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Qualitative analysis of the role of self-weighing as a strategy of weight control for weight-loss maintainers in comparison with a normal, stable weight group

Isabelle Carrard, Maaike Kruseman

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- 4 Isabelle Carrard¹
- 5 Maaike Kruseman¹
- ⁶ ¹Department of Nutrition and Dietetics, School of Health Sciences, University of Applied
- 7 Sciences and Arts Western Switzerland (HES-SO) Geneva
- 8 Rue des Caroubiers 25, 1227 Carouge, Switzerland
- 9 isabelle.carrard@hesge.ch
- 10 maaike.kruseman@hesge.ch
- 11
- 12
- 13
- 14
- 15 Corresponding author:
- 16 Isabelle Carrard
- 17 Department of Nutrition and Dietetics
- 18 HEdS HES-SO Geneva
- 19 Rue des Caroubiers 25
- 20 1227 Carouge
- 21 Switzerland
- 22 Isabelle.carrard@hesge.ch
- 23

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