

## Brief information leaflet



### Texting Men To Help Them Lose Weight

Summary Information, Version 2, 25/01/17

## Are you a man who wants to lose weight?

This Study may be of interest to you...

### About the Men's Weight Loss Research Study

Men know that they will feel better if they lose some weight, which can in turn help to reduce the risk of many health problems. However men are less likely to seek help to lose weight than women. This text messaging study helps men to lose weight and keep it off for at least a year.



### Who can take part?

- Men aged 18 and above
- Men who have a waist measurement of 40 inches (102cm) or more
- Men who have a mobile phone that can receive text messages
- Men who can understand English language text messages

### What will happen if I take part?

The study is for one year and you would:

- Get a FREE step counter
- Get access to a webpage with information and links about how to lose weight and maintain weight loss.
- Be randomly assigned to get text messages from a fictional character who will share the ups and downs of his experience of trying to lose weight, or to be on the waiting list to receive the text messages.
- Have a one in three chance to be offered either money or a donation to charity if you achieve your personal weight loss target after 12 months
- Receive a £20 voucher when you attend the 12 month appointment.
- Attend a local place to be weighed, measured and answer a few questions at the start of the study, after 3, 6 and 12 months.



### Do I have to take part in the study?

No. You can decide not to take part in this study at any time. However if you are interested in taking part a researcher will contact you with more information about the study. After this, if you would like to find out more information about the study an initial appointment will be made where you will be provided with a more detailed information leaflet and your eligibility checked. You can then decide whether to take part in the study or not. If you decide to take part, you can change your mind at any time. Whatever your decision, your health care will not be affected.

### Who is organising and funding the research?

The research team is led by Professor Pat Hoddinott and Dr Stephan Dombrowski based at the University of Stirling. The study is funded by the National Institute of Health Research. This study is happening in Forth Valley and Greater Glasgow and Clyde, Scotland.

For more information please contact us

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This study is funded by the  
National Institute for Health  
Research (NIHR)

CCU  
University of  
Clyde

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ABERDEEN

Queen's University  
Belfast

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NHS  
National Institute for  
Health Research