Miles for Mental Health: The Impact of Cardiovascular Exercise on Mental Health Outcomes

April 1, 2026

NCT #: 07541443

INFORMED CONSENT DOCUMENT

Miles for Mental Health

The Department of Health, Physical Education, and Recreation at Emporia State University supports the practice of protection for human subjects participating in research and related activities. The following information is provided so that you can decide whether you wish to participate in the present study. You should be aware that even if you agree to participate, you are free to withdraw at any time, and that if you do withdraw from the study, you will not be subjected to reprimand or any other form of reproach. Likewise, if you choose not to participate, you will not be subjected to reprimand or any other form of reproach.

Purpose: The purpose of this study is to provide cardiovascular exercise training for adults living with anxiety and/or depressive disorders in hopes of improving both cardiovascular fitness and mental health outcomes.

Brief Description of Workouts, Interventions, and Testing Measures:

All participants in this research study will be adults diagnosed or receiving treatment for anxiety or depression between the ages of 18 years of age and older in a rural Kansas Community. The workout sessions and training interventions will be performed during the 2026-2027 Academic Year.

Participants will meet for initial testing, followed by 2 training sessions per week for 8 consecutive weeks, followed by post-testing measures. Exercise sessions will consist of cardiovascular training. All exercise sessions will be 45-60 minutes in duration. Participants will be encouraged to attend as many exercise sessions as they are able over the course of 8 weeks. Attendance will be recorded to determine relationships between exercise adherence, cardiovascular fitness, and mental health outcomes.

All participants will be assigned to the same exercise group. No control group will be utilized for this study.

Testing measures:

1. **Submaximal Cardiovascular Fitness:** The Rockport 1-Mile Test is a common cardiovascular field test to assess cardiovascular performance and VO2submax
2. **Patient Health Questionnaire:** The PHQ-9 is a brief questionnaire designed to screen participants for depression.
3. **Generalized Anxiety Disorder Screening Instrument:** The GAD-7 is a brief questionnaire designed to screen participants for generalized anxiety.

Risks and Discomforts: You will be performing exercise sessions that may lead to physical discomforts such as fatigue. Also associated with these tests are risks for other side effects that may include, but are not limited to: lightheadedness, muscle cramps, muscle strain and/or joint injury. You may feel delayed muscle soreness (24-48 hours) after exercise. You will likely feel tired at the end of the sessions, but should recover within a few minutes. Every effort will be made to minimize risks by careful observation during the sessions. There is a telephone available should a medical emergency arise, from which 911 and/or the local police & emergency organizations will be contacted. If at any time you wish to stop, the session will be immediately terminated.

Benefits: The participants in this study have the potential to benefit from the intervention, which may improve their overall mental health and cardiovascular fitness. This study has the potential to contribute to the field of exercise science and public health by providing evidence on the effectiveness of group cardiovascular training for improving mental health among adults. It may

result in new found motivation to exercise for reasons related more to mental health than physical health. Emporia State University has the potential to become known as an institution seeking to improve quality of lifereduce health disparities through lifestyle interventions in rural Kansas.

Compensation and Alternative: Each participant will receive a pair of shoes at the conclusion of the study. The alternative is to not participate in this study.

Confidentiality: Confidentiality of personal information gathered in connection with this study will be maintained in a manner consistent with federal and state laws and regulations. Although results of this research may be presented at meetings or in publications, identifiable personal information pertaining to you as an individual will not be disclosed. Your confidentiality will be maintained by assigning you a code number and by keeping all materials related to your data locked in the John Doc Baxter Human Performance Laboratory or in the office of the Principal Investigator in the ESU Health, Physical Education, and Recreation building.

Do you have any questions at this time?

Questions: In the future, you may have further questions regarding this research project. Please contact Dr. Erin Blocker via phone or e-mail: (620) 803-6161; eblocker@emporia.edu

"I have read the above statement and have been fully advised of the procedures to be used in this project. I have been given sufficient opportunity to ask any questions I had concerning the procedures and possible risks involved. I understand the potential risks involved and I assume them voluntarily. I likewise understand that I can withdraw from the study at any time without being subjected to reproach."

_____
Participant name, printed

_____ _____
Participant signature Date

_____ _____
Investigator signature Date