

Thesis Study Recruitment

JUST BREATHE! A QUASI-EXPERIMENTAL CASE STUDY COMPARING THE EFFECTS OF FLUTE ON INDIVIDUALS EXPERIENCING LONG-COVID BREATHLESSNESS VS. INDIVIDUALS NOT EXPERIENCING LONG-COVID BREATHLESSNESS.

NICOLE YOUNG, MM

Criteria:

- Are you over the age of 21 with full range of motion in hands and arms? You are invited to participate in this study.
- There is no requirement for the participants to be flute players to be eligible to participate in the study.

What you'd do:

- Within this study, you will be asked to attend 15 sessions total, 3 times a week for 1 month. This study will take place April 1st - May 5th, and these sessions will consist of a breath measurement at the beginning of the session, learning how to play flute throughout the session, and then another breath measurement and a breathlessness survey at the end.

Study Details:

- The purpose of this study is to compare and examine the effectiveness of the flute on individuals with long-COVID breathlessness vs. individuals without long-COVID breathlessness.

Contact:

nicole.young@bobcats.gcsu.edu

Deadline to Sign Up:

March 25, 2024