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Gamified working memory training in overweight individuals reduces food intake but not body weight

Fania C.M. Dassen, Katrijn Houben, Gerard J.P. Van Breukelen, Anita Jansen

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| 6 7 | Fania C.M. Dassen ¹ , Katrijn Houben ¹ , Gerard J.P. Van Breukelen ² , & Anita Jansen ¹ |
| 8 | ¹ Department of Clinical Psychological Science |
| 9 | Faculty of Psychology and Neuroscience; Maastricht University |
| 10 | ² Department of Methodology and Statistics |
| 11 | Faculty of Psychology and Neuroscience & CAPHRI Care and Public Health Research Institute; Maastricht |
| 12 | University |
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| 25 | Correspondence may be sent to: Fania Dassen, Department of Clinical Psychological Science, Facult |

of Psychology and Neuroscience, Maastricht University, P.O. BOX 616, 6200 MD Maastricht, The

 $Netherlands.\ Email:\ f. dassen@maastrichtuniversity.nl$

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