

# RCT of Mind-body in Long COVID and Myalgic Encephalomyelitis

NCT06933173

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Alberta
<b>Enrollment</b>	200 participants

## Key Eligibility Criteria

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### Inclusion (2)

- Age 18 years or older;
- Individuals diagnosed with ME/CFS, according to the Institute of Medicine (2015) criteria, for more than six months.

### Exclusion (57)

- Individuals who: 1) are too ill to participate; 2) lack reliable internet; 3) cannot communicate in English; 4) Presently have or ever had inflammatory bowel disease; and/or 5) Have been prescribed or used an oral or systemic (infusion) antibiotic in the past one month-;; 6) are participating in a concurrent study; 7) are participating in a concurrent mind-body intervention during the study period including
    - Art Therapy
    - Autogenic training
    - Biofeedback/neurofeedback
    - Breathing exercise
- ... and 52 more (see full listing online)

## Locations (3 total)

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Peter Lougheed Hospital, Calgary, Alberta, Canada  
University of Alberta Hospital/Kaye Edmonton Clinic, Edmonton, Alberta, Canada  
Women's College Hospital, Toronto, Ontario, Canada