

Mindful Moms, Mindful Meals (MMMM) Study

NCT07282964

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of New Brunswick
Enrollment	72 participants

Key Eligibility Criteria

Inclusion (6)

- Age between 19 and 45 years.
- Have started or plan to start solid foods for their baby by the time of enrollment
- Have an infant aged 6 to 12 months
- Willing to participate in a recorded mealtime observation for the study
- Willing to complete an 8-week MB-EAT-P intervention, including homework assignments
- ... and 1 more (see full listing online)

Exclusion (12)

- General
- Planning to move in the next two months
- Medically diagnosed with an active eating disorder (e.g., Anorexia, Bulimia, Binge Eating Disorder)
- Diagnosed with an unmanaged chronic medical condition affecting diet (e.g., uncontrolled diabetes, celiac disease, severe GI disorders, kidney disease, sleep apnea, PCOS)
- Diagnosed with unmanaged postpartum depression or anxiety
- ... and 7 more (see full listing online)

Locations (1 total)

University of New Brunswick, Fredericton, New Brunswick, Canada