

The STRENGTHEN Study

NCT06267521

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Wisconsin, Madison
Enrollment	96 participants

Key Eligibility Criteria

Inclusion (3)

- Medically healthy
- English-speaking (able to provide consent and complete questionnaires)
- Citizen or legal resident

Exclusion (27)

- Any current or recent history (6 months) of any mental health diagnosis (Examples include major depression, hypomania, psychosis, schizophrenia, and bipolar disorder)
- Any current or recent (past 6 months) history of treatment for mental illness (including anti-depressant/anti anxiety medications, therapy)
- Scoring above Moderate range for Anxiety or Depression - Patient Health Questionnaire-9 (PHQ-9) greater than or equal to 15 or General Anxiety Disorder (GAD7) greater than or equal to 15
- At risk for suicide (PHQ item 9 greater than 0)
- Any current or past history of neurological disorders or acquired neurological disease (e.g. stroke, traumatic brain injury), including intracranial lesions and obstructive sleep apnea
- ... and 22 more (see full listing online)

Locations (1 total)

Center for Healthy Minds, Madison, Wisconsin, United States