



Transcript of FutureMS animation – 10 year wave

Every person newly diagnosed wants to know how MS will affect them over their lifetime. What can be done to stop the disease progressing and improve their quality of life?

The FutureMS project aims to help answer those questions, to really understand the impact of MS on individuals.

Future MS is an observational study which began in 2016, when we collected invaluable data from 440 participants newly diagnosed with MS across Scotland. Participants took part within six months of their diagnosis, then 1 and 5 years after that.

We began to capture a snapshot of the impact of MS on people's walking, thinking, mental welfare, and fatigue, while also capturing data from the brain using MRIs, eye imaging, and genetic information from blood and saliva samples. There is huge value in collecting this information from the same people over time.

FutureMS has involved over 100 healthcare professionals and researchers across Scotland. Our lived experience panel helps shape the study and ensure that the research priorities are important to people with MS.

We have already published scientific findings related to fatigue, mental health, and thinking in MS, and also how to better use and interpret brain and eye scans.

Between 2026 and 2029 we are inviting the same 440 participants back for assessments, 10 years after their diagnosis. We are building an increasingly detailed picture of how MS affects an individual, in order to develop tools that will allow an individualised prediction of future disease activity.

Anne Rowling Regenerative Neurology Clinic, University of Edinburgh, April 2026

Video at media.ed.ac.uk/media/FutureMS+animation+-+10+year+wave/1_5d5edxor