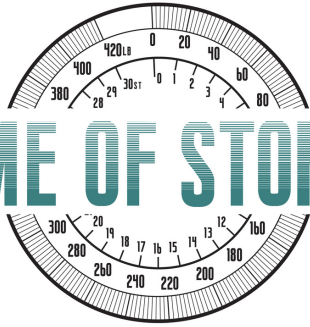


OCTOBER 2023

GAME OF STONES Newsletter



Game of Stones is funded by the UK National Institute for Health and Care Research <https://www.nihr.ac.uk/> and we are sending men texts to help them lose weight and keep it off.

Welcome!

To the Game of Stones
Autumn Newsletter.
Can you believe we are 3
years into the trial already!

What's the latest?

Our 12-month follow-up appointments were completed in July this year, thanks to all who attended. Our researchers are now busy contacting men for their final 24-month follow-ups – we really hope you will come back and see us. It is important for us to see those who have gained weight as well as those who have lost weight or stayed the same.



Claire Torrens presenting in Belfast

Conference presentation

One of our Glasgow researchers, Claire Torrens, presented some preliminary results from GoS at the UK Congress on Obesity last month, which was well received.

If you need any help.....

- We still have a team on hand to answer any questions you may have. Please contact your local researcher or email us at gameofstones@stir.ac.uk
- The Game of Stones website will always be kept up to date with any new publications or other information regarding the trial: <http://gameofstonesresearch.com>

Remember...

- All results are important, even if you haven't reached the weight targets you were aiming for.
- You are contributing to some really important research.
- Get in touch if we can make coming to appointments easier for you.
- You get a **£20 voucher** for coming back to see us!



New member of the team in Belfast

Sadly we have had to say goodbye to our researchers Clare and Christina in Belfast, who have both moved on to exciting new ventures within Queens University. However, we are delighted to welcome Angela Mullan, who will be seeing men in Northern Ireland for their 24-month follow-ups. Please let Angela know on [tel no?] or if you have any issue attending this appointment and she will do her best to help.



Angela Mullan, new researcher in Belfast

What are the next steps?

Each man will be followed up for two years and when this is completed in July 2024, we will be able to analyse and report on the full results of the study. Meanwhile, our statisticians have busy analysing the data from our 12 month follow up, and we will be able to share these results with you in 2024. We will let you know of any publications on our website www.gameofstonesresearch.com. Please be assured any published results will be completely anonymised and your personal details kept confidential.

How will I get to hear about the results?

We intend to hold some events for our participants in 2024 and will be in touch when we know the dates and venues. This will give you a chance to hear about the results of the trial first hand and meet the team.

