

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 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  $\geq 23.0$  kg/m<sup>2</sup> 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

##### Country

Malaysia

##### Phone

60-3-26162733

##### Email address

nursuffia@imr.gov.my

##### 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  $\geq 23.0$  kg/m<sup>2</sup> 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/m<sup>2</sup>)

**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

**Other areas of specialty/work**

**Street address**

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Institute for Medical Research

**Full name of responsible person**

Dr Nur Suffia Sulaiman

**Position**

Medical Officer

**Other areas of specialty/work****Street address**

Jalan Pahang

**City**

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**Province**

Wilayah Persekutuan

**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*