

# Self-Management Interventions After an ICD Shock

NCT06037785

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Washington
Enrollment	60 participants

## Plain Language Summary

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This study is testing online self-management tools to help people cope with the fear, anxiety, and emotional distress that often follow receiving a shock from an implanted cardiac defibrillator (ICD) — a device that shocks the heart back into a normal rhythm when it detects a dangerous irregular heartbeat.

**\*\*You may be eligible if...\*\***

- You have an ICD (implanted heart defibrillator) and received at least one shock in the past week
- You are 18 years old or older
- You can read, speak, and write in English
- You have access to the internet and a phone

**\*\*You may NOT be eligible if...\*\***

- You have been diagnosed with PTSD, schizophrenia, or bipolar disorder
- You show signs of significant memory or cognitive problems
- You have problematic alcohol use or regularly use illicit drugs without a prescription

Talk to your doctor to see if this trial is right for you.

## Key Eligibility Criteria

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### Inclusion (4)

- ICD implant for primary or secondary prevention of sudden cardiac arrest (SCA),
- receipt of at least 1 ICD shock, appropriate or inappropriate, one week prior to enrollment;
- able to read, speak and write English;
- access to online resources and telephone for study duration.

### Exclusion (5)

- current diagnosis of PTSD, schizophrenia or bipolar disorder;
- Short BLESSED score  $>6$  indicating cognitive dysfunction [73];
- age  $<18$  years;
- AUDIT-C score  $\geq 4$  for alcohol use;
- regular non-medical use of illicit drugs

## Locations (1 total)

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University of Washington, Seattle, Washington, United States

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<https://clinicaltrials.gov/study/NCT06037785>

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