



Research Opportunity: Developing Weight Loss Programs

The TU Collaborative invites you to participate in a new survey that seeks to gather input from individuals with psychiatric disabilities about the resources and services that would help them to achieve their weight loss goals. The information gathered will help to develop a weight loss program for mental health consumers interested in losing weight, providing the services and resources needed to develop and maintain a healthy lifestyle.

Who is eligible: Participants need to be over the age of 18 and have a psychiatric disability.

What the survey covers: This survey will help us identify what mental health consumers would like to see in a weight loss intervention. The survey will ask questions about personal health, nutrition, physical activity, goal setting, and preferences in technology and weight loss programs. Responses to the survey are completely anonymous and participants may choose to skip any question they do not wish to answer or stop the survey at any time. There is no penalty for not completing the survey.

How can I participate: The survey, which will take about 10 minutes, can be completed on a computer or iPad. To get started, click this link:

https://templerehabilitation.qualtrics.com/SE/?SID=SV_0e07YeN2bd6ayKF

Help spread the word! Please help us reach interested participants by disseminating this study announcement and sharing the text below via your listserv or in your next newsletter. Also please let us know if you have additional suggestions that will help us reach participants who may be interested in participating. If you have any questions or would like more information about this survey, please contact Dr. Gretchen Snethen at (215)707-3390 or gsnethen@temple.edu