

Step by Step Back - A Feasibility Study of a Physical Activity Intervention for Adults With Stress-related Exhaustion

NCT07407829

Status	RECRUITING
Phase	Not Applicable
Sponsor	The Swedish School of Sport and Health Sciences
Enrollment	20 participants

Key Eligibility Criteria

Inclusion (7)

- Adult aged 20 to 64 years.
 - Experiencing stress-related exhaustion, assessed in regular clinical care (for example, symptoms consistent with exhaustion disorder or a closely related stress-related condition).
 - Symptoms are not in the acute phase (participant is able to engage in outpatient psychological treatment and gradual physical activity).
 - Elevated fatigue/exhaustion at screening, indicated by scores on screening questionnaires (Karolinska Exhaustion Disorder Scale and Multidimensional Fatigue Inventory).
 - Able to understand spoken and written Swedish.
- ... and 2 more (see full listing online)

Exclusion (10)

- Currently receiving psychological treatment outside the recruiting clinic that is expected to interfere with participation in the program or study assessments.
 - Current or past diagnosis of a psychotic disorder.
 - Current or past diagnosis of bipolar disorder.
 - Severe mental health condition requiring another primary treatment approach at this time (for example, severe major depressive disorder, post-traumatic stress disorder, or an eating disorder).
 - Ongoing substance use disorder.
- ... and 5 more (see full listing online)

Locations (1 total)

Avonova Occupational Health, Stockholm, Sweden