

Full study information leaflet



Texting Men To Help Them Lose Weight

Full Information, Version 2, 25/01/17

Are you a man who wants to lose weight?

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 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

Do I have to take part in the study?

No. If you are interested in taking part in the study the researchers will arrange an appointment to discuss your participation in more detail. 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.

What are the benefits of taking part and are there any disadvantages?

The benefits of taking part in the study are that you will get help to lose weight. You can choose how you lose weight and which information you follow. The main disadvantage of taking part is that losing weight is hard work and it can be upsetting if you don't seem to be making much progress. If for any reason you feel unwell during the study please seek medical help.

What will happen if I take part?

You would:

- Get a free step-counter
- Get a password for a study website with information and links about how to lose weight.
- Get text messages from a fictional character who will share his own and his friends' experience of trying to lose weight with you. You will start to receive these messages either immediately or after 1 year, depending on which group you are allocated to.
- Have a one in three chance to get either money or a donation to charity if you achieve your personal weight loss target after 12 months.
- Receive a £20 voucher after attending the 12 month appointment.
- Attend appointments with a researcher to be weighed and measured at the start of the study, and after 3, 6 and 12 months. You will also be asked to answer a few questions about your experience of taking part in the study.
- These appointments will take place at a location convenient for you. Each appointment will last about 30 to 60 minutes. Some men will be invited to share their experiences in more detail in an interview with a researcher.
- Be invited to take part in a follow up study to find out what happens to you after the 12 months are complete. You would meet a researcher on two or three occasions, answer a few questions and talk about your experiences with weight loss.

Will my participation be confidential?

Yes. Any information that you give us will be kept confidential and will be stored securely on password protected computers and in locked filing cabinets at the Universities of Stirling and Dundee. This will comply with the Data Protection Act and University regulations. Only the research team will have access. NHS staff or other public services will not have access. If a researcher believes that you have told them something that places you or others at serious risk of harm, then the researcher is obliged to pass this information on to the relevant persons, for example your GP.



Who is organising and funding the research?

This study is happening in Forth Valley and Greater Glasgow and Clyde, Scotland. Members of the public have helped us to design this study and will continue to advise us. The research team is led by Professor Pat Hoddinott and Dr Stephan Dombrowski who are based at the University of Stirling. Research experts from the Universities of Glasgow, Dundee, Aberdeen and Belfast are also involved. The Men's Health Forum and The Scottish Health Council are supporting our study. The study is funded by the National Institute of Health Research.

Who has reviewed this study?

This study has been reviewed by the North of Scotland Research Ethics Committee (2)

If you need additional help – we suggest the following:

The NHS choices website: www.nhs.uk/LiveWell/Loseweight/Pages/Loseweighthome.aspx
The Men's Health Forum: www.menshealthforum.org.uk

Your local Scottish Health Council: www.scottishhealthcouncil.org

Or if you need a listening ear for your problems, phone the Samaritans free on 116 123. They are available 24 hours a day, 365 days a year.

If you would like to speak to a staff member at the University of Stirling who is independent of the study team then please contact Professor Andrew Watterson by phone 01786 466 283, email a.e.watterson@stir.ac.uk or post: 4B157, University of Stirling, Stirling FK9 4AA.

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