

Stress and Musculoskeletal Health in Employees

NCT06488547

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Thessaly
Enrollment	57 participants

Key Eligibility Criteria

Inclusion (3)

- Writing and reading greek.
- Consent to provide their medical history.
- Consent to be measured with electronic devices.

Exclusion (8)

- Employees who are close to retirement (at least 2 years before) and those for whom any known factor may prevent them from completing the intervention (eg travel, transfer).
- Pregnancy.
- Pacemaker, history of seizures.
- Diagnosed musculoskeletal injury.
- Diagnosed diseases such as: osteoarthritis, autoimmune diseases (rheumatoid arthritis, lupus, etc.), stroke, myocardial infarction, malignant neoplasms, psychiatric disease, disability.
- ... and 3 more (see full listing online)

Locations (2 total)

University of Thessaly, Larissa, Biopolis- Larissa, Greece
The Endocrine Unit of the University of Athens, Athens, Greece