

# Group-Based Acceptance and Commitment Therapy Versus Active Control in University Students With Emotional Symptoms

NCT07506148

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Mónica Larrosa Signorelli
Enrollment	48 participants

## Key Eligibility Criteria

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### Inclusion (6)

- University students aged 18 to 28 years.
- Score e8 on the PHQ-9.
- Score e8 on the GAD-7.
- Willingness to participate in a longitudinal study including pre-, post-, and follow-up assessments.
- Willingness to complete daily and weekly ecological momentary assessments (EMA).

... and 1 more (see full listing online)

### Exclusion (4)

- Suicide risk based on clinical indicators derived from PHQ-9 assessment.
- Self-reported history of psychotic disorders.
- Self-reported problematic substance use.
- Failure to provide informed consent.

## Locations (1 total)

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Universidad de Montevideo, Montevideo, Montevideo Department, Uruguay