

A Heart Rate Variability (HRV) Biofeedback Training in Functional Gastrointestinal Disorders (FGID)

NCT06687057

Status	RECRUITING
Phase	Not Applicable
Sponsor	Fondazione Don Carlo Gnocchi Onlus
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (5)

- presence of clinically significant anxiety symptoms (DASS-21 ≥ 4)
- presence of symptoms related to Functional Gastrointestinal Disorders (in English, known as Functional Gastrointestinal Disorders (FGIDs)) (IBS-SSS ≥ 75);
- obtaining informed consent to participate in the study;
- Absence of organic gastrointestinal diseases: thus, they will be excluded if with a current or previous diagnosis of intestinal disease (e.g., ulcerative colitis);
- absence of clinical conditions including neurological disorders (previous head trauma, degenerative neurological disorders, stroke, etc.) and cardiovascular disorders (hypertension, cardiac arrhythmias, etc.).

Exclusion (5)

- absence of clinically significant anxiety symptoms (DASS-21 < 4);
- absence of symptoms related to Functional Gastrointestinal Disorders (in English, known as Functional Gastrointestinal Disorders (FGIDs)) (IBS-SSS < 75);
- lack of obtaining Informed Consent to participate in the study;
- presence of organic gastrointestinal diseases: therefore, they will be excluded if with a current or previous diagnosis of intestinal disease (e.g., ulcerative colitis).
- presence of clinical conditions including neurological disorders (previous head trauma, degenerative neurological disorders, stroke, etc.) and cardiovascular disorders (hypertension, cardiac arrhythmias, etc.).

Locations (1 total)

Eleonora Volpato, Milan, Italy