

GP recruitment study invitation letter

<<GP Headed Paper>>

Dear <<Patient Name>>,

We are letting you know about a research study called *Game of Stones - Texting Men to Help them Lose Weight*. The study is looking for men who want to lose weight and keep it off once they have lost it.

Who can take part?

- Men aged 18 and above
- Men with waist measures of 40 inches (102 cm) or over
- Men with a Body Mass Index of 30 or more
- Men who have a mobile phone and can receive text messages
- Men who can understand English language text messages

Our records show that you could be eligible to take part, based on your medical information. If this isn't the case, please accept our apologies and ignore this letter. If you are interested in finding out more about the study please read the information sheet provided. The research is carried out by researchers from the Universities of Stirling, Glasgow, Aberdeen, Dundee and Belfast in your local area. It is funded by the National Institute for Health Research. We have not given your personal details to the researchers and you do not have to take part in the study.

If you want to receive more information about the study, or if you want to take part, please initial the opt in box on the card provided and return it in the freepost envelope enclosed. Once the card is returned a researcher will contact you to arrange an appointment.

If you would like to have an informal chat about the study, you can contact the research team by phone or text on xxx or email on gameofstones@stir.ac.uk. If no one is available to answer your call then please leave a voicemail message and we will call you back. The researchers will be pleased to hear from you.

Yours sincerely,

Dr GP