

Are you interested in losing weight after having your baby?



UNIVERSITY OF
BIRMINGHAM

NHS
Birmingham Women's
and Children's
NHS Foundation Trust



BCTU
Birmingham Clinical Trials Unit

Funded & supported by
NHS
National Institute for
Health Research

Who?

We are looking for women (over 18 years old) who have given birth in the last 4-8 weeks.

What do I have to do?

- You will receive one of two interventions that you can do at home, offering different types of information and support to help you manage your weight after giving birth.
- You will be asked to complete some questionnaires about your general health & wellbeing and will be weighed.
- If you agree we would also like to talk to you about your experiences of taking part in the study.

How long will it take?

- Overall you will be involved in the study for 3 months.
- Completing the questionnaires should take no longer than 20 minutes.



ARE YOU INTERESTED?

Please contact: Birmingham Clinical Trials Unit

Tel: XXXXXXXXX

When you contact us, we will ask your consent to collect your contact details so we can send you more information

This research is funded by the NIHR Health Technology Assessment programme. (Project Ref: 15/184/14).

The views expressed are those of the author and not necessarily those of the NHS, the NIHR or the Department of Health

ISRCTN Number: 12209332; IRAS Reference Number: 236462

PIMMS-WL Poster

Version 4.0 1st February 2018