Principal Investigator: Kristi B. Adamo, PhD

Volunteers Needed!

SmartMoms Canada: An evaluation of a pregnancy-specific mobile health application to manage gestational weight gain

What is the study about?

This project aims to test a mobile application, developed by the Adamo Lab at uOttawa, at various health care sites across Canada (Ottawa, Sherbrooke, Winnipeg, Halifax, Kingston). The purpose of the app is to guide women through a healthy pregnancy and help women manage gestational weight gain throughout their pregnancy.

What participation involves?

Participation will require you to use mobile apps installed on your phone or electronic device (if you do not have one, we will provide you with one), answer various questionnaires, and provide body weight measurements while participating in six sessions (≤20 wks gestation, 24-28 wks, 36-40 wks, 6 wks postpartum, and 6 and 12 months postpartum). The final two assessments will only require you to submit responses by email or by using online questionnaires.

Who can participate?

- → Pregnant women (less or equal 20 weeks; singleton fetus)
- → 18-40 years
- → Wi-Fi access

This research project has been reviewed and received ethics approval by the Research Ethics Board of the University of Ottawa (file number H09-19-4795). For more information about this study, please contact:

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