

# A Study of Healthy Microbiome, Healthy Mind

NCT06020703

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Mayo Clinic
<b>Enrollment</b>	40 participants

## Key Eligibility Criteria

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### Inclusion (1)

- Patients who have survived critical illness, including severe COVID, and are at risk for mental health morbidity/long COVID (spent >48 hours in the ICU or had COVID requiring ICU stay) who have a smartphone, are enrolled into the Mayo PICS clinic, and have at least one PICS-related impairment. Cognitive impairment, if present, has to be in the mild range to ensure patient can provide consent and follow study instructions

### Exclusion (1)

- History of dementia, mental retardation, psychotic disorders such as schizophrenia, patients not expected to survive the hospital stay or non-English speaking, participants not able to tolerate foods by mouth or those with potential contraindications to such diet (chronically immunosuppressed including organ transplant recipients; those with neutropenia or currently undergoing chemotherapy, those taking Monoamine oxidase inhibitors).

## Locations (1 total)

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Mayo Clinic Minnesota, Rochester, Minnesota, United States