



Eating Freely has partnered with a research lab at Trinity College Dublin ([www.gillanlab.com](http://www.gillanlab.com)) with project funding from the Irish Research Council.

This project will involve asking your clients to log their eating behaviours, thoughts, feelings and life experiences daily through a smartphone app ([www.neureka.ie](http://www.neureka.ie)) for the duration of their treatment.

Clients will be paid **€50** for their participation. As part of this study, clients will have access to a graph of their data. As shown in the picture, they can use their personal graph to view potential trends in their eating behaviours, thoughts and mood over time.

The primary goal of this project is to understand how eating behaviour and related thoughts and feelings *change* for clients as they go through the Eating Freely program.

For more information, email the research team at: [pattern-wise@neureka.ie](mailto:pattern-wise@neureka.ie).

