

## teleABLE: Adapting a Behavioral Activation-Based Intervention to Reduce Post-Stroke Sedentary Behavior using Telehealth (Main Trial)

**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

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**Exclusion Criteria:**

- Stroke 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, physical therapy, rehabilitation, remote, Stroke, virtual

### More Information

**Description:** We are exploring ways to promote healthy lifestyles during stroke rehabilitation using a web-based rehabilitation program. The purpose of this study is to compare two intervention approaches: teleABLE and Healthy Lifestyles Education. Both interventions are delivered using video visits, so participants can complete all study activities from home

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**IRB**

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