

Dear Students and Staff,

We are inviting you to participate in a pilot randomised controlled trial (RCT) designed by an interdisciplinary project called the STOP Obesity Platform (STOP), which is aimed at developing online technology to support healthy weight management.

### **What is the project about?**

The STOP project brings together an international team, in the fields of nutrition and technology, who have created an online portal to support individuals with healthy lifestyles, under the supervision of Healthcare Professionals.

### **Am I eligible?**

In order to participate you must:

- Overweight and obese - measure over 25 kg/m<sup>2</sup> on the BMI
- Be willing to use STOP Portal for 3 months
- take a weight and height measurement on 3 occasions using your own bathroom scales or equivalent
- Have access to a computer, smartphone or tablet
- Complete an online survey on your experience

If you think this is something you would be interested in taking part in or if you have any questions or concerns, please contact:

**Dr. Anne Moorhead ([a.moorhead@ulster.ac.uk](mailto:a.moorhead@ulster.ac.uk))**

The study has been granted ethical approval by School of Communication and Media Filter Committee (Research Ethics) Ulster University.