

Call For Participants



Can a mindfulness
intervention reduce unhealthy
snacking habits?

2 week(s) to complete

Prize draw to win a £50 amazon
voucher. A £50 amazon voucher
will also be awarded to the...

Participants will be asked to fill
out a baseline questionnaire. All
participants will then...

Online

University College London

The aim of this study is to assess whether becoming more mindful can help reduce unwanted snacking behaviours. We hope to do this by giving half the participants access to a brief daily mindfulness programme. Participants will be sent a daily link to new aspect of the programme for 2 weeks. Those who do not use the programme during the study will have the option to receive the daily links to the mindfulness programme for 2 weeks at the end of the study.

Find out more online

Poster printed on 27/04/2024 Study expires on 31/08/2020

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/QWFHB3

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