



# 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:**

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**Female**

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**Between 21 - 45  
years old**

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

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

**[diet.study@isn.edu.au](mailto:diet.study@isn.edu.au)**