



**QUEEN'S
UNIVERSITY
BELFAST**



Can spending a longer period of time eating breakfast impact mood?

Are you over 18 and have no dietary restrictions?
We are looking for healthy volunteers to take part in a breakfast study



We are investigating whether spending a longer period of time eating breakfast by chewing slowly, a component of mindful eating, can positively impact mood and wellbeing

This study will involve

- Four morning visits to the Centre for Public Health at the Royal Victoria Hospital Belfast
- Eating four free breakfasts
- Two saliva samples
- Answering a variety of health, wellbeing and mood questionnaires
- A chewing gum test for chewing function



If you think you might be interested or would like more information please contact Meg Wallace qubbreakfaststudy@gmail.com