

INCLUDE Program: A Perioperative Wellness Program Tailored for Black Surgical Patients

NCT07283783

Status	RECRUITING
Phase	Not Applicable
Sponsor	Washington University School of Medicine
Enrollment	50 participants

Plain Language Summary

This study is testing a mental wellness program tailored specifically for Black patients aged 60 and older who are about to undergo major surgery and are experiencing symptoms of depression or anxiety.

****You may be eligible if...****

- You are 60 years or older
- You identify as Black or African American
- You are scheduled for a major surgery (cancer, cardiac, or orthopedic) at Barnes-Jewish Hospital
- You scored 10 or higher on a screening test for depression and anxiety (PHQ-ADS)
- You are able to give informed consent

****You may NOT be eligible if...****

- You have severe cognitive impairment (Short Blessed Test score of 10 or higher)
- You are acutely suicidal
- Your surgeon or the study team has determined you are not a good fit for the program

Talk to your doctor to see if this trial is right for you.

Key Eligibility Criteria

Inclusion (4)

- Age e60 years
- Scheduled surgical procedure at BJH or BJWCH (oncologic, cardiac; orthopedic)
- Clinically significant depression or anxiety symptoms screened by the PHQ-ADS (Patient Health Questionnaire Anxiety and Depression Scale) e10
- Black or African American.

Exclusion (7)

- Inability to provide informed consent;
- Severe cognitive impairment screened by the SBT (Short Blessed Test) e10
- Acutely suicidal
- Considered ineligible per the discretion of the surgeon or study PI
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- ... and 2 more (see full listing online)

Locations (1 total)

Washington University School of Medicine, St Louis, Missouri, United States

<https://clinicaltrials.gov/study/NCT07283783>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [ClinicalTrials.gov](https://clinicaltrials.gov). Generated by [ClinicalTrialsFinder.org](https://clinicaltrialsfinder.org).