



Michele Levine, PhD, who directs the HABIT research study, is Associate Professor of Psychiatry and Psychology at the University of Pittsburgh and a licensed clinical psychologist. She received a doctorate from the University of Pittsburgh, and is an active teacher and researcher. Her main research area is the health and wellbeing of women, especially women who are pregnant or have just given birth.



For more information about HABIT, please visit [www.phab.pitt.edu](http://www.phab.pitt.edu).

#### UPMC

HABIT Study

Bellefield Towers, 8th Floor  
100 North Bellefield Avenue  
Pittsburgh, PA 15213



## *Pregnant Women*

Are you interested in talking about health and wellness?



**W**e are interested in learning more about health behaviors during and after pregnancy. In this research study, women may receive an intervention about maternal weight, health and well-being during pregnancy and/or during the postpartum period.

Women also will receive up to \$250 for completing all of the study requirements over a period of about 2 years.

Call HABIT at **412-647-5370**



## *Who can participate?*

- ☞ Pregnant women who are:
  - More than 14 years old
  - Less than 16 weeks pregnant
  - Expecting one baby

## *How does it work?*

- ☞ All women will meet with the study team 4 times:
  - Early in pregnancy
  - End of pregnancy
  - 6 months postpartum
  - 12 Months postpartum
- ☞ Women may receive intervention or a newsletter about health during pregnancy.
- ☞ Women may receive intervention or a newsletter about health during the postpartum period.
- ☞ Intervention involves meeting with us and weekly phone calls and text messages.
- ☞ All women will be compensated for research study visits. Women may earn up to \$250.

## *Are you interested?*

Give us a call at **412-647-5370**,  
text us at **412-463-0094**, or  
e-mail us at **habit@upmc.edu**.

**www.phab.pitt.edu**