

# Dance-Mindfulness Intervention for Well-Being in Recreational Adults

NCT07262177

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Thessaly
Enrollment	160 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Adults aged 18 years and older
- Enrolled in dance classes (preferring modern/contemporary) at participating schools for at least 6 months prior to study enrollment
- Able and willing to attend weekly sessions for 12 consecutive weeks (minimum 70% attendance required)
- Able to understand and complete study questionnaires in Greek language
- Able to engage in moderate-intensity movement and dance activities without acute medical contraindications
- ... and 2 more (see full listing online)

### Exclusion (8)

- Musculoskeletal or neurological conditions limiting safe participation in moderate-intensity movement (e.g., acute injury, severe arthritis, neurological disease affecting coordination/balance)
- Current severe psychological distress or mental health crisis requiring immediate clinical intervention (screened via DASS-21; cutoff: Severe or Extremely Severe on any subscale)
- Pregnancy or planning pregnancy during the 12-week study period
- Current concurrent participation in other psychological interventions, therapy, or mind-body programs (Pilates, yoga, tai-chi, other mindfulness-based interventions)
- Unable to attend e70% of weekly sessions due to scheduling constraints or anticipated absences
- ... and 3 more (see full listing online)

## Locations (1 total)

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Department of PE and Sport Science (DPESS), University of Thessaly, Trikala, Thessaly, Greece