

# The Effect of Experiential Classroom on Establishing Healthy Behaviors During Pregnancy

NCT06413303

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Peking Union Medical College Hospital
Enrollment	136 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Older than 20.
- Singleton pregnancy.
- The first trimester.
- Be able to undergo regular prenatal follow-ups and delivery in PUMCH.
- Be able to participate in each experiential classroom on time.

... and 1 more (see full listing online)

### Exclusion (4)

- With severe mental illness.
- Severe impairment of liver and kidney function.
- With malignant tumors.
- With contraindications to exercise during pregnancy.

## Locations (1 total)

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Department of ob gyn, Peking Union Medical College Hospital, Beijing, China