

# Floor-hugging Intervention: Managing Fear of Falling Through Floor Exposure and Developing After-fall Contingency

NCT06815809

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Karlstad University
Enrollment	48 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Participants must be healthy adults between the ages of 18 and 64.
- Participants must be fluent in either Swedish or English.
- Participants must have a Montreal Cognitive Assessment (MoCA) score of 23 or higher.
- Participants must be able to perform activities of daily living independently.

### Exclusion (5)

- Participants with neurological diseases (e.g., stroke, Parkinson's disease, multiple sclerosis, traumatic brain injury, etc.).
- Participants with musculoskeletal disorders (e.g., rheumatoid arthritis, sprains, strains, etc.).
- Participants with severe cognitive impairments (Montreal Cognitive Assessment score  $\leq$  23).
- Participants with psychiatric disorders (e.g., bipolar disorder, schizophrenia).
- Participants currently involved in any other exercise-based interventions that involves prolonged floor contact (e.g., yoga, martial arts, dance).

## Locations (1 total)

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RiskLab, Karlstad University, Karlstad, Värmland County, Sweden