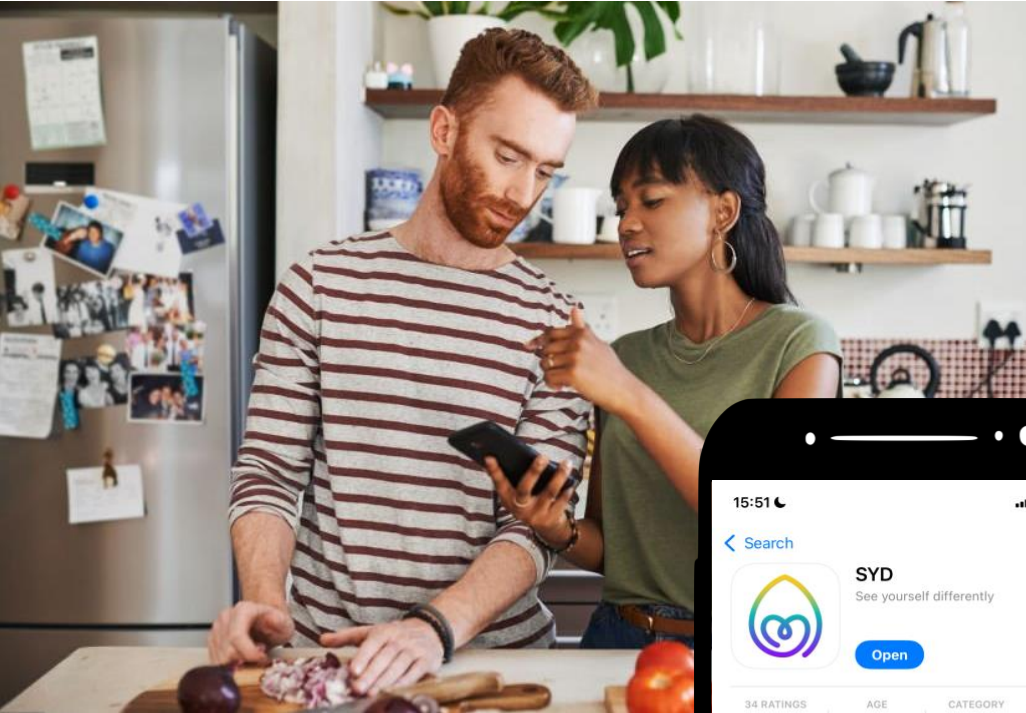


Recruiting staff for a wellbeing study

LONDON
SCHOOL of
HYGIENE
& TROPICAL
MEDICINE



NIHR | School for Public
Health Research



What is the study about?

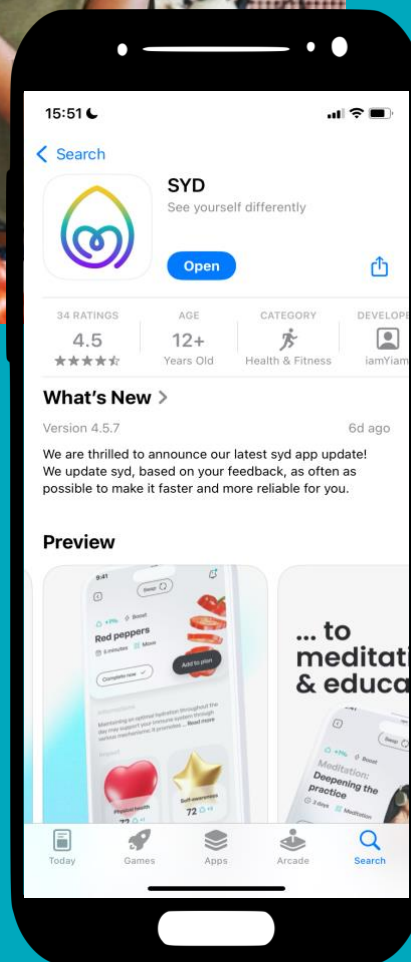
- This study is part of a PhD project that looks at how well mobile apps can help improve eating habits in adults in England.
- By taking part, you'll play an important role in advancing the science behind digital health and public health solutions.

What's expected from you?

- Try out a healthy eating and mental wellbeing app called "See Yourself Differently" for 8 weeks.
- Spend around 30 minutes filling out surveys when you first sign up and again at week 10 of the study.

How will you benefit?

- Get free lifetime access to a top-rated, science-backed health app.
- Get a personalised diet report based on a proven 24-hour food recall method.



Sign up here!



Any questions? Please email me: esther.curtin@lshtm.ac.uk