65 primary schools invited to participate

16 schools applied and assessed for eligibility

6 schools met the selection criteria

4 schools participated in the trial

165 students randomly assigned

80 allocated to intervention group
57 received allocated intervention
23 did not received allocated intervention
(withdrew before project commencement)

Baseline (T0)
57 anthropometric assessment
55 behaviour change survey

12-wk Intervention programme

43 assessed at 4 months (T1)
4 drop-outs (timetable crash)
10 unable to attend the follow up
43 anthropometric assessment
43 behaviour change survey

Analysis for program immediate effectiveness
57 Intention-to-treat analysis
43 Completer analysis

4-month maintenance period

51 assessed at 8 months (T2)
2 unable to attend the follow up
51 anthropometric assessment
51 behaviour change survey

Analysis for program sustainability (n=41)

85 allocated to wait-listed control group
49 received allocated intervention
36 did not received allocated intervention
(withdrew before project commencement)

Baseline (T0)
49 anthropometric assessment
48 behaviour change survey

12-wk Observation

41 assessed at 4 months (T1)
2 drop-outs (did not want to participate further)
6 unable to attend the follow up
40 anthropometric assessment
30 behaviour change survey

Analysis for program immediate effectiveness
49 Intention-to-treat analysis
40 Completer analysis

Randomisation stops

12-wk Intervention programme

45 assessed at 8 months (T2)
1 drop-outs (timetable crash)
1 unable to attend the follow up
45 anthropometric assessment
45 behaviour change survey

Analysis for program sustainability (n=41)