

From Health Information to Health Decisions Integrating Mindfulness Into Digital Learning and Daily Life

NCT07157566

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Macau
Enrollment	268 participants

Key Eligibility Criteria

Inclusion (24)

- Mindfulness Group
- Currently enrolled in a Physical Education (PE) class.
- Aged between 18 and 25 years.
- Willing to participate in the 8-week intervention and provide informed consent.
- Generally healthy and able to engage in physical activity.

... and 19 more (see full listing online)

Exclusion (32)

- Mindfulness Group
- Currently studying in medical, nutrition, or health-related fields.
- Pregnant or lactating.
- Severe mental health conditions or cognitive impairments affecting participation.
- Currently participating in other mindfulness or digital health programs.

... and 27 more (see full listing online)

Locations (2 total)

UM Sports Complex (N8) , Avenida da Universidade Taipa, Macau, China, Macao, Macau
University of Macau, Macao, Macau