

Exercise Effects on Health Status in Patients With Severe Mental Illness

NCT05834309

Status	RECRUITING
Phase	Not Applicable
Sponsor	Universidad Pública de Navarra
Enrollment	100 participants

Key Eligibility Criteria

Inclusion (5)

- resident in Navarra
- diagnosis of severe mental disorder (DSM 5: Schizophrenia 295.90, Tr. Schizoaffective Disorder 295.70, Schizotypal Personality Disorder 301.22, Schizoid Personality Disorder 301.20, Schizophreniform Personality Disorder 295.40, Psychotic Disorder with Delusional Ideas 295.40, Psychotic Disorder with Delusional Ideas 295.40. Schizophreniform 295.40, Psychotic disorder with delusions 293.81, Psychotic disorder with hallucinations 293.82, Major depressive disorder 296.33, Bipolar disorder type I 296.44, Bipolar disorder type II 296.89, Obsessive Compulsive Disorder 300.
- primary nursing diagnosis NANDA and Virginia Henderson NOC 0099 Ineffective Health Maintenance
- at least one of the secondary nursing diagnoses 001 Nutritional Imbalance due to Excess, 003 Risk of Nutritional Imbalance due to Excess, 00096 Sleep Deprivation, 00146 Anxiety or 00168 Sedentary
- willing to voluntarily participate in the randomly assigned intervention, after signing the informed consent form.

Exclusion (5)

- acute illness that does not allow physical exercise sessions or assessments during the study
- medical contraindication that prevents physical exercise
- treatment with Interleukin-6 receptor antagonists (tocilizumab) during the last month due to drug interference with adaptations to cardiopulmonary exercise
- refusal to sign the informed consent form by the study subject
- impossibility of follow-up.

Locations (2 total)

Complejo Hospitalario de Navarra, Pamplona, Navarre, Spain
Fundacion Miguel Servet, Pamplona, Navarre, Spain

<https://clinicaltrials.gov/study/NCT05834309>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [ClinicalTrials.gov](https://clinicaltrials.gov). Generated by [ClinicalTrialsFinder.org](https://clinicaltrialsfinder.org).