

## duoABLE: Feasibility of a Behavioral Activation-Based Intervention to Reduce Sedentary Behavior Among People with Stroke and their Caregivers

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Male or Female

**Age Group:** 18 years and over

This study is NOT accepting healthy volunteers

#### Inclusion Criteria:

- at least 18 years old - diagnosed with stroke more than 6 months ago - report 6 or more hours of sedentary behavior on a typical day - live in a community-based setting (i.e., personal residence, assisted living facility) - mobile within the home, with or without an assistive device and without physical assistance - able to identify an eligible caregiver who will participate in the study who also: reports 6 or more hours of sedentary behavior on a typical day, lives in a community setting and mobile within their home, (with or without an assistive device and without physical assistance)

#### Exclusion Criteria:

- Stroke and caregiver participants will be excluded if: - currently receiving chemotherapy or radiation treatments for cancer - have a medical diagnosis of neurodegenerative disorder (i.e., dementia, Parkinsons disease, multiple sclerosis, amyotrophic lateral sclerosis, glioblastoma) - received inpatient treatment for substance use disorder or psychiatric condition within the past 12 months - have a history of skin sensitivity related to adhesives - pregnant or expecting to become pregnant in the next 2 months - live in an institutional setting - currently incarcerated - stroke participants will also be excluded if they have severe aphasia

### Conditions & Interventions

#### Conditions:

Brain & Nervous System

#### Keywords:

CVA, Stroke, caregiver, physical therapy, rehabilitation, remote, virtual

### More Information

**Description:** We are exploring ways to help people with stroke and their caregivers be more physically active in their daily lives. The purpose of this study is to determine whether delivering the web-based Activating Behavior for Lasting Engagement (ABLE) program to duos is a feasible and acceptable approach.

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#### IRB

**Number:** STUDY00018984

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