

Vital Coach: A Study of Resiliency in Medical Students

NCT07342673

Status	RECRUITING
Phase	Not Applicable
Sponsor	Wake Forest University Health Sciences
Enrollment	49 participants

Key Eligibility Criteria

Inclusion (3)

- active first year Wake Forest School of Medicine medical students
- have an Android or iOS smart phone
- are willing to download the Arena Strive application

Exclusion (3)

- under the age of 18; or over the age of 60
- pregnant at enrollment or during course of study
- any self-reported cardiac conditions that may impact heart rate and heart rate variability

Locations (1 total)

Wake Forest University Health Sciences, Winston-Salem, North Carolina, United States