

PARTICIPATE IN RESEARCH ON THE EAT BREATHE THRIVE PROGRAM

ABOUT THE STUDY

Volunteers needed for research study!

The purpose of the study is to evaluate the efficacy of a seven-week program called Eat Breathe Thrive. Eat Breathe Thrive is a program that teaches people skills for mindful eating, emotional resilience, and body confidence. The program includes yoga, meditation, psychoeducation, and community service activities.

What you will be asked to do

The study will investigate whether the program supports a healthy relationship with food, body and self. To explore these questions, we will ask you to **fill out online questionnaires** at three time points:



- (1) before your program starts
- (2) after your program ends
- (3) three months after your program ends

These questionnaires will allow us to understand if and how the program helps you, and if those changes are sustained over time. We estimate these questionnaires will take you about an hour to complete.

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We will also ask you to **download an app** that pings you a few times a week with questions about your thoughts, feelings, and behaviors. The app will allow us to get a sense of you're feeling in the moment, rather than just when you're filling out questionnaires. Any information you choose to share with us via the app is confidential.



Requirements

Participation in this study is completely voluntary. In order to participate, you need to:

- Do you tick all the boxes? ↗
- be between the ages of 18 and 65
 - speak English
 - not be pregnant
 - never have taken an Eat Breathe Thrive program before

There are no gender requirements.

What you can expect

If you decide to participate in the study, you will be randomly assigned to one of two groups: first program or second program.



Mark your
calendar

- » If you are in the first program group, you'll take the first seven-week program on Tuesdays, 5:15–7:15PM, from September 25 through November 6, 2018.
- » If you're in the second program group, you'll take the program on Tuesdays, 5:15–7:15PM, from November 13 through December 18, 2018, *plus a final session on December 21, 2018.

Each program meets weekly* for two hours.

What you get

In exchange for your participation in the research, the program will be offered to you for a reduced cost of \$100. The program typically costs \$349, but for this program we are simply asking for a small deposit to hold your space. If you attend at least six of the seven sessions and complete all questionnaires, **your full deposit will be refunded** to you at the end of the program. At the completion of your post-test, you will also receive a **\$50 gift card** from lululemon.



During the program, you will learn exercises that may help you eat mindfully, manage your emotions and feel better in your body. You will practice yoga and meditation in every session and learn how to craft a practice for yourself at home. Many participants in this program report decreased stress and anxiety, elevated mood, improved eating habits, better communication skills, and a deeper sense of meaning and purpose.

Your participation will also contribute to science! This landmark study will be the first ever randomized control trial on a program of this kind. Your participation will teach scientists if and how mindfulness practices prevent and help people overcome eating disorders. Your participation and time may also help make programs like this more accessible to those who need them in hospitals, schools, and other institutional settings.

The risks involved in participating in the study are minimal. By participating in this study, you are consenting to take part in these activities (which includes signing liability and consent forms).

This study has been cleared by the Departmental Ethics Committee.