

Physiological and Mood Changes After Walking in Green Spaces. A Comparison of Environments.

NCT07114146

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Vigo
Enrollment	36 participants

Key Eligibility Criteria

Inclusion (1)

- Those who have the ability and physical strength to walk 3 km in a calm manner without presenting or consciously suffering any type of adverse symptom.

Exclusion (5)

- Pregnancy
- History of severe physical or mental illness
- Drug addiction (including narcotic drugs and non-narcotics) habitual.
- High risk of fall
- Severe outdoor allergies

Locations (1 total)

Universidad de Vigo. Campus Pontevedra, Pontevedra, Pontevedra, Spain