

## teleABLE: Adapting a Behavioral Activation-Based Intervention to Reduce Post-Stroke Sedentary Behavior Using Telehealth (Formative Phase)

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Male or Female

**Age Group:** 18 years and over

This study is NOT accepting healthy volunteers

#### Inclusion Criteria:

- experienced a stroke in the last 12 months - currently spend at least 6 hours per day sitting - access to a device for virtual video visits

### Conditions & Interventions

#### Interventions:

Behavioral: teleABLE

#### Conditions:

Brain & Nervous System, Heart & Vascular, Prevention & Wellness

#### Keywords:

dwell, exercise, occupational therapy, physical therapy, remote, stroke rehab, teleable, virtual

### More Information

**Description:** We are exploring ways to increase physical activity after stroke using a web-based rehabilitation program. The purpose of this study is to adapt the Activating Behavior for Lasting Engagement (ABLE) program using video visits so people with stroke can participate from home.

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**Principal Investigator:** Emily Kringle

#### IRB

**Number:** STUDY00018044

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