

# Mindful Moms Randomized Control Trial

**Status:** RECRUITING

## Eligibility Criteria

**Age:** 18 years and over

This study is NOT accepting healthy

**Healthy Volunteers:** volunteers

### Inclusion Criteria:

1. pregnant woman at 12-26 weeks gestation at baseline visit; 2. defined as minority (e.g., Black/ African American, Hispanic/ Latino, Native American, etc) and/or annual household income at qualification level for Women, Infants, & Children [WIC] benefits in Virginia and/or educational attainment  $\leq$  high school education; 3.  $\geq$  age 18; 4. current depressive symptoms, as defined by a score  $\geq$  7 on the Edinburgh Postnatal Depression Scale (EPDS); 5. able to read, write, and understand English; 6. has not been told by a healthcare provider to avoid physical activity; 7. has not engaged in a consistent (once/week or more) yoga-based practice during the current pregnancy.

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### Exclusion Criteria:

Does not meet the inclusion criteria above.

## Conditions & Interventions

### Interventions:

BEHAVIORAL: Mindful Moms, BEHAVIORAL: Prenatal Education

### Conditions:

Depression

### Keywords:

pregnancy

## More Information

**Contact(s):** Patricia Kinser, PhD - kinserpa@vcu.edu

**Principal Investigator:** Kinser, Patricia, A

**Phase:** NA

**IRB**

**Number:** HM20021720

**System ID:** NCT04886856

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