

Bristol Gut Study

Participate and be in with the chance of winning 25 pounds.

We are recruiting participants for a novel investigation into the relationship between gut health and mood/sleep, with the hope of identifying the impact gut health has on mental health. The literature is overwhelmingly in support of mood and sleep affecting gut health, but there is a lack of studies in humans considering the impact of gut health on mood/sleep.

If you self-identify as having a temperamental gut then you are eligible to take part in this experiment. It involves completing a daily 3-minute survey for two weeks, and subsequently you will be entered into a prize draw in which 4 participants will win £25.

If you are interested in taking part in the study then go to bristolgutstudy.ucraft.net

You can read a bit more about the study here, as well as being provided with a link for the study's first day.

Additionally, if you have any questions about the study then direct them towards David Thorne, the Neuropsychology MSc student who is completing this study as his University of Bristol disseration at bx18326@bristol.ac.uk