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Health promotion program of eating habits among firefighters in Hong Kong

Submission date
08/04/2019

Recruitment status
No longer recruiting

Registration date
10/04/2019

Overall study status
Completed

Last Edited
09/07/2024

Condition category
Nutritional, Metabolic, Endocrine

[ ] Prospectively registered
[X] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Background and study aims
Firefighters' health is affected by the high prevalence rate of obesity and cardiovascular diseases, which also are the common risk factors of sudden cardiac death. The aim of this study is to enhance healthy eating among firefighters through healthy eating education programme.

Who can participate?
Current Hong Kong Fire Services Department male firefighters aged over 18 years.

What does the study involve?
This will be a randomized control trial study. Participants will be randomly assigned into either control (health promotion pamphlet) or intervention (health promotion pamphlet and education materials through WhatsApp) groups. Healthy eating knowledge was assessed by self-administrative questionnaire and anthropometric measurements were recorded at three different time points.

What are the possible benefits and risks of participating?
The possible benefits are: the findings of this study will be set as a foundation of a bigger research project, which can be lead to a longitudinal study to observe the sustainability of firefighters' healthy eating habit. There are no possible risks involved in this study.

Where is the study run from?
The Hong Kong Polytechnic University, Hong Kong.

When is the study starting and how long is it expected to run for?
September 2018 to October 2019

Who is funding the study?
Hong Kong Polytechnic University funded the project.

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
HSEARS20180527001-01

Study information

Scientific Title
A feasibility study of a WhatsApp-delivered transtheoretical model-based intervention to promote healthy eating knowledge and habits for firefighters in Hong Kong: A cluster randomized controlled trial

Acronym
HPPEHK

Study objectives
Using the combination of WhatsApp and pamphlets is better than pamphlets alone in promoting healthy eating habit.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 13/08/2018, Human Subjects Ethics Sub-committee (HSESC) of the Hong Kong Polytechnic University (Room Z404, 4/F, Block Z, The Hong Kong Polytechnic University, Hung Hom, Kowloon, Hong Kong; cherrie.mok@polyu.edu.hk; 852 2766 6378), ref: HSEARS20180527001-01

Study design
Two-armed pre-post test clustered randomized control trial feasibility study

Primary study design
Interventional

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Obesity and cardiovascular diseases

Interventions
All participants are the firefighting teams' member of the Hong Kong Fire Services Department (HKFSD) and they come from more than one fire stations, which located in different districts in Hong Kong. Each fire station may consist of more than one firefighting teams. Each fire station will be treated as individual cluster and randomly assigned into either intervention or control groups using computer generated random numbers.
Participants in the control group will receive the stage-based promotion pamphlet at the baseline; whereas the participants in intervention group will receive both stage-based promotion pamphlet (same as the control group) and baseline stage-matched teaching material every two weeks by WhatsApp. Data includes anthropometric measurements (such as body height, body weight, waist circumference, hip circumference), demographic information (such as age, education level, marital status), working characteristics, eating habits, perception on healthy eating promotion programme, stage of change, decisional balance and self-efficacy. Anthropometric measurements will be recorded by a well-trained researcher using same set of measuring instruments throughout the measuring process. Other data will be collected using self-administrative questionnaire. Data will be collected in either University laboratory or fire stations at three different time points: T0 (Baseline), T1 (three months after the completion of 8-week intervention), and T2 (three months after T1).

Firefighters' characteristics and their eating habit are collected at three time points: baseline, T0, 3-months after the completion of 8-weeks intervention, T1 and 3-months after T1, T2. The effects of health promotional program on firefighters' eating habit and health knowledge will be assessed by comparing the outcomes within individual groups at different time points. Furthermore, comparison between intervention (WhatsApp and pamphlets) and control (pamphlets) groups will also conducted.

Intervention Type
Other

Primary outcome(s)
Eating habit will be assessed using self-administrative questionnaire, which developed on the basis of the Promoting Healthy Lifestyles: Alternative Models' Effects (PHLAME). Data will be collected at three timepoints: baseline, T0, 3-months after the 8-weeks intervention, T1 and three months after T1, T2.

Key secondary outcome(s))
1. Anthropometric measurements (body height, body weight, waist circumference, hip circumference) measured by the researcher at three timepoints (baseline, T0, 3-months after the 8-weeks intervention, T1 and three months after T1, T2) using reliable instruments
2. Demographic information (age, education level, marital status) at baseline

Completion date

29/02/2020

Eligibility

Key inclusion criteria
1. Male
2. Aged 18 years or older;
3. Currently working for the HKFSD as firefighters
4. Own a smart phone, which able to access internet

Participant type(s)
Healthy volunteer

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
Male

Total final enrolment
48

Key exclusion criteria
None

Date of first enrolment
01/09/2018

Date of final enrolment
31/05/2019

Locations

Countries of recruitment
Hong Kong

Study participating centre
The Hong Kong Polytechnic University
Hung Hom
Kowloon

Hong Kong
Hong Kong
852

Study participating centre
Hong Kong Fire Services Department Staffs General Association
Flat A, 2/F, Cheng Hong Building.
47-57 Temple Street
Yaumatei
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Sponsor information

Organisation
Hong Kong Polytechnic University

ROR
https://ror.org/0030zas98

Funder(s)

Funder type
University/education

Funder Name
Hong Kong Polytechnic University

Alternative Name(s)
The Hong Kong Polytechnic University, , Hong Kong PolyU, Government Trade School, Hong Kong Technical College, Hong Kong Polytechnic, , , Hēunggóng Léihgūng Daaihhohk, PolyU, HKPU

Funding Body Type
Government organisation

Funding Body Subtype
Universities (academic only)

Location

Hong Kong

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated and/or analysed during the current study will be published as a supplement to the results publication

IPD sharing plan summary

Published as a supplement to the results publication

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		01/06/2021	31/10/2022	Yes	No
Protocol article	protocol	12/06/2020	15/06/2020	Yes	No
Participant information sheet			09/07/2024	No	Yes