

Feasibility of Virtual Tai Chi Easy for Registered Nurses

NCT06423638

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Arizona
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (1)

- Registered Nurses from any racial/ethnic, socioeconomic group, sex/gender. Access to a computer, tablet, or smartphone
Reliable internet access Ability to read and write in English

Exclusion (2)

- Refusal to provide informed consent Regularly participating in Tai Chi or other mind-body exercise (as defined by participating more than once per week) Refusal or inability to fully participate in the study protocol Previously diagnosed post-traumatic stress disorder not due to a healthcare-related exposure event, active substance use disorder, or serious mental illness.
- An acute or chronic medical or mental health condition that would otherwise limit the person's ability to fully participate in study activities.

Locations (1 total)

University of Arizona, Tucson, Arizona, United States