

Effect of Aerobic Exercise With Synchronous Music on Functions Among Medical Students

NCT06788106

Status	RECRUITING
Phase	Not Applicable
Sponsor	Universiti Sains Malaysia
Enrollment	134 participants

Key Eligibility Criteria

Inclusion (4)

- Medical students willing to participate in aerobic training
- Population of low questionnaire evaluation results
- Subjects achieved a result of 7met or more on the Treadmill Test using the Bruce protocol
- The medical students with low to moderate physical activity level. They are able to exercise, once or twice per week, but are not in the habit of doing so daily

Exclusion (3)

- History of major depressive disorder in the past 6 months
- Have a history of alcohol, drug abuse or use of psychiatric drugs
- Have a history of head trauma, neurological disease or other serious illness

Locations (1 total)

Jiangsu Medical College, Yancheng, Jiangsu, China