

BECOME COmbined Intervention for MH & NCD Delivered by Community Health Workers in Nepal

NCT06449521

Status	RECRUITING
Phase	Not Applicable
Sponsor	Possible
Enrollment	700 participants

Key Eligibility Criteria

Inclusion (4)

- Adult men and women age e 40 years
- Living in the target wards with no intention of leaving in the next 2.5 yrs
- Anxiety (HSCL-25 anxiety subscale score e1.75) and/or Depression (HSCL-25 depression subscale score e1.75)
- At least one Non-communicable disease (NCD) based on WHO PEN criteria; either Hypertension (HTN) (SBP e130mmHg and/or DBP e80mmHg) and/or Diabetes Mellitus (DM) (fasting plasma glucose (FPG) e126mg/dl or random plasma glucose e200mg/dl)

Exclusion (3)

- Significant cognitive problems/disability
- Pregnant women
- Postpartum (d6 weeks) women

Locations (1 total)

Possible, Kathmandu, Nepal