

Effectiveness of an App for Mobile Phones (e-12HR) to Increase Adherence to Mediterranean Diet in University Students

NCT05532137

Status	RECRUITING
Phase	Not Applicable
Sponsor	Luis María Béjar Prado
Enrollment	322 participants

Key Eligibility Criteria

Inclusion (4)

- Both genders.
- Over the age of 18.
- Be a student at the Faculties of Medicine or Pharmacy (University of Seville).
- Possess a mobile telephone with Internet access and iOS or Android operating system.

Exclusion (1)

- \- Chronic pathologies, food intolerances or pregnancy (situations that could require specialized dietary recommendations).

Locations (1 total)

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