

Post-randomisation information leaflets (SMS +I, SMS Only, Control)


Post-randomisation SMS+ I group leaflet

For more information please contact us

Phone: [REDACTED]

Email: gameofstones@stir.ac.uk

Website: www.gameofstonesresearch.com



Participant Name: [REDACTED]

Texting Men To Help Them Lose Weight

Post-randomisation Text and Incentive, Version 2, 15/02/17

UNIVERSITY of STIRLING

University of Dundee

University of Glasgow

University of Aberdeen

Queen's University Belfast

FORUM

National Institute for Health Research

You have agreed to join the study and you been allocated to the texts with a financial incentive group.

This means that you will receive regular texts from a fictional character, Jimmy Nesbitt. He will tell you about how he and his friends are doing with their own attempts to lose weight and keeping it off. You will receive these texts for 12 months. How often you will receive the texts will vary, some days at the start of the study you will get up to 5 text messages and on other days you won't get any. The texts will also vary in length and the time that they are sent at. If you want to you can find out more about the characters on the website to which you will receive a password by email.

If you want further facts, information, hints and tips on losing weight and keeping it off we have provided links on the website that you can explore at your leisure. If you have any problems with website access please tell a researcher who will suggest alternatives. You have also received a pedometer to help you monitor your activity.

You will also have the chance to secure financial incentives if you meet weight loss targets at 3, 6 and 12 months. On attendance at the 12 month appointment you will receive a £20 voucher regardless of your weight. This is to thank you for your time taken to attend appointments. All appointments will be made at a convenient venue to suit you.

What happens next?

- The researcher who gave you this leaflet will talk through it with you and answer any questions you may have.
- Jimmy will send his first text message to you on a Monday.
- The University of Stirling has put £400 into an account for you. A mock cheque will be given to you now by a member of the research team.

How will the financial incentives work?

£400 will be put in an account for you at the start of the study. You will lose part of this £400 for each weight loss target you do not meet and 'secure' money for each target you achieve. At the end of the 12 month study you will receive the money you have secured. You can decide now or later if you want to keep or donate the money to a charity of your choice.

The £400 is yours if you meet the following weight loss targets:

- 5% () of your starting weight at 3 months = £50
- 10% () of your starting weight at 6 months = £150
- 10% () of your starting weight at 12 months = £200

Please Note – For weight loss of between 5% and 10% of your starting weight at 6 and 12 months you can secure some, but not all of the money. At 12 months you must weigh less than your starting weight to receive any money.

3 months: 5% weight loss target for £50

- If you do not lose at least 5% of your starting weight by 3 months, you will lose £50.

	Money secured	Money lost
Less than 5%	£0	£50
5% or more	£50	£0

6 months: 10% weight loss target for £150

- If you do not lose at least 5% of your starting weight by 6 months, you will lose £150.
- If you lose 5% of your starting weight by 6 months you will secure £75. For every 1% () of weight lost between 5% and the 10% target you will secure an additional £15.
- If you lose 10% of your starting weight at 6 months you will secure the full £150.

	Money secured	Money lost
Less than 5%	£0	£150
5%	£75	£75
6%	£90	£60
7%	£105	£45
8%	£120	£30
9%	£135	£15
10% or more	£150	£0

12 months: 10% weight loss or maintenance target for £200

- If you do not lose at least 5% of your starting weight by 12 months, you will lose £200.
- If you lose 5% of your starting weight by 12 months you will secure £100. For every 1% () of weight lost between 5% and the 10% target you will secure an additional £20.
- If you lose 10% of your starting weight by 12 months you will secure the full £200.

	Money secured	Money lost
Less than 5%	£0	£200
5%	£100	£100
6%	£120	£80
7%	£140	£65
8%	£160	£40
9%	£180	£20
10% or more	£200	£0

Appointments

- After discussion with the researcher at your first appointment you have selected _____ as a suitable venue.
- You have also selected _____ as days and _____ as a time of day that may be most suitable to you.
- Your target date for your 3 month appointment is _____, your 6 month appointment is _____ and your 12 month appointment is _____.
A researcher will contact you to confirm a suitable date and time for your next appointment approximately 4 weeks before the appointment day.
- You must be weighed within 2 weeks either side of these target dates in order to get the money you secure.
- A researcher will weigh you once only at 3, 6 and 12 month appointments.
- You will be weighed with your shoes off and in light clothing.
- What the research scales say is the weight that counts.

The researcher will tell you what your weight is. After the appointment the weight will be entered into a computer by a researcher and you will receive a text message telling you how much money you have secured, how much weight you have lost and how much is available at the next appointment. This information will be available on the study web page within a few days. The researcher will not be able to tell you how much money you have secured or lost.

Confidentiality

We will be confidential about your information and we would request that you are also confidential about the incentive part of this study. Most men in this study are not receiving the £400 incentive. We are doing this research to find out whether offering money at the start can increase the amount of weight men lose. If you know or meet other men who are taking part in this study, please do not discuss this offer of money with them, as this could affect the results of our experiment. However if you wish you can talk to close friends and family about your participation in this study. Please explain to anyone that you discuss this with the importance of keeping this information confidential. Please do not discuss the £400 incentive on social media like Facebook and Twitter.

You can opt out of the study at any point

If you do decide to opt out, you can do this by contacting the research team. Their details are at the end of this leaflet. You would not receive any money at 12 months.

Are there any risks from being in the incentive group for this study?

The benefits of losing weight are likely to far outweigh any small risks from being part of the study. Our text messages will cover some of the problems that you might encounter with losing weight and will have tips about how to manage these.


It is possible that you may become anxious about meeting your weight loss target. If you do find that you are becoming very anxious, we suggest that you seek help for this either by looking on-line at www.breathingspace.scot or by telephoning them for free on 0800 83 85 87. If you are becoming concerned that your anxiety is affecting your health, we suggest you contact your GP practice.

If you are not used to doing regular physical activity you may be concerned about increasing your activity levels. You can start small and build up your activity slowly, just a few minutes at a time can have health benefits. If you have a medical condition that you think might be affected by physical activity or have any concerns about increasing the amount or intensity of the physical activity you do then please speak to your GP about this.

Of course if you do not meet your weight loss targets and lose some of the money, you are likely to be disappointed. The research team have experience of helping people lose weight. The team is led by a General Practitioner who will advise the researchers on how to help you to deal with your emotions. You may be tempted to reduce your food intake by extreme amounts. We would ask you to avoid doing this as this can be dangerous to your health.



Post-randomisation SMS only group leaflet



Participant Name:

Texting Men
To Help Them
Lose Weight

Post-randomisation Text Only, Version 2, 15/02/17

You have agreed to join the study and have been allocated to the text message only group.

This means that you will receive regular texts from a fictional character, Jimmy Nesbitt. He will tell you about how he and his friends are doing with their own attempts to lose weight and keeping it off. You will receive these texts for 12 months. How often you will receive the texts will vary, some days at the start of the study you will get up to 5 text messages and on other days you won't get any. The texts will also vary in length and the time that they are sent at. If you want to you can find out more about the characters on the website to which you will receive a password by email.

If you want further facts, information, hints and tips on losing weight and keeping it off we have provided links on the website that you can explore at your leisure. If you have any problems with website access please tell a researcher who will suggest alternatives. You have also received a pedometer to help you monitor your activity. On attendance at the 12 month appointment you will receive a £20 voucher regardless of your weight. This is to thank you for the time you have taken to attend appointments. All appointments will be made at a convenient venue to suit you.

What happens next?

- The researcher who gave you this leaflet will talk through it with you and answer any questions you may have.
- The study starts when Jimmy sends his first text message to you. This will be a Monday.
- You will be weighed by a member of the research team at 3, 6 and 12 months at a convenient venue to suit you.
- At these appointments you should aim to lose 5% (kg) of your starting weight at 3 months, 10% (kg) at 6 months and maintain 10% (kg) weight loss at 12 months. You may be asked some questions about your experience of taking part in the study at these time points.

Appointments

- After discussion with the researcher at your first appointment you have selected _____ as a suitable venue.
- You have also selected _____ as days and _____ as a time of day that may be most suitable to you.
- Your target dates for your 3 month appointment is _____ your 6 month appointment is _____ and your 12 month appointment is _____
- A researcher will contact you to confirm a suitable date and time for your next appointment approximately 4 weeks before the appointment day.

You should be weighed with your shoes off and in light clothing within 2 weeks either side of your target dates. The researcher will tell you what your weight is and can work out if you have reached your weight loss targets. This information will be available for you to view on the study web page within a few days.

Are there any risks from being in the SMS group for this study?

The benefits of losing weight are likely to far outweigh any small risks from being part of the study. Our text messages will cover some of the problems that you might encounter with losing weight and will have tips about how to manage these.

It is possible that you may become anxious about meeting your weight loss target. If you do find that you are becoming very anxious, we suggest that you seek help for this either by looking on-line at www.breathingspace.scot or by telephoning them for free on 0800 83 85 87. If you are becoming concerned that your anxiety is affecting your health, we suggest you contact your GP practice.

If you are not used to doing regular physical activity you may be concerned about increasing your activity levels. You can start small and build up your activity slowly, just a few minutes at a time can have health benefits. If you have a medical condition that you think might be affected by physical activity or have any concerns about increasing the amount or intensity of the physical activity you do then please speak to your GP about this.

The research team have experience of helping people lose weight. The team is led by a General Practitioner who will advise the researchers on how to help you to deal with your emotions. You may be tempted to reduce your food intake by extreme amounts. We would ask you to avoid doing this as this can be dangerous to your health.



You can opt out of the study at any point. If you do decide to opt out, you can do this by contacting the research team. Their details are at the end of this leaflet.

Confidentiality

We will be confidential about your information and we would request that you are also confidential about your participation in this part of the study. Please do not discuss this study with other men that are taking part. However if you wish to, you can talk to close friends and family about your participation in this study.

For more information please contact us

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Email: gameofstones@stir.ac.uk

Website: www.gameofstonesresearch.com

UNIVERSITY of
STIRLING

University
of Dundee

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HEALTH
FORUM

University
of Glasgow

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GCU
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University

UNIVERSITY of
ABERDEEN

Queen's University
Belfast

FORUM
Research

NIHR
National Institute for
Health Research

Post-randomisation control group leaflet



Participant Name:

Texting Men
To Help Them
Lose Weight

Post-randomisation Control, Version 2, 15/02/2017

You have agreed to join this study and you have been allocated into the group that will receive text messages in 12 months.

What happens next?

You can now access facts, information, hints and tips on losing weight and keeping it off through the links provided on the study website that you can explore at your leisure. If you have problems with website access please tell a researcher who will suggest alternatives. You have also received a pedometer to help you monitor your activity.

A member of the research team will contact you in approximately 11 months to arrange your 12 month appointment at a convenient venue to suit you. On attendance at this appointment you will receive a £20 voucher. This is to thank you for taking the time to attend. After this appointment you will receive 3 months of text messages.

You can opt out of the study at any point. If you do decide to opt out, you can do this by contacting the research team. Their details are at the end of this leaflet.

Confidentiality

We will keep your information confidential and ask that you are confidential about your participation in this study. Please do not discuss this study with other men that are taking part. However if you wish to, you can talk to close friends and family about your participation in the study.

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UNIVERSITY of
STIRLING

University
of Dundee

MEN'S
HEALTH
FORUM

University
of Glasgow

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