

Active Young, Healthy Mind. The YoungFitT Project

NCT06406283

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Barcelona
Enrollment	219 participants

Key Eligibility Criteria

Inclusion (3)

- Individuals aged 18-25 years old
- Fluency in Catalan or Spanish (I.e., able to understand and speak)
- Accept to take part in the study and sign the informed consent according to the Declaration of Helsinki.

Exclusion (8)

- Severe Neurological or psychiatric history
 - Alcohol or drug abuse history
 - Injury that prevents exercise
 - Claustrophobia
 - Medical device (e.g., pacemaker implants, stents)
- ... and 3 more (see full listing online)

Locations (1 total)

Maria Mataro, Barcelona, Spain