

Table 1) Mean and Standard Deviation of Anthropometric Characteristics and Inability Degree in the Groups

Number (Person)		Age (Year)	Weight (Kg)	Height (cm)	Inability Degree
Exercise Group					
Male	7	37.71±6.67	74.32±13.04	173.00±6.48	2.71±1.41
Female	12	32.67±5.91	67.76±11.67	156.12±4.23	2.45±1.03
Total	19	34.53±6.51	67.02±13.40	162.34±9.74	2.55±1.15
Control Group					
Male	8	37.00±5.50	71.08±74.04	174.75±4.43	2.87±1.21
Female	10	36.60±4.71	63.58±11.30	155.60±4.19	2.90±0.80
Total	18	36.78±4.93	66.92±10.13	164.11±10.64	2.88±0.97

Table 2) Changes in Fatigue Severity in the Groups at Pretest and Posttest (in scores)

Variables	Exercise Group	Control Group
Mean Scores at Pretest	4.10±1.10	4.02±0.83
Mean Scores at Posttest	3.71±1.05	4.27±1.12
Intragroup P Value	0.001	0.46
Change Percentage	9.51 (Reduction)	6.21 (Increase)
Intergroup P Value	0.001	

Table 3) Results of Mean, Standard Deviation, and MANOVA in Comparison between Pretest-Posttest Residua of the Scores of the Sub-scales of the Quality of Life in Patients with MS in Exercise and Control Groups (in scores)

Exercise Group	Control Group	SS	MS	F	P
Physical Combined Domain					
17.18±2.93	17.18±2.77	1713.18	1713.18	210.61	0.001
Psychological Combined Domain					
17.58±2.99	3.35±6.11	1771.26	1771.26	74.95	0.001
Health Changes					
13.23±15.60	6.94±18.79	345.997	345.997	1.153	0.291
Sexual Satisfaction					
5.88±16.60	1.39±20.25	179.529	179.529	0.518	0.447
Physical Health					
13.82±3.32	1.94±4.89	1233.72	1233.72	69.78	0.001
Pain					
17.29±6.79	1.70±6.77	3853.44	3853.44	83.78	0.001
Physical Limited Functioning					
33.82±12.31	16.66±17.14	2573.52	2573.52	11.43	0.002
Energy					
16.23±5.37	1.55±3.91	1884.04	1884.04	85.93	0.01
General Health Comprehension					
16.52±3.84	1.11±3.66	2078.38	2078.38	147.81	0.001
Social Function					
24.60±6.25	0.47±8.79	5092.13	5092.13	86.53	0.01
Health Risk					
4.70±5.72	1.38±6.13	96.19	96.19	2.72	0.108
Sexual Function					
5.98±9.26	0.33±9.12	279.18	279.18	3.30	0.078
Psychological Limited Functioning					
27.44±13.09	3.70±19.41	4927.85	4927.85	17.77	0.001
Vitality					
17.88±6.65	1.33±5.48	2394.4	2394.4	64.77	0.01
General Quality of Life					
25.09±6.81	0.39±5.02	5324.9	5324.9	149.84	0.01
Mental Functioning					
5.88±5.08	0.55±6.83	362.36	362.36	9.91	0.03