

## Participant invitation letter



UNIVERSITY OF  
BIRMINGHAM

Date as postmark

Dear Patient,

Are you interested in losing weight after having your baby?

We would like to invite you to take part in a study investigating two simple approaches to managing your weight after having a baby. The approaches are easy and will not require you to attend any additional appointments or take up too much of your time.

Please take some time to read the enclosed leaflet which contains more information about the study, including who can take part and what it would involve for you. This study is being conducted by a research team from the University of Birmingham and your GP practice is taking part in the study.

If you would like to take part in the study please contact the PIMMS-WL research team at the University of Birmingham **within 10 days from the date you receive this letter**.

Our researcher will ask you a few simple questions to see if you fit the criteria for the study. We will also ask your consent to collect your contact details. If you fit the criteria to take part, a researcher from the university will visit you at home to further discuss taking part in the study.

If you have any questions please do not hesitate to contact the study team who will be happy to answer your queries.

Thank you for considering taking part in this study.

XXXXXXX

**PIMMS-WL** Trial Office,  
Birmingham Clinical Trials Unit (BCTU),  
University of Birmingham,  
Edgbaston, Birmingham, B15 2TT  
Tel: XXXXXXXX  
Email: [XXXXXXXXXXXX](mailto:XXXXXXXXXXXX)  
Website: [www.birmingham.ac.uk/pimmswl](http://www.birmingham.ac.uk/pimmswl)

Enclosed: *Participant Information Sheet, postal reply form & reply paid envelope*



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## PIMMS-WL Study Postal Reply Form

- ☐ **Yes**, I wish to participate in the PIMMS-WL study
- ☐ **Not sure** if I would like to participate in the study and would like the opportunity to discuss this further with one of the study team before agreeing.

Name:

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Contact number

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When would be the most suitable time for us to call you?

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