

# Impact of a Structured Wellness Behavioral Intervention on Quality of Life in NMOSD

NCT06780709

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Icahn School of Medicine at Mount Sinai
Enrollment	20 participants

## Key Eligibility Criteria

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### Inclusion (3)

- Adults (age ≥18) with NMOSD diagnosed with 2015 NMOSD clinical criteria.
- All EDSS scores will be considered in order to make the intervention accessible to all patients regardless of disability.
- All patients regardless of treatment type will be considered.

### Exclusion (5)

- Age <18
- Inability to voluntarily provide consent for study participation
- Inability to participate in study evaluation and/or endpoint measures, or participation in another concurrent randomized controlled trial or wellness based intervention.
- Any patients with a relapse within 30 days of randomization or any patients with medical restrictions on physical activity will be excluded.
- Any patients who begin stimulants and/or dalfampridine between enrollment and randomization will be excluded.

## Locations (1 total)

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Corinne Goldsmith Dickinson Center for MS at Mount Sinai, New York, New York, United States