



# Difficulties of Adolescent Development and Social Congition Pediatric Multiple Sclerosis

Wang Lang\*

Department of Social Cognitive, Chongqing University, Chongqing, China

## DESCRIPTION

Multiple Sclerosis (MS) is more commonly diagnosed in adults; a subset of individuals is diagnosed with Pediatric-Onset Multiple Sclerosis (POMS). POMS present unique challenges as individuals with this condition must navigate the complex terrain of adolescence and early adulthood while coping with the physical and cognitive symptoms of MS. This study explores the impact of POMS on social and classic cognition in adults and exposes the challenges they face in various aspects of their exists.

### Social cognition in adults with POMS

Social cognition refers to the ability to perceive, interpret, and respond to social cues in the environment. It encompasses various skills such as theory of mind (the ability to understand and attribute mental states to one and others), empathy, and social perception. Adults with POMS may experience difficulties in these areas due to the cognitive impairment associated with the disease.

**Theory of mind:** Theory of mind deficits in adults with POMS can lead to challenges in understanding the perspectives and emotions of others. This can affect their ability to form and maintain meaningful relationships and navigate social situations effectively.

**Empathy:** Multiple Sclerosis related cognitive impairments can also impact one's capacity for empathy. Individuals with POMS may struggle to recognize and appropriately respond to the emotions of others, which can strain interpersonal relationships.

**Social perception:** Difficulty in social perception may result in misinterpretation of social cues, making it harder for adults with POMS to navigate social contexts. They may misread nonverbal cues or struggle to grasp the subtleties of social interactions.

### Classic cognition in adults with POMS

Classic cognition refers to the cognitive abilities that are typically

associated with the brain's basic functions, such as memory, attention, and problem-solving. MS often affects classic cognition, and adults with POMS may experience deficits in these areas.

**Memory impairment:** Many individuals with POMS struggle with memory problems, including both short-term and long-term memory. These difficulties can impact various aspects of their lives, from academic and work performance to daily activities.

**Attention and processing speed:** MS related cognitive impairments can affect attention and processing speed, making it challenging to concentrate on tasks, maintain focus, and process information quickly.

**Problem-solving and decision-making:** Adults with POMS may face difficulties in complex problem-solving and decision-making due to cognitive deficits. This can affect their ability to plan for the future, manage finances, and make important life choices.

### Challenges and coping strategies

Living with POMS can be challenging, but many individuals develop effective coping strategies to mitigate the impact of cognitive deficits on their daily exists:

**Rehabilitation and cognitive training:** Cognitive rehabilitation programs can help improve memory, attention, and problem-solving skills. These programs often involve tailored exercises and strategies to address specific cognitive impairments.

**Social support:** Strong social support networks are critical for adults with POMS. Friends and family can provide emotional support and assistance with daily tasks when needed.

**Assistive technologies:** Technological advancements have provided individuals with POMS access to various assistive devices and applications that can help them manage cognitive and physical challenges.

**Correspondence to:** Wang Lang, Department of Social Cognitive, Chongqing University, Chongqing, China, E-mail: langwang456@gmail.com

**Received:** 01-Sep-2023, Manuscript No. JSC-23-23492; **Editor assigned:** 04-Sep-2023, PreQC No. JSC-23-23492 (PQ); **Reviewed:** 18-Sep-2023, QC No. JSC-23-23492; **Revised:** 25-Sep-2023, Manuscript No. JSC-23-23492 (R); **Published:** 02-Oct-2023, DOI: 10.35248/2167-0358.23.12.203

**Citation:** Lang W (2023) Difficulties of Adolescent Development and Social Cognition in Pediatric Multi Sclerosis. J Socialomics.12:203.

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Pediatric-onset multiple sclerosis presents a unique set of challenges for adults who must navigate the intersection of cognitive impairment and the demands of social and cognitive functioning in their daily lives. Understanding these challenges is essential for healthcare professionals, families, and individuals

with POMS to develop effective strategies to enhance their quality of life. With the right support, rehabilitation, and coping mechanisms, adults with POMS can continue to lead fulfilling exists and overcome the obstacles presented by this rare form of multiple sclerosis.