

# Decreasing Stress Via Virtual Reality and Binaural Beats in Non-Clinical Adults

NCT07387107

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Heart and Brain Research Group, Germany
Enrollment	52 participants

## Key Eligibility Criteria

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### Inclusion (1)

- \. Adults aged 18 years or older 2. Ability to understand study procedures and provide written informed consent 3. Sufficient proficiency in the German language to complete questionnaires and follow study instructions 4. Willingness to participate in a single approximately 60-minute study session

### Exclusion (1)

- \. Current or history of neurological or psychiatric disorders that may interfere with data collection (e.g., dementia, major depressive disorder, stroke, epilepsy) 2. Severe visual or hearing impairments that would limit the use of virtual reality equipment or headphones 3. History of adverse reactions to virtual reality

## Locations (1 total)

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Kerckhoff-Clinic, Bad Nauheim, Germany