

# Heart Rate Variability Biofeedback in Security Forces

NCT07386951

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Egas Moniz - Cooperativa de Ensino Superior, CRL
<b>Enrollment</b>	50 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Operational military personnel of the Guarda Nacional Republicana (GNR) performing security, patrol, criminal investigation, or road safety duties
- Any military rank or professional category within operational roles
- Age between 18 and 55 years, inclusive
- Both males and females
- Capable of providing informed consent in Portuguese language

### Exclusion (3)

- Extended sick leave or medical absence
- Currently involved in serious disciplinary proceedings
- Use, modification, or initiation of psychotropic medication (including antidepressants, anti-anxiety medications, antipsychotics, mood stabilizers) within the past 6 months

## Locations (1 total)

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GNR - Comando Territorial de Setúbal (GNR - Setubal Territorial Command Centre), Setúbal, Portugal