

Redefining BMI: The Body, Mind, and Inflammation Trial

Status: RECRUITING

Eligibility Criteria

Age: 18 years to 25 years old

This study is NOT accepting healthy

Healthy Volunteers: volunteers

Inclusion Criteria:

* Ages 18-25 years * Body mass index (BMI) 25-50 kg/m² * Female

Exclusion Criteria:

* Currently pregnant or lactating * Current involvement in a weight loss program or current use of weight loss medication * Lost >5% of their body weight in the previous 3 months * Uncontrolled medical conditions that may pose a safety issue given the recommendations for the diet and unsupervised physical activity * Diagnosis of type 2 diabetes and/or impaired fasting blood glucose * Diagnosis of type 1 diabetes * Rheumatologic and gastrointestinal conditions associated with severe systemic inflammation * Medical conditions resulting in known perturbations in the hypothalamic-pituitary-adrenal axis * Report of a heart condition, chest pain during periods of activity or rest, or loss of consciousness * Current or recent (during the past 3 months) use of medications that may impact weight or metabolic function * Current or recent (during the past 3 months) use of anti-inflammatory medications * Report of diagnosis or history of Anorexia Nervosa or Bulimia Nervosa, or any compensatory behaviors within the previous 3 months * Hospitalization for depression or other psychiatric disorder within the past 12 months * Uncontrolled bipolar disorder or psychotic disorder * Current suicidal intent * Planning to move from the area within the study period * Unwilling to be randomized to either study condition * Unable to read and speak English

Conditions & Interventions

Interventions:

BEHAVIORAL: Integrated Lifestyle Intervention (ILI), BEHAVIORAL: Monitoring with digital tools

Conditions:

Obesity, Adiposity

Keywords:

BMI, Emerging Adult (EA) Women, Lifestyle Intervention, Biomarker Inflammation Improvement

More Information

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Principal Investigator:

IRB

Number:

System ID: NCT06532747

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