

Dance Mental Health App

NCT07219095

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of California, San Diego
Enrollment	50 participants

Key Eligibility Criteria

Inclusion (5)

- Provision of informed consent (adult participant), or consent of parent/legal guardian in conjunction with adolescent assent (minor participant)
- to 18 years of age
- Endorses dance as their primary sport, or participates 3 days per week or greater in dance prior to injury
- Stated willingness to comply with all study procedures including the intervention regimen and availability for the duration of the study
- Access to a device with which the SuperBetter app can be downloaded and used

Exclusion (5)

- Dance is not a primary sport or less than 3 days per week spent dancing prior to injury (skater, gymnast, other sport)
- Requiring surgery or prior surgery for the injury being treated
- Injury outside of the leg below the knee
- Known eating disorder or bone density issue (documented abnormal Z score and/or eating disorder diagnosis upon review of the medical chart)
- Verbalized plans to not return to dance after recovery from the injury

Locations (1 total)

Rady Children's Hospital, San Diego, California, United States