



# Game of Stones:

## who wants to lose weight?

### This research may interest you...

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#### About the Men's Weight Loss Research

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 research aims to help men to lose weight and keep it off for at least a year.

#### Who can take part?

- Men aged 18 and above
- Men whose weight could affect their future health
- Men who have access to a mobile phone that can receive text messages
- Men who can read English.

#### What will happen if I take part?

The research is for one year and you would:

- Get a step counter (pedometer)
- Have a webpage with information and links about how to lose weight and maintain weight loss
- Be chosen by chance to get text messages to help you to lose weight, or to be on the waiting list to receive the text messages
- Receive a £20 voucher when you attend 12 and 24 month appointments
- Have a one in three chance to be given a money reward if you achieve weight loss targets after 12 months
- Be weighed at the start and at 3, 6, 12 and 24 months, somewhere convenient for you. Some men will be weighed at the start, 12 and 24 months. Covid-19 guidelines will be followed.

#### Do I have to take part in the research?

No, you do not have to take part in this research. However, if you are interested in taking part, a researcher will contact you with more information and to answer any questions you may have. After this, if you would like to find out more, an appointment will be made. At this appointment, you will be given a more detailed information leaflet and your height and weight checked. You can then decide whether to take part 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.

### **Who is organising and funding the research?**

The research team is led by Professor Pat Hoddinott based at the University of Stirling. Game of Stones is funded by the National Institute of Health Research. The research is happening in and around Glasgow, Bristol and Belfast.

### **How will my information be used?**

In this research we will use information provided by you. We will only use information that we need for the research. We will let very few people know your name or contact details, and only if they really need it for this research.

Everyone involved in Game of Stones will keep your data safe and secure. We will also follow all privacy rules. At the end of Game of Stones we will save some information in case we need to check it and for future research. We will make sure no-one can work out who you are from the reports we write. We will provide you with further information about use of your information if you decide to take part.

**For more information you can phone a member of the research team on 01786 467491, email at [gameofstones@stir.ac.uk](mailto:gameofstones@stir.ac.uk) or visit the Game of Stones website [www.gameofstonesresearch.com](http://www.gameofstonesresearch.com).**

**Thank you very much for taking the time to read this leaflet. We would be very pleased to hear from you if you have any questions.**

