

Prevention of Insomnia Using a Stepped Care Model in Adults

NCT06156293

Status	RECRUITING
Phase	Not Applicable
Sponsor	Chinese University of Hong Kong
Enrollment	1,016 participants

Key Eligibility Criteria

Inclusion (2)

- Chinese adults aged 18-70 years old,
- The score of Insomnia Severity Index \leq 10.

Exclusion (4)

- present with psychotic disorders such as bipolar disorder and schizophrenia,
- present with severe depression or suicidal ideation,
- present with neurodegenerative diseases that prevent participant from completing the intervention (e.g., dementia and Parkinson's disease).
- unable to provide consent

Locations (1 total)

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