study which was out of authors' control.

CONCLUSION

This study indicated that therapeutic coloring based on software has significant effects on stress

and anxiety among patients with MS and leads to remarkable decrease in these variables.

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All authors contributed equally to this paper.



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