

Psychobiological Responses Following Exercise and Brain Stimulation

Status: RECRUITING

Eligibility Criteria

Age: 18 years to 50 years old

This study is also accepting healthy

Healthy Volunteers: volunteers

Inclusion Criteria:

* Healthy adults * aged 18 to 50 * consent and complete a Physical Activity Readiness Questionnaire (PAR-Q) * be free from any neurological or psychiatric disorder * not be taking any medication that could affect the central nervous system * not have any contraindication for HD-tDCS (i.e. not having metal implanted in the head, pacemaker, medical bumps, seizures, lesions on the scalp or head) or for bioelectrical impedance (i.e., electronic medical implant, such as a pacemaker or implantable cardioverter defibrillator, and limb amputation) * not be regular users of tobacco products (cigarettes, cigars, chewing tobacco) * not consume an average of more than ten alcoholic beverages per week

Exclusion Criteria:

* Individuals who do not meet the PAR-Q screening criteria for participation in moderate physical activity will be excluded from participating in this study * women who are pregnant will be excluded from this study

Conditions & Interventions

Interventions:

OTHER: Cycling exercise at 65% of HRR for 20 minutes followed by HD-tDCS (exercise + HD-tDCS), OTHER: Cycling exercise at 65% of HRR exercise followed by sham HD-tDCS (exercise + sham tDCS), OTHER: No exercise followed by HD-tDCS (no exercise + HD-tDCS)., OTHER: State Anxiety Inventory, OTHER: Visual Analog Scale for Anxiety

Conditions:

Psychological

Keywords:

Exercise and Brain Stimulation

More Information

Contact(s): Edmund Acevedo - eoacevedo@vcu.edu

Principal Investigator:

Phase: NA

IRB

Number:

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