

# Better4All Personalized Intervention Pilot Study

NCT07120802

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Harokopio University
<b>Enrollment</b>	490 participants

## Key Eligibility Criteria

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### Inclusion (12)

- Age: Participants aged 18-65 years to represent the adult general population.
  - Body Mass Index (BMI):
  - Overweight or obesity group: BMI  $\geq$  25 kg/m<sup>2</sup>.
  - Normal weight group: BMI 18.5-24.9 kg/m<sup>2</sup>.
  - Technology Use:
- ... and 7 more (see full listing online)

### Exclusion (4)

- Health Conditions: Pregnant or breastfeeding women, as they might have different lifestyle behaviours or health needs.
- Physical Limitations: Any physical or mental condition that would prevent the participant from using the wearable device or mobile application as intended.
- Eating utensil technique: eating food with chopsticks on a daily or regular basis.
- Technical Incompatibility: Individuals who do not own a compatible smartphone or are unable to use the provided wearable devices for technical reasons.

## Locations (7 total)

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University of Cyprus (Ucy), Nicosia, Cyprus  
Universite Lyon 1 Claude Bernard (Ucbl), Villeurbanne, France  
Harokopio University, Athens, Aticca, Greece  
... and 4 more locations