

Effects of Latin Dancing on Sleep Quality in Hispanic Cancer Survivors

NCT06844981

Status	RECRUITING
Phase	Not Applicable
Sponsor	Rutgers, The State University of New Jersey
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (7)

- Be 18 years of age or older
 - Self-identify as Hispanic and/or Latino(a)
 - Have a confirmed diagnosis of a solid tumor or hematologic malignancy
 - Must have completed primary cancer treatment 3+ months prior to enrollment (e.g., chemotherapy, surgery, and/or radiation therapy but may be on hormonal therapy and/or immunotherapy or other long-term therapies)
 - Have sleep disturbance (indicated by a response of 3 or more on the MD Anderson Symptom Inventory sleep question by using an 11-point scale anchored by 0 \[no sleep disturbance\] and 10 \[worst possible sleep disturbance\])
- ... and 2 more (see full listing online)

Exclusion (9)

- Current regular Latin dancing practice within the past year (2-3 times a week over a period of two months that is not interrupted).
 - Inability to speak and read English or Spanish proficiently
 - Inability to understand informed consent
 - Medical conditions that can cause sleep impairment: sleep apnea, restless leg syndrome, shift work
 - Regular use of a walker or wheelchair
- ... and 4 more (see full listing online)

Locations (1 total)

Rutgers Cancer Institute, New Brunswick, New Jersey, United States