

School of Public Health and Community Medicine

Researchers at UNSW Australia (The University of New South Wales) are seeking volunteer research participants to learn about if online behaviour change strategies can help overweight adults improve their dietary habits.

Would the research project be a good fit for me?

The study might be a good fit for you if:

- Aged 18 – 55 years.
- Have a high body weight relative to height (Body Mass Index, BMI 25 - 40 kg / m², you can calculate your BMI here:
<http://www.health.gov.au/internet/healthyactive/publishing.nsf/Content/your-bmi>).
- Have access to a computer, tablet (such as an iPad) or smart phone (such as an iPhone) that could run an internet browser (e.g., Google Chrome or Firefox) for at least 1 hour per week.
- Be able to read and write English.
- Not: smoke, have a BMI > 40 kg / m², take any weight-loss medications (or have taken any weight-loss medications in the past 6 months) or currently use medication which has substantial weight gain as a potential side effect e.g. >20mg of prednisolone.
- Not: suffer from any major medical illness or have a history of major medical illness (in the last 5 years). Some examples of major medical illness include: heart attack, stroke or cancer, diabetes, or neurological diseases such as epilepsy.
- Not: currently pregnant or breastfeeding, participating in any other nutrition or weight loss program (e.g. Michelle Bridges' 12-week Body Transformation) or seeing a nutrition professional (e.g., a dietitian).
- Not: lost more than 4.5 kg (10 pounds) during the past 6 months.
- Be open to changing what you eat and potentially losing weight.

If you decide to take part in the research you would:

- Measure your body weight and height.
- Complete an online survey.
- Receive and read emails every four weeks for 12 weeks (three emails). These emails provide nutrition information that might help you to change your dietary behaviours.
- Again measure your body weight and complete an online survey.

If you would like more information or are interested in being part of the research please contact:

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