



DOES AN 8-WEEK 5:2 INTERMITTENT DIET AFFECT MOOD?

ISN Psychology is conducting a 10-week study to determine if an intermittent calorie restricted eating pattern can affect the way you feel and think. This study involves eating normally for 5 days a week and reducing meal sizes by 1/3 for the remaining 2 days of each week.

Participants must be willing to track their calories and come to ISN Psychology in Heidelberg (Level 6, 10 Martin Street) for up to one hour a week.

Participants will need to bear the cost of travel, however, will be reimbursed for their time with a Coles/Myer gift card.

**To participate
you must be:**

Female

**Between 21 - 45
years old**

**Have a Body Mass
Index (BMI)
between
25 - 34.9**

**To Participate or
for more
information please
contact:**

diet.study@isn.edu.au