

Mindfulness-Based Stress Reduction for Emotional Recovery After Stroke

NCT07491861

Status	RECRUITING
Phase	Not Applicable
Sponsor	HealthPartners Institute
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (6)

- Ability to consent to study participation
- Age 18+
- Diagnosis of stroke e6 months prior to enrollment
- A score of 5 or more on the Kessler Psychological Distress Scale (K6)
- Reliable and consistent internet access and a device with video conferencing (e.g. Zoom) capabilities (e.g., smart phone, tablet, or laptop/computer) for the duration of the study
- ... and 1 more (see full listing online)

Exclusion (5)

- Non-English speaking
- Prior completion of an MBSR course
- Active participation or past participation d3 months in any other interventional research study
- History of any serious/uncontrolled neurological, psychiatric, or substance use disorder that would impact study participation
- Any other clinically relevant finding that would pose a safety risk to the subject as determined by the investigator

Locations (1 total)

HealthPartners Neuroscience Center, Saint Paul, Minnesota, United States

<https://clinicaltrials.gov/study/NCT07491861>

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