

Interested in improving your teen's mental & physical health?

Check out this research study from the McMaster Children's Hospital

Dialectical Behaviour Therapy to Enhance Health Behaviour Change for Adolescents Living with Obesity

WHO ARE WE LOOKING FOR?

- Individuals 14-17 years with overweight or obesity (BMI Z > 1.6)

WHAT WILL THE RESEARCH INVOLVE?

- Participants will be randomized to one of three groups
 - A dialectical behaviour therapy and lifestyle intervention group
 - A lifestyle intervention group
 - A control group

Participation in experimental groups includes...



Small group support with a professional psychologist



Access to a personal trainer & dietitian



Opportunities to connect with other teens



Learning new communication skills to better manage relationships

This study involves two 90 minute sessions per week over the course of 16 weeks (in addition to a baseline visit and a 32 week follow-up visit) for the experimental groups and three in-person visits for the control group

 Monthly payment provided!

CONTACT INFORMATION

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