

PHASE 2 RESEARCH INFORMATION SHEET

Research title:

The effectiveness of MyMind and SLIMSHAPE 2.0 intervention program in improving health, wellness, and work productivity among the staff of Universiti Kebangsaan Malaysia

Introduction:

Obesity is associated with many chronic diseases, including diabetes, cancer, and heart disease. This is said to be associated with the increasingly inactive modern lifestyle and unhealthy dietary practices. Since most workers spend at least 8 hours per day at work, workplaces that provide facilities for employees to practice a healthy lifestyle may help reduce the number of people with overweight and obesity. Therefore, it is intended that this program will educate participants on leading healthy lifestyles and assist them in losing weight.

Study Participation:

Eligible participants will be assigned randomly into three groups:

1. Group 1: Routine health care at the UKM Health Centre
2. Group 2: MyMind
3. Group 3: SLIMSHAPE 2.0

Group 1:

Participants will receive counseling on diet and exercise related to weight management by Medical Officers at the UKM Health Center, Bangi through appointment at the clinic and the provision of printed materials within 12 weeks.

Group 2:

Participants will receive the intervention of the MyMind Program which will introduce the practice of mindfulness, flow at work, and spirituality. Participants will be taught face-to-face in four series of workshops to introduce concepts, activities, exercises, and the use of the MyMind application. An annual calendar will also be provided to help with activities for the 12 weeks. Each suggested activity has a duration of between 5 and 30 minutes. The researcher will meet with the participants in the 12th week and the 9th month to obtain data and participants' opinions on the MyMind Program.

Group 3:

Participants will receive a weight loss intervention program through seminars, interactive activities, and exercises using the SLIMSHAPE 2.0 module for 12 weeks.

Participants in all groups will undergo blood tests, measurements of body weight, height, blood pressure, and dietary intake 3 times throughout the program. Participants are expected to participate in all planned activities.

Benefits of participating in this study

By participating in this study, the participants will learn about their health status through blood tests (blood cholesterol and glucose levels), blood pressure, body weight, body mass index, body fat percentage, calorie intake, stress level, and quality of life.

Risks of participating in this study

There is no risk in participating in this study because the activities carried out are monitored by researchers with backgrounds in medicine, dietetics, exercise physiology, and psychology.

Do I have to participate in this study?

Participation in this study is voluntary. If you agree to participate in this study, you will be asked to sign an "Informed Consent Form". You will be given a copy of the form and this Research Information Sheet.

If you choose to take part, you can still opt out of the study without any penalty. Your data will not be used and will be excluded. You may potentially be excluded from the study by the researchers for any reason. In this case, you won't be penalised or lose your privileges as a staff of the Universiti Kebangsaan Malaysia.

Confidential Data and Information

All data on participants and the outcomes of the study will be reported collectively without mentioning specific participant names. Consequently, the data and outcomes from each participant are kept confidential.

Fees and Compensation

Participants do not have to pay any fee and will not receive any payment to participate in this study.

Who can I ask about this study?

If you have any inquiries, you may ask directly to the research team as per the information below. You can also contact the UKM Ethics Committee for clarification.

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