



Exercise and Exposure for PTSD

Researchers at the University of Kentucky invite women who've been diagnosed with or think they might have post-traumatic stress disorder (PTSD) to join a study. We're trying to learn if quick bouts of exercise after therapeutic exposure can improve treatment for PTSD. Participants will be compensated for their time upon completion of the study.

You may be eligible to participate if you:

- Are a woman between 21 and 50 years old
- Are relatively healthy
- Have experienced physical or sexual assault and believe you may have PTSD

For more information about participating, please contact us at the UK Clinic for Emotional Health!

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