

Examining the Impact of Exercise Training on Vascular Dysfunction in Individuals With Mental Health Disorders - Study 3

Status: RECRUITING

Eligibility Criteria

Age: 18 years to 35 years old

This study is also accepting healthy

Healthy Volunteers: volunteers

Inclusion Criteria:

* apparently healthy and free of overt cardiovascular, pulmonary, or metabolic disease * for PTSD group, a score of ≥ 33 on PCL-5 checklist * for GAD group, a score of ≥ 10 on the GAD-7 self-report scale and ≤ 33 on the PCL-5 checklist * for Healthy Control group, a score of ≤ 10 on the GAD-7 self-report scale and ≤ 33 on the PCL-5 checklist

Exclusion Criteria:

* taking medications that could influence cardiovascular function * current smokers who have recently quit smoking * illicit drug use or excessive alcohol consumption * pregnant women * significant calorie restriction or vitamin/mineral deficiencies * limited English proficiency

Conditions & Interventions

Interventions:

BEHAVIORAL: Muscular Strength Training Group, BEHAVIORAL: Muscular Fitness Training Group

Conditions:

Peripheral Vascular Diseases

Keywords:

cardiovascular disease, vascular function, PTSD, GAD, Oxidant

More Information

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Principal Investigator:

Phase: NA

IRB

Number:

System ID: NCT04916340

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