

## What Does Participation Involve?

- ✓ Answering questions related to your health and lifestyle over the telephone
- ✓ Two in-person visits to UAB that will involve measurements of your:
  - Body composition
  - Height, weight, blood pressure, waist/neck/arm measurements, a sample of your blood work, and level of physical activity
- ✓ Participating in a 26-week telehealth health promotion program developed for people with TBI and their families



## How Can I Volunteer or Learn More?

- ✓ Contact our study Project Coordinator, at **(205) 934-3345** and mention **Project LIFT**  
Fax: 205-934-2769
- ✓ Our project coordinator can talk with you, answer any questions, and determine if you are eligible to participate.



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## Project LIFT

Lifestyle  
Intervention  
For people with  
Traumatic brain injuries



A collaborative clinical-research project between the University of Alabama at Birmingham (UAB) Departments of Physical Medicine & Rehabilitation, Nutrition Sciences, Ophthalmology, Occupational Therapy

# More about Project LIFT

## What are we studying?

We are evaluating the impact of health education programs on health, lifestyle, and aspects of quality of life for people with traumatic brain injury and their families. We hope this study will be used to improve programs for people with traumatic brain injury and their families.

## Where is the study conducted?

Parts of this study are being conducted at the University of Alabama at Birmingham and in the convenience of your own home as the health programs are delivered over the telephone and/or internet.

## Is there payment for participating?

Yes. Participants will receive monetary compensation for their involvement.



## Who might be able to potentially qualify for this study?

Males or Females age 19 or older who:

- Have suffered a traumatic brain injury and is at least 6 months post-injury
  - Speak English
  - Are overweight or obese
  - Are not currently enrolled in a weight loss program or taking weight loss medication
  - Have access to a computer with internet capabilities and access to a telephone
  - Are not currently pregnant or have a concurrent medical condition which prohibits potential changes in diet or exercise
- ✓ If interested or you have questions about potentially participating, please call us at **(205) 934-3345**.
- ✓ We will be happy to talk with you and ask you a few additional questions to determine if you might be able to participate in this study!

## Study Investigators

**Dr. Laura Dreer** is an Associate Professor in the Department of Ophthalmology at the University of Alabama at Birmingham and is leading this study. She has extensive experience in conducting clinical trials and expertise in rehabilitation and traumatic brain injury.

**Dr. Thomas Novack** is a Professor in the Department of Physical Medicine and Rehabilitation. He is also Project Director of the University of Alabama at Birmingham Traumatic Brain Injury Model System and has expertise in neuropsychological assessment and conducting clinical trials.

**Dr. Taraneh Soleymani** is an Assistant Professor in the Department of Nutrition Sciences at the University of Alabama at Birmingham. She is also the Medical Director of the UAB EatRight Weight Management Services and has expertise in weight management strategies. She is the study physician for this project

**Dr. Laura Vogtle** is a Professor in the Department of Occupational Therapy at the University of Alabama at Birmingham. She has expertise in occupational therapy with a variety of patient populations, large scale clinical trials, and physical activity.