

Harmony & Health: A Culturally Adapted Mindbody Intervention to Reduce Sitting Time and Improve Psychosocial Wellbeing in Black Adults

NCT05922943

Status	RECRUITING
Phase	Not Applicable
Sponsor	M.D. Anderson Cancer Center
Enrollment	250 participants

Key Eligibility Criteria

Inclusion (10)

- Adults ≥18 years old
- Self-identify as Black or African American
- Self-reports MVPA <150 minutes/week
- Self-reports sedentary time ≥6 hours/ day
- Body mass index [BMI] ≥25.0 kg/m² based on self-reported height and weight (and verified at baseline)
- ... and 5 more (see full listing online)

Exclusion (9)

- < 18 years old
- Self-reports MVPA ≥150 minutes/week
- Self-reports sedentary time <6 hours/day
- Not classified as overweight or obese (BMI <25.0 kg/m²)
- Absolute contraindications to unassisted physical activity (e.g. acute MI, orthopedic and musculoskeletal limitations)
- ... and 4 more (see full listing online)

Locations (1 total)

M D Anderson Cancer Center, Houston, Texas, United States