

**TCU-IRB
RECRUITMENT ADVERTISEMENT**

ADVERTISEMENT TEMPLATE & SAMPLE



**Volunteers Needed for Research Study
Supplementation with a Next Generation Synbiotic in individuals with
Overweight or Obesity: A Triple-Blinded Randomized Controlled Clinical
Trial**

TCU's Department of Nutritional Sciences is conducting research to find out the effects of next generation synbiotic supplementation for 12 weeks on body composition, insulin sensitivity, depression, anxiety, and food cravings.

We are currently recruiting 60 participants (male or female) ages 18-50 from TCU and surrounding areas with a BMI 25.0-40.0 kg/m² (see height-for-weight criteria below) with no history of diabetes.

Height (inches)	Weight (pounds)	Height (inches)	Weight (pounds)	Height (inches)	Weight (pounds)	Height (inches)	Weight (pounds)
4'5"	100-160	5'1"	133-211	5'9"	169-271	6'5"	211-337
4'6"	104-166	5'2"	137-218	5'10"	174-279	6'6"	216-346
4'7"	108-172	5'3"	141-226	5'11"	179-287	6'7"	220-355
4'8"	112-178	5'4"	146-233	6'0"	184-295	6'8"	228-364
4'9"	116-185	5'5"	150-240	6'1"	190-303	6'9"	233-373
4'10"	120-191	5'6"	155-248	6'2"	195-311	6'10"	239-383
4'11"	124-198	5'7"	160-255	6'3"	200-320	6'11"	245-392
5'0"	128-205	5'8"	165-263	6'4"	205-329	7'0"	251-401

You will be randomized to the placebo or experimental groups. You will be asked to undergo a 3-day generic antibiotic treatment (Vancomycin, cost range \$20-25) prior to the start of the 12-week daily synbiotic/placebo intervention (2 capsules/day, one in the morning and another one at night with food). Body composition will be measured through DEXA and BOD POD. Assessment of depression and anxiety will be measured through the Beck Anxiety and Depression Inventories. Food cravings will be evaluated by the RED-9 questionnaire. We will collect a total of 3 blood draws and 3 stool samples throughout the study. This study involves three 45-minute appointments throughout the 12-week supplementation period. Participation will take place at the Kinesiology Department of TCU (Rickel Building). There are some risks involved in this research including a small radiation exposure from the DEXA scans (equivalent to 10% of the radiation received by getting an X-Ray), potential gastrointestinal discomfort from synbiotic supplementation, and risk of being asked sensitive questions pertaining to your anxiety and depression levels.

We provide participants with \$150 in Amazon gift cards. A \$50 gift card will be provided in your second visit to offset the cost of the antibiotic and a \$100 gift card will be provided upon completion of the study. In addition, you will receive two free DEXAs and two free BOD POD body composition tests (value of ~\$400).

To see if you are eligible, please scan the QR code:



Please call 817-257-1031 or
email j.mrosla@tcu.edu or e.marroquin@tcu.edu with any questions
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<http://www.tcu.edu/notice-of-nondiscrimination.asp>

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