Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The "Healthy Worker" Programme to Improve Dietary Intake, Physical Activity and Quality of Working Life among Klang Valley Office Workers: a quasi-experimental study

Protocol summary

Summary

Aim of study: To determine if the Healthy Worker Programme can reduce weight and body mass index and improve physical activity, dietary intake and quality of working life. Study design: quasi-experimental (one worksite with programme, one worksite without) Target population: overweight and obese workers Inclusion criteria: Employees with body mass index of ≥23.0 kg/m2 are invited to participate. Exclusion criteria: pregnancy, medical conditions which precludes moderate exercise and affects walking (eg. severe osteoarthritis of knee, unstable angina, uncontrolled high blood pressure, acute injury to lower limbs), cease working at study site, unwilling to participate. Intervention: The six month 'Healthy Worker Programme' complex intervention, based on Socio-Ecological Model, to improve physical activity and dietary intake. Intervention at organisational, inter- and intra-individual levels. Includes monthly motivation, telephone counselling, health poster displays, healthier foods at cafeteria, colleague support. Controls receive health talks and pamphlets. Follow up: Assessments at baseline, third month (mid-programme) and sixth month (programme end). Assessment for sustainability of changes at three months after programme ends (ninth month). Measurements: Primary outcomes: weight and body mass index Secondary outcomes: i) Physical activity will be measured in mean steps per day (with use of pedometer) and using Malay short version International Physical Activity Questionnaire (IPAQ) ii) Dietary intake will be measured using 3-day dietary record. Mean daily energy intake, macro- and micronutrients will be assessed with NutritionistPro software by nutritionist. iii) Quality of working life with Malay validated Work-Related Quality of Life Scale 2.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015010620591N1**
Registration date: **2015-02-05, 1393/11/16**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2015-02-05, 1393/11/16

Registrant information

Name
Nur Suffia Sulaiman
Name of organization / entity
Institute for Medical Research
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Malaysia
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Recruitment status

Recruitment complete

Funding source

Postgraduate Research Fund, University of Malaya, Kuala Lumpur, Malaysia.

Expected recruitment start date

2015-02-20, 1393/12/01

Expected recruitment end date

2015-02-20, 1393/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The "Healthy Worker" Programme to Improve Dietary Intake, Physical Activity and Quality of Working Life among Klang Valley Office Workers: a quasi-experimental study

Public title
The Healthy Worker Programme
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: Employees with a body mass index of ≥23.0 kg/m2 will be invited to participate in the study. Exclusion criteria: pregnancy, medical conditions which precludes moderate exercise and affects walking (eg. severe osteoarthritis of the knee, unstable angina, uncontrolled very high blood pressure, acute injury to lower limbs), cease to work at study site and unwilling to participate.
Age
From **21 years** old to **58 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **256**
Randomization (investigator's opinion)
Not randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
quasi-experimental

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Medical Ethics Committee of University Malaya Medical Centre, Kuala Lumpur
Street address
University Malaya Medical Centre
City
Kuala Lumpur
Postal code
59100
Approval date
2011-06-29, 1390/04/08
Ethics committee reference number
860.4

Health conditions studied

1

Description of health condition studied
obesity
ICD-10 code
E66.0
ICD-10 code description
Obesity due to excess calories

Primary outcomes

1

Description
weight
Timepoint
baseline, 3rd,6th and 9th month
Method of measurement
digital weighing scale (kilograms)

2

Description
body mass index (used for sample calculation)
Timepoint
baseline, 3rd,6th and 9th month
Method of measurement
weighing scale and stadiometer (kg/m2)

Secondary outcomes

1

Description
physical activity
Timepoint
baseline, 3rd,6th and 9th month
Method of measurement
pedometer (steps/day) & International Physical Activity Questionnaire (MET-mins/week)

2

Description
Dietary intake
Timepoint
baseline, 6th and 9th month
Method of measurement
calorie analysis, macro- and micronutrient dietary analysis

3

Description

quality of working life

Timepoint

baseline, 3rd,6th and 9th month

Method of measurement

Malay validated Work-Related Quality of Life Scale-2

Intervention groups

1

Description

Controls: Health talks, pamphlets

Category

N/A

2

Description

Intervention:Healthy Worker Programme: physical activity & healthy diet intervention, health poster displays, healthy food at cafeteria, prize-giving for weight loss and increased steps per day, monthly motivation through office mail, telephone counselling.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Institute Tadbiran Awam Negara

Full name of responsible person

Dr Nur Suffia Sulaiman

Street address

Jalan Bukit Kiara

City

Kuala Lumpur

2

Recruitment center

Name of recruitment center

Jabatan Pendaftaran Negara

Full name of responsible person

Dr Nur Suffia Sulaiman

Street address

20, Persiaran Perdana, Presint 2

City

Putrajaya

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Postgraduate Research Fund, University of Malaya

Full name of responsible person

Muhammad Firdaus Zainalabidin

Street address

University of Malaya

City

Kuala Lumpur

Grant name

Grant code / Reference number

PV095-2011A

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Postgraduate Research Fund, University of Malaya

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Institute for Medical Research

Full name of responsible person

Dr Nur Suffia Sulaiman

Position

Medical Officer

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty