**Table 4.1: Characteristics of participants at baseline**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Characteristics | | Intervention Group  Frequency (%) | Control Group  Frequency (%) | X2  (df) | p value |
| Age (years) | <30 |  |  |  |  |
| 30 - 40 |  |  |  |  |
| 41 - 50 |  |  |  |  |
| 51 - 60 |  |  |  |  |
| >61 |  |  |  |  |
|  |  |  |  |  |  |
| Gender | Male |  |  |  |  |
| Female |  |  |  |  |
|  |  |  |  |  |  |
| Ethnicity | Malay |  |  |  |  |
| Chinese |  |  |  |  |
| Indian |  |  |  |  |
| Others |  |  |  |  |
|  |  |  |  |  |  |
| Marital status | Single |  |  |  |  |
| Married |  |  |  |  |
| Widower |  |  |  |  |
|  |  |  |  |  |  |
| Highest education level | Secondary |  |  |  |  |
| Tertiary |  |  |  |  |
|  |  |  |  |  |  |
| Monthly household income (MYR) | < RM 3000 |  |  |  |  |
| ≥ RM 3000 |  |  |  |  |
|  |  |  |  |  |  |
| Residence | Urban |  |  |  |  |
| Rural |  |  |  |  |
|  |  |  |  |  |  |
| Smoking status | Yes |  |  |  |  |
| No |  |  |  |  |
|  |  |  |  |  |  |
| Alcohol Consumption | Yes |  |  |  |  |
| No |  |  |  |  |
|  |  |  |  |  |  |
| Sleep  (Hours of sleep per night) | 2 |  |  |  |  |
| 2-4 |  |  |  |  |
|  | 5-7 |  |  |  |  |
|  | >8 |  |  |  |  |
|  |  |  |  |  |  |
| Exercise  (Hours of exercise per week) |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |  |
| Length of Service |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |  |
| Working hours duration |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Shift Work | Yes |  |  |  |  |
|  | No |  |  |  |  |

**4.2.2 Response Rate**

**Table 4.2 Characteristics of respondents and non-respondents during study**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Participants | | | | Non-Participants/ Drop outs | | | |
| Characteristics | | Intervention Group  n (%) | Control Group  n (%) | *X*2  (df) | p value | Intervention Group  n (%) | Control Group  n (%) | *X*2  (df) | p value |
| Age (years) | <30 |  |  |  |  |  |  |  |  |
| 30 - 40 |  |  |  |  |  |  |  |  |
| 41 - 50 |  |  |  |  |  |  |  |  |
| 51 - 60 |  |  |  |  |  |  |  |  |
| >61 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Gender | Male |  |  |  |  |  |  |  |  |
| Female |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Ethnicity | Malay |  |  |  |  |  |  |  |  |
| Chinese |  |  |  |  |  |  |  |  |
| Indian |  |  |  |  |  |  |  |  |
| Others |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Marital status | Single |  |  |  |  |  |  |  |  |
| Married |  |  |  |  |  |  |  |  |
| Widower |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Highest education level | Secondary |  |  |  |  |  |  |  |  |
| Tertiary |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Monthly household income (MYR) | < RM 3000 |  |  |  |  |  |  |  |  |
| ≥ RM 3000 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Residence | Urban |  |  |  |  |  |  |  |  |
| Rural |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Smoking status | Yes |  |  |  |  |  |  |  |  |
| No |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Alcohol Consumption | Yes |  |  |  |  |  |  |  |  |
| No |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Sleep  (Hours of sleep per night) | 2 |  |  |  |  |  |  |  |  |
| 2-4 |  |  |  |  |  |  |  |  |
|  | 5-7 |  |  |  |  |  |  |  |  |
|  | >8 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Exercise  (Hours of exercise per week) |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Current Employment Status | Permanent |  |  |  |  |  |  |  |  |
| Temporary |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Length of Service |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Working hours duration |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Shift Work | Yes |  |  |  |  |  |  |  |  |
|  | No |  |  |  |  |  |  |  |  |