

Increasing Physical Activity Through Social Support and Stress Resilience

NCT06896825

Status	RECRUITING
Phase	Not Applicable
Sponsor	Arizona State University
Enrollment	86 participants

Key Eligibility Criteria

Inclusion (6)

- Aged 60 years or older
- Living alone and community dwelling
- Engaging in 60 minutes or less per week of self-reported moderate-to-vigorous physical activity at screening (based on Exercise Vital Sign Questionnaire)
- Self-reported decline in cognitive functioning
- Self-reported ownership of/willingness to use a smartphone with an iOS or Android operating system (necessary for participants to track their activity using a wearable activity monitor).

... and 1 more (see full listing online)

Exclusion (11)

- Endorsing an item on the Physical Activity Readiness Questionnaire (PAR-Q), unless a physician's note is provided
- Resting blood pressure greater than 200/110 mmHG as assessed at the baseline study assessment (unless a physician's note is provided)
- Plans to relocate out of metropolitan Phoenix, Arizona area in the next 6 months
- Participation in another physical activity, nutrition or weight loss program at time of screening or at any time during the intervention
- Individuals with mild cognitive impairment (MCI), as determined by either a self-report of receiving a diagnosis of MCI from a health care provider or as assessed by the Telephone-Montreal Cognitive Assessment (T-MoCA) at the Baseline Session. A score ≤ 18 is an exclusion criterion.

... and 6 more (see full listing online)

Locations (1 total)

Arizona State University, Phoenix, Arizona, United States