

# Conscious Pregnancy: Supporting Maternal Cardiometabolic Health With Mindfulness

NCT06898658

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of California, Irvine
Enrollment	60 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Singleton, intrauterine pregnancy
- 1st or 2nd trimester at enrollment
- Fluent in Spanish
- Self-identify as Hispanic/Latino
- Low-income

### Exclusion (2)

- Having regular mindfulness practice
- T1 or T2D diagnosis

## Locations (1 total)

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MOMS, Santa Ana, California, United States