

Eatwell Clinical Trial (R01)

NCT07225881

Status	RECRUITING
Phase	Not Applicable
Sponsor	Drexel University
Enrollment	472 participants

Key Eligibility Criteria

Inclusion (12)

- Age 18 or older
- Access to technology necessary to receive emails and join videoconferencing meetings
- Ability to read and speak English
- Willingness to be randomized to either study condition, including ability and willingness to attend intervention sessions
- Ability and willingness to attend intervention sessions, receive monthly email messages, and serve in support role if index participant in household is assigned to Eatwell condition

... and 7 more (see full listing online)

Exclusion (7)

- A medical or psychiatric condition, including self-reported history of anorexia nervosa or bulimia nervosa, that may limit appropriateness of or ability to comply with dietary recommendations
- A psychiatric condition, including self-reported history of anorexia nervosa or bulimia nervosa, that may make it difficult or inappropriate for household member to serve in support role
- Currently taking medication that can substantively change appetite or eating behavior, including using of a GLP-1 medication
- Planning to enroll in another lifestyle modification program in the next 18 months
- History of bariatric surgery

... and 2 more (see full listing online)

Locations (1 total)

Drexel University, Philadelphia, Pennsylvania, United States