

Healthy Mom Zone Gestational Weight Gain Management Intervention 2.0

NCT05807594

Status	RECRUITING
Phase	Not Applicable
Sponsor	Penn State University
Enrollment	144 participants

Key Eligibility Criteria

Inclusion (17)

- Pregnant women
- e and \< 18 weeks gestation at time of screening. This range of gestational age is chosen to: a) reduce chances of false pregnancy or miscarriage under 8 weeks gestation and b) recruit women in the 1st trimester for greatest impact of the intervention on gestational weight gain. In the feasibility and initial impact study, the investigators had less than 10% (n=3) miscarriages prior to randomization using these criteria
- Singleton gestation
- Not currently heavily smoking (\>20 cigarettes/day)
- Any parity (i.e., first-time pregnancy, second pregnancy, etc.)
- ... and 12 more (see full listing online)

Exclusion (41)

- Not pregnant women
- Men (unable to become pregnant)
- Multiple gestation
- \< 8 weeks gestation or \> 18 weeks gestation at time of pre-intervention assessment
- Currently smoking \> 20 cigarettes/day
- ... and 36 more (see full listing online)

Locations (1 total)

Pennsylvania State University, University Park, Pennsylvania, United States