

# Impact of Immersive Virtual Reality (IVR) on Respiratory Effort: A Pilot Study in Healthy Adults

NCT07498816

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Pontificia Universidad Catolica de Chile
Enrollment	10 participants

## Key Eligibility Criteria

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### Inclusion (3)

- Healthy adults aged 18-40 years
- Ability to perform cycle ergometer exercise testing
- No known history of cardiovascular, pulmonary, neurological, or metabolic disease

### Exclusion (7)

- Current respiratory symptoms or acute illness
- Known cardiovascular, pulmonary, neurological, or metabolic disease
- Use of medications that may affect respiratory or cardiovascular responses to exercise
- Contraindications to exercise testing according to standard clinical guidelines
- Pregnancy

... and 2 more (see full listing online)

## Locations (1 total)

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