

Effect of Sun Tai Chi on the Cardiopulmonary System and Mental Health in University Students

NCT07044154

Status	RECRUITING
Phase	Not Applicable
Sponsor	Universidad Católica del Maule
Enrollment	56 participants

Key Eligibility Criteria

Inclusion (5)

- Undergraduate university students
- Aged 18 to 29 years
- Both sexes
- Present mental health symptoms assessed by the Depression Anxiety Stress Scales - 21 Items (DASS-21) questionnaire, according to cutoff points established by Lovibond et al., ranging from mild to severe in any of the subscales of stress (score 15 to 33), anxiety (score 8 to 19), or depression (score 10 to 27).
- Report a healthy physical condition suitable for Tai Chi practice (self-reported).

Exclusion (7)

- Engage in a high level of physical activity according to the International Physical Activity Questionnaire (IPAQ) or have regularly practiced moderate to high intensity physical activity in the last 3 months.
- Report chronic illnesses that limit or contraindicate the practice of exercises required in Tai Chi.
- Present cardiovascular, pulmonary, or neurological diseases.
- Exhibit either no mental health impairment or severe impairment according to cutoff scores established by Lovibond et al. in the DASS-21 questionnaire (stress subscale score equal to or greater than 14 or equal to or less than 37, anxiety subscale score equal to or greater than 7 or equal to or less than 20, depression subscale score equal to or greater than 9 or equal to or less than 28).
- Present specific psychiatric diagnoses, such as Attention-Deficit/Hyperactivity Disorder (ADHD), self-reported during the initial telephone interview.

... and 2 more (see full listing online)

Locations (1 total)

Universidad Católica del Maule, Talca, Maule Region, Chile