

Effects of Brief Nature Exposure on Brain Functioning and Stress Reactivity

NCT07508800

Status	RECRUITING
Sponsor	National Institutes of Health (NIH)
Enrollment	20 participants

Key Eligibility Criteria

Inclusion (3)

- Meets cut-off for high level of perceived stress on PSS-10 during screening (≥ 27 total score); Current or past depressive and anxiety disorders, if present on SCID-5 assessment, will be included due to their high prevalence and overlap with perceived stress
- Normal, or corrected to normal, vision (due to the visual nature of the EEG tasks)
- If on psychotropic medication, stable regime for > 1 month

Exclusion (3)

- Major medical conditions with CNS sequelae (e.g., seizure disorders, multiple sclerosis, significant, uncontrolled cardiovascular pathology) Past or present neurological problems (including seizures and head trauma resulting in neurological or cognitive sequelae)
- IQ estimate < 75 on the Test of Premorbid Functioning
- Current or past history of severe mental illness (e.g., bipolar schizophrenia spectrum disorder, or current or past history of substance use disorders)

Locations (1 total)

University of San Francisco California OR San Francisco VA Medical Center, San Francisco, California, United States