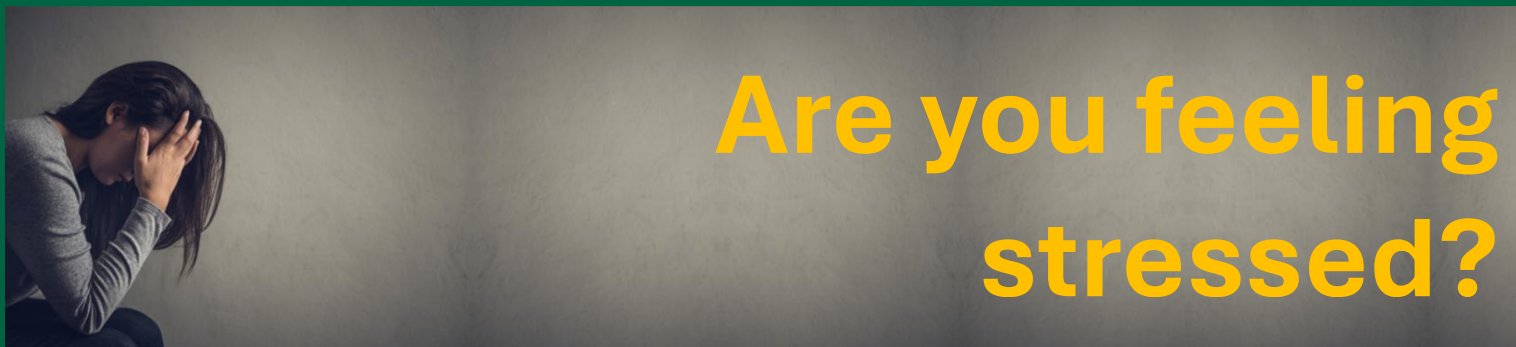




If you're 25-50 years old and experience chronic stress, you may qualify to take part in a study looking at how stress affects your metabolism, how your body uses nutrients, and hormones related to hunger and appetite. The research title is "The Energy Cost Related to Chronic Stress and Its Effect on Fat Accumulation in Adults Experiencing High Perceived Stress." The IRB number is IRB-300014984.

Are you eligible?

- High perceived stress
- BMI ≥ 25 kg/m²
- No chronic medical diagnoses
- No medication that affects metabolism or body composition
- Moderate exercise (<2 hours per week)

Participant activities

- ⇒ Body composition (DXA scan)
- ⇒ Resting Energy Expenditure (indirect calorimetry)
- ⇒ Payment for participation

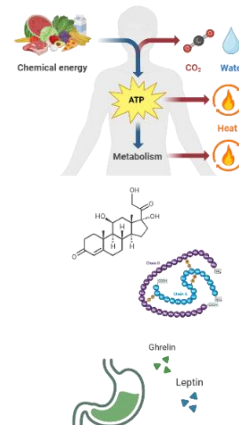
Contact and registration

QR:



Link <https://redcap.link/stresscost>

Phone: 205-934-9460



Department of Nutrition Sciences

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