

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

22 Jul 2026

### KidChen Study: Randomized-controlled trial of experiential healthy meal preparation among children in improving nutritional outcomes

#### Protocol summary

##### Study aim

To evaluate the effectiveness of a hands-on healthy meal preparation intervention on changes of psychosocial factors, home food environment and anthropometric measures among children

##### Design

Parallel, single-blind, school-based randomized-controlled trial with target sample size of 96 children.

##### Settings and conduct

Study will be conducted in schools in Kuala Lumpur, Malaysia. Stratified random sampling will be used in which one out of the total of three zones in Kuala Lumpur, Malaysia will be randomly selected. Then simple random sampling will be used whereby two primary schools will be randomly selected from the randomly selected zone. Both schools will then be randomly assigned to either intervention or control group. Finally, we will randomly select 48 children from each school. Participants will not know if there are in the intervention or control group.

##### Participants/Inclusion and exclusion criteria

Inclusion: Malaysian children aged 9-11  
Exclusion: Children with any co-morbidity/learning disabilities  
Children with food allergies (eg: wheat/gluten, dairy, or peanuts)

##### Intervention groups

Hands-on healthy meal preparation focusing on various food groups

##### Main outcome variables

Knowledge, attitude, practice and self-efficacy of healthy meal preparation. Home food availability.  
Anthropometric measures (BMI z-score, waist circumference, body fat %).

#### General information

##### Reason for update

##### Acronym

KidChen (Kids in Kitchen)

#### IRCT registration information

IRCT registration number: **IRCT20190626044024N1**

Registration date: **2019-08-05, 1398/05/14**

Registration timing: **prospective**

Last update: **2019-08-05, 1398/05/14**

Update count: **0**

##### Registration date

2019-08-05, 1398/05/14

#### Registrant information

##### Name

Choon Ming Ng

##### Name of organization / entity

UCSI University

##### Country

Malaysia

##### Phone

+60 3-9101 8882

##### Email address

ngchoonming23@gmail.com

#### Recruitment status

**Recruitment complete**

#### Funding source

#### Expected recruitment start date

2019-08-26, 1398/06/04

#### Expected recruitment end date

2019-09-02, 1398/06/11

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

KidChen Study: Randomized-controlled trial of experiential healthy meal preparation among children in improving nutritional outcomes

**Public title**

Hands-on healthy meal preparation in improving children's nutritional outcomes

**Purpose**

Education/Guidance

**Inclusion/Exclusion criteria****Inclusion criteria:**

Malaysian children aged 9-11. Able to read, write and understand English/Malay language. Children that voluntarily participate, with their parent's consent.

**Exclusion criteria:**

Children with food allergies (eg: wheat/gluten, dairy, or peanuts) Children with any serious co-morbidity/learning disabilities

**Age**

From **10 years** old to **11 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Participant

**Sample size**

Target sample size: **96**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Stratified random sampling will be used in which one out of the total of three zones in Kuala Lumpur, Malaysia will be randomly selected. Then simple random sampling will be used whereby two primary schools will be randomly selected from the randomly selected zone. Both schools will then be randomly assigned to either intervention or control group. Finally, we will randomly select 48 children from each school. For randomization, we will use the Research Randomizer.

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

Participants will be blinded in the study. Children will not know whether they are in intervention or control group.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Medical Research and Ethics Committee (MREC),  
Malaysia

**Street address**

Kompleks Institut Kesihatan Negara Blok A, No 1,  
Jalan Setia Murni U13/52, Seksyen U13, Bandar Setia  
Alam, 40170 Shah Alam, Selangor.

**City**

Selangor

**Postal code**

40170

**Approval date**

2018-05-04, 1397/02/14

**Ethics committee reference number**

NMRR-18-725-41268, KKM/NIHSEC/P18-815 (11)

**Health conditions studied****1****Description of health condition studied**

Knowledge, attitude, practice and self-efficacy for healthy meal preparation, food consumption pattern and body composition

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

Knowledge, attitude, practice and self-efficacy for healthy meal preparation

**Timepoint**

2 weeks before intervention, 2 weeks after intervention and a 3-month follow-up

**Method of measurement**

Reliable and valid questionnaire

**2****Description**

Food consumption pattern

**Timepoint**

2 weeks before intervention, 2 weeks after intervention and a 3-month follow-up

**Method of measurement**

Reliable and validated questionnaire

**3****Description**

Home food availability

**Timepoint**

2 weeks before intervention, 2 weeks after intervention and a 3-month follow-up

**Method of measurement**

Reliable and valid questionnaire

**4****Description**

Body composition

**Timepoint**

2 weeks before intervention, 2 weeks after intervention

and a 3-month follow-up

**Method of measurement**

BMI z-score: Tanita SC-330 for weight and stadiometer  
Seca 203 for height; waist circumference: measuring  
tape; body fat percent: Tanita SC-330

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Intervention group:

**Category**

Lifestyle

**2****Description**

Control group:

**Category**

N/A

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Primary school selected

**Full name of responsible person**

Ng Choon Ming

**Street address**

1, Jalan Puncak Menara Gading, Taman Connaught,  
56000 Kuala Lumpur, Wilayah Persekutuan Kuala  
Lumpur

**City**

Kuala Lumpur

**Postal code**

56000

**Phone**

+60 3-9101 8880

**Fax****Email**

ngchoonming23@gmail.com

**Web page address****Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

UCSI University

**Full name of responsible person**

Satvinder Kaur

**Street address**

1, Jalan Puncak Menara Gading, Taman Connaught,  
56000 Kuala Lumpur, Wilayah Persekutuan Kuala

Lumpur

**City**

Kuala Lumpur

**Postal code**

56000

**Phone**

+60 3-9101 8880

**Email**

satvinderkaur@ucsiuniversity.edu.my

**Grant name**

Centre of Excellence for Research, Value Innovation and  
Entrepreneurship

**Grant code / Reference number**

Proj-In-FAS-058

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

Yes

**Title of funding source**

UCSI University

**Proportion provided by this source**

100

**Public or private sector**

Private

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

empty

**Country of origin****Type of organization providing the funding**

Academic

**Person responsible for general inquiries****Contact****Name of organization / entity**

UCSI University

**Full name of responsible person**

Ng Choon Ming

**Position**

PhD Candidate

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nutrition

**Street address**

1, Jalan Puncak Menara Gading, Taman Connaught,  
56000 Kuala Lumpur, Wilayah Persekutuan Kuala  
Lumpur

**City**

Cheras, KL

**Province**

Kuala Lumpur

**Postal code**

56000

**Phone**

+60 10-362 7511

**Email**

ngchoonming23@gmail.com

**Person responsible for scientific**

## **inquiries**

### **Contact**

**Name of organization / entity**

UCSI University

**Full name of responsible person**

Satvinder Kaur

**Position**

Assistant Professor Dr.

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nutrition

**Street address**

1, Jalan Puncak Menara Gading, Taman Connaught,  
56000 Kuala Lumpur, Wilayah Persekutuan Kuala  
Lumpur

**City**

Kuala Lumpur

**Province**

Kuala Lumpur

**Postal code**

56000

**Phone**

+60 16-202 9941

**Fax**

**Email**

satvinderkaur@ucsiuniversity.edu.my

## **Person responsible for updating data**

### **Contact**

**Name of organization / entity**

UCSI University

**Full name of responsible person**

Ng Choon Ming

**Position**

Postgraduate student, PhD Candidate

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nutrition

**Street address**

29 Jln Bkt Beruang Utama 4, Tmn Bkt Beruang Utama,  
75450 Melaka

**City**

Melaka

**Province**

Malaysia

**Postal code**

75450

**Phone**

+60 10-362 7511

**Fax**

**Email**

ngchoonming23@gmail.com

## **Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to  
make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to  
make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to  
make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to  
make this available

**Clinical Study Report**

Not applicable

**Analytic Code**

Not applicable

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to  
make this available