

# Feasibility and Acceptability of a New Tool Promoting a Healthy Lifestyle in Liver and Kidney Transplant Recipients

NCT07305012

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| Status     | RECRUITING   |
| Phase      | Not Applicable                                     |
| Sponsor    | IRCCS Azienda Ospedaliero-Universitaria di Bologna |
| Enrollment | 60 participants                                    |

## Key Eligibility Criteria

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### Inclusion (6)

- Age ≥ 60 years
- Liver or kidney transplant received at least 6 months and no more than 25 years prior
- BMI between 21 and 29.9
- Signed informed consent
- Having a personal smartphone

... and 1 more (see full listing online)

### Exclusion (10)

- Significant weight change (>5% of body weight) in the past 3 months
- Combined liver-kidney transplant
- Medical conditions requiring specific diets that may render adherence to the dietary recommendations of the trial unsafe (e.g., chronic kidney disease, inflammatory bowel disease, celiac disease, bariatric surgery, etc.)
- General physical conditions deemed by the investigator to contraindicate safe participation in any of the trial activities (e.g., blindness, vertebral fractures, wheelchair dependence, home oxygen therapy, etc.)
- Adherence to specific dietary regimens for ethical and/or religious reasons that are incompatible with the dietary recommendations of this trial

... and 5 more (see full listing online)

## Locations (1 total)

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IRCCS Azienda Ospedaliero-Universitaria di Bologna, Bologna, BO, Italy