

OPTimizing CARDiac REhabilitation by REfining Sleep and STress

NCT06505109

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | Erasmus Medical Center |
| Enrollment | 200 participants |

Key Eligibility Criteria

Inclusion (5)

- Participate in CR at one of the study centres for any cardiac diagnosis or reason as stated in the Dutch guidelines
- Age at or above 18 years
- Proficient in the Dutch language
- Experiencing sleep and/or stress problems as indicated by a high score on the Pittsburgh Sleep Quality Index (PSQI score ≥ 5) or Perceived Stress Scale-10 (PSS-10 score ≥ 13)
- Signed informed consent

Exclusion (2)

- Severe psychiatric, cognitive or physical comorbidity that would impede CR participation
- Active treatment for sleep disorders, stress, or other forms of (behavioural) therapy at the start of the study or expected to start within the first 6 months of the study, that could interfere with the RESST intervention. Note: Participants with previously diagnosed sleep disorders are eligible if they still experience sleep or stress problems, unless they fall under the above criteria. Participants who received a prior treatment that is still ongoing but has resulted in a stable sleep and stress condition in the 3 months before the cardiovascular event (e.g., Continuous Positive Airway Pressure (CPAP)) are eligible.

Locations (3 total)

Máxima Medisch Centrum, Eindhoven, North Brabant, Netherlands
Capri Hartrevalidatie, Rotterdam, South Holland, Netherlands
Capri Hartrevalidatie, The Hague, South Holland, Netherlands