



**Are you concerned about your weight?**

**Would you be interested in taking part in research that aims to support people to lose weight and become healthier?**

**If so, we'd love to hear from you**

The study is testing a new online, group-based, weight loss programme and comparing it to the NHS programme.

Eligible participants will be assigned to either using the NHS weight loss plan or will be invited to four, one-hour online group sessions designed to support you to reach your weight loss goals. You will be randomly assigned to a group.

The study will also involve completing some questionnaires and weighing and measuring yourself at the start of the study and then again 3 and 12 months later. You will receive a £20 amazon voucher on completion of the study at 12 months as a thank you for your time.

You may also be asked to take part in a one hour interview 3 months after you start the study and you will receive a £10 amazon voucher for this if you choose to complete the interview.

**We are looking for people aged over 18 who have a BMI over 30**

You can choose to withdraw from the study at any point, all of your data and information will be kept confidential and anonymised. The study is based at the University of Plymouth however all of the interactions will be online based.

Please contact Sarah Greene on [sarah.greene@plymouth.ac.uk](mailto:sarah.greene@plymouth.ac.uk) if you have any questions or would like more information.

**If you would like more information on the study please scan the QR code using your smartphone camera,**

