

Call For Participants

Winter Weight Watch Study



8 week(s) to complete

£10 Shopping voucher

Randomised controlled trial

University, Birmingham B15, UK

University of Birmingham

Trial looking at the effects of health and wellbeing information on people's habits during the Winter months. During Winter, shorter daylight hours, colder weather and social occasions all contribute to changes in diet, mood and physical activity levels among the population. The study aims to assess whether information can have an effect during this time. The study is a brief intervention, and participant involvement will last for up to 8 weeks. You will receive two visits from a...

Find out more online

Poster printed on 05/05/2024

Study expires on 23/12/2016

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/3U0SD3

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