



STUDY FACT SHEET

Purpose

The study is being conducted by Drs. Kerri Boutelle, Carol Peterson, Scott Crow, and Lisa Harnack at the University of Minnesota in Minneapolis, MN with funding provided by the Academic Health Center. The purpose of this study is to evaluate the treatments of teaching your child to either, a) learn about cues that lead to overeating and to respond appropriately to those cues, or b) to teach your child appetite awareness, so that they can regulate their eating using internal hunger cues.

Participation

If you agree to be in this study, we will ask you and your 8-12 year old child to attend an initial screening assessment at the University of Minnesota in late summer 2008. The assessment will involve the completion of surveys and measuring your heights & weights; your child will also complete two, semi-structured interviews about their eating behaviors and attitudes. Dinner will be provided to both you and your child during this assessment.

Provided you are eligible for the study based on the results of this initial visit, you and your child will be randomly selected to be in one of two groups that **meet each Monday evening for 1 hour for eight weeks (starting mid September 2008):**

- a. Group 1: You and your child will be put in a group with others where you both will learn about cues that can lead to overeating. You will be taught how to better respond to these cues.
- b. Group 2: You and your child will be put in a group with others where you both will learn about paying attention to your body's own satiety (or fullness) signals.

Please note: *In the event you are not eligible for the study based on the results of the initial assessment, you will be mailed a \$25 Target Gift Card to compensate you for your time and be provided with information about alternative treatment resources in the community. You and your child will not be randomly assigned to either group mentioned above, and you will not be asked to participate in any other study-related activities.*

At the end of the 8 weekly meetings (late fall 2008), and again 6 months later (spring 2009), you and your child will be asked to complete assessment visits nearly identical to the initial screening visit.

Compensation

Your family will receive dinner at each of the three assessments, a \$100 Target gift card for completing the second assessment visit after completion of the eight weekly sessions, and a second \$100 Target gift card for completing the final assessment visit in early spring 2009.

Voluntary

Participation is voluntary. To participate, parents must provide written consent and children must provide written assent. Parents and children are free to withdraw from the study at any time.

For Further Information

If you have questions or need more information, please call 612-619-4013 or send an email to kidsweight@umn.edu.