

Effect of High-Intensity Interval Training Exercise on Cognitive Function of Young Adults

NCT06621550

Status	RECRUITING
Phase	Not Applicable
Sponsor	The Hong Kong Polytechnic University
Enrollment	70 participants

Key Eligibility Criteria

Inclusion (2)

- Young adult aged 18-40 years old
- No visionary defect or other sensory condition including uncorrected refractive defect and color blindness refraining the individual to be assessed by the tasks

Exclusion (3)

- With known neurological, cardiovascular, or other physical and mental conditions that limit the ability to safely participate in high-intensity interval training
- With known specific learning disabilities
- Known drug or alcohol abuse problems

Locations (1 total)

The Hong Kong Polytechnic University, Hung Hom, Hong Kong