

Non-Diet Nutrition Education and Its Effects on Eating Behavior, Body Image, and Well-Being in Adult Women

NCT07112131

Status	RECRUITING
Phase	Not Applicable
Sponsor	Tu ba TÜRKCAN
Enrollment	52 participants

Key Eligibility Criteria

Inclusion (3)

- Female,
- Aged between 19-35 years,
- Body Mass Index (BMI) between 18.5-24.9,

Exclusion (4)

- Pregnant or breastfeeding,
- Diagnosed eating disorder or other psychiatric condition,
- Currently enrolled in a weight loss program,
- Following a restrictive diet due to medical conditions.

Locations (1 total)

Istanbul Gelisim University, Istanbul, Turkey (Türkiye)