

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.

Study Contact: Disability and WELLness Laboratory Study - dwell@umn.edu

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IRB

Number: STUDY00018044

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