

Targeting emotional eating and weight loss in adolescents (a.k.a Families, Responsibility, Education, Support, Health for Teens (FRESH-TEEN Study))

Status: Recruiting

Eligibility Criteria

Sex: All

Age: 13 Years to 16 Years old

This study is NOT accepting healthy volunteers

Inclusion Criteria:

- Adolescent age 13-16 years
- BMI percentile 85%-99.9% (adolescent only)
- Ability to read English at a minimum 6th grade level (both adolescent and parent); and willing to participate in a 6-month treatment and all assessments (both adolescent and parent)

Exclusion Criteria:

1. Current enrollment in a weight management program (Child and Parent); 2. Medication that is specifically prescribed for weight loss (Child and Parent); 3. Medical or psychiatric condition that may interfere with treatment participation (Child and Parent); 4. Regular use of compensatory behavior for weight loss (e.g., purging) during the past six months (Child and Parent); 5. Current pregnancy or lactating (Child and Parent); 6. Change in psychotropic medication during the previous three months (Child and Parent).

Conditions & Interventions

Interventions:

Behavioral: Behavioral Weight Loss (BWL) + Emotion Regulation (ER), Behavioral: Behavioral Weight Loss (BWL)

Conditions:

Overweight and Obesity

Keywords:

Overweight, Obesity, Overeating, Treatment, Body Mass Index, Intervention, Behavioral Treatment, Dialectical Behavior Therapy, Emotion Regulation

More Information

Description: The two primary aims of the study are: -To evaluate the efficacy of PEER and BWL on the target adolescent's weight over the 18 months of the study, and -To evaluate the efficacy of PEER and BWL on the target adolescent's emotion regulation skills and emotional eating over the 18-months of the study.

Contact(s): Elise Weber - webe1071@umn.edu

Principal Investigator: Carol Peterson

Phase: N/A

IRB Number: STUDY00003419

System ID: NCT03674944

Thank you for choosing StudyFinder. Please visit <http://studyfinder.umn.edu> to find a Study which is right for you and contact sfinder@umn.edu if you have questions or need assistance.