



# GAME OF STONES



JANUARY 2024

# Newsletter



*Game of Stones is funded by the UK National Institute for Health and Care Research <https://www.nihr.ac.uk/> We are investigating whether text messages and incentives help men to lose weight and keep it off.*

## Welcome!

To the first Game of Stones Newsletter of 2024. The team wish all our participants a Happy New Year!

## What's the latest?

Our 12-month follow-up appointments were completed in July 2023 and the statistics team in Aberdeen have been busy analysing the results so far. Meanwhile our local researchers in Belfast, Bristol and Glasgow have been following up participants at 24 months. Thanks to all who have come back to see us so far, we aim to have seen all men by July this year. Remember, we would love to see you no matter what has happened with your weight, all data is important for our research. If we can do anything to make attending easier for you, please let us know.

### New team member in Belfast



Angela Mullan,  
new researcher  
in Belfast

We are delighted to welcome Angela to our team who will be conducting 24 month appointments in Belfast. Clare & Christina have both moved on to exciting new projects within Queen's University, but you may catch a glimpse of them as they pop in to help out from time to time.

### If you need to get in touch...

- Our team is on hand to answer any questions you may have. Please contact your local researcher or email us at [gameofstones@stir.ac.uk](mailto:gameofstones@stir.ac.uk)
- The Game of Stones website will be updated with any new information regarding the trial: <http://gameofstonesresearch.com>

## What will happen next

Once we have finalised the 12 month results we will share our initial findings with you. Firstly, they will be published in an academic journal and we will post a link to this publication on our website [www.gameofstones.ac.uk](http://www.gameofstones.ac.uk) along with a shorter summary of the results. We anticipate that this will happen in May/June 2024.

### ***Get involved!***

We want to share the Game of Stones results which you have contributed to as widely as possible. You will have an opportunity to:

- Attend an event local to you where you can hear more about the results, share your views and help us plan the future of Game of Stones.
- Share our results via social media or other networks. We will make some short YouTube clips of men talking about their experiences and articles that can be shared.
- Tell us your ideas. We will also be working closely with Men's Health Forum, Men's Sheds and other charities and organisations to ensure our results reach people who might be interested.

In addition, we will share the results with medical staff and policy makers through information events, research publications and conference presentations.

We will be in touch with further details about how we are sharing the results. You can email us at [gameofstones@stir.ac.uk](mailto:gameofstones@stir.ac.uk) or check the website for updates.

**Please be assured that all results are completely anonymised and your personal details will remain confidential.**



Claire Torrens giving a presentation on Game of Stones at a recent conference in Belfast

*Happy New Year*