

# Optimizing an Extended Care Intervention to Promote Weight Loss Maintenance

NCT06785064

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Alabama at Birmingham
Enrollment	544 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Age  $\geq$  18 years
- Body mass index (BMI)  $\geq$  30 kg/m<sup>2</sup>
- Has regular access to internet (to access Zoom videoconferencing platform)
- If indicated during screening, willing to obtain medical clearance for exercise from their healthcare provider prior to enrollment

### Exclusion (12)

- Current or recent (past 6 months) use of prescription weight loss medications
- Weight loss  $\geq$  10 pounds in past 6 months (other than postpartum)
- Pregnancy or anticipating pregnancy
- Another household member already participating in the study
- Participation in another randomized research project
- ... and 7 more (see full listing online)

## Locations (1 total)

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University of Alabama at Birmingham, Birmingham, Alabama, United States