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 they 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 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

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

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**Sponsors / Funding sources**

1.
**Sponsor**
**Name of organization / entity**
UCSI University

**Full name of responsible person**
Satvinder Kaur

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**Person responsible for general inquiries**

**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

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