

# The Impact of Concurrent Training on Women Experiencing Symptoms of Menopause

NCT07417228

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University College Dublin
Enrollment	90 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Women experiencing perimenopause (irregular menstrual cycles of e7-day difference in cycle length of consecutive menstrual cycles) and early postmenopause (< 5 years post menopause).
- Able to safely engage in a concurrent training interventions that combine both aerobic and resistance training.
- Must have reliable internet access and a device capable of participating in online training on zoom.
- Willingness and ability to provide informed consent and comply with study procedures.
- Aged between 40 and 60 years

### Exclusion (9)

- BMI >35 and <18.5.
- Currently taking psychotropic medication
- Has undergone a hysterectomy
- Current substance abuse
- Current diagnosis of a mental health disorder
- ... and 4 more (see full listing online)

## Locations (1 total)

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University College Dublin, Dublin, Dublin, Ireland