

A02 A web-based intervention programme for preschool child-parent dyads: Usability testing study

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The objective of this pilot study was to examine the usability of the Interactive Malaysian Childhood Healthy Lifestyle (i-MaChEL) programme, a Web-based interactive website. The i-MaChEL is a multi-theory driven intervention, multi-mode of delivery, multi-setting, and multi-component, targeting both children and their parents, aiming to promote a healthy lifestyle practice. The i-MaChEL programme consists of 13 modules that focus on healthy eating, active physical activity, and sedentary behaviour. The Web-based interactive website of the i-MaChEL programme was carefully designed to be interactive and user friendly, consisting of infographics, reading materials, educational videos, and relevant pictures of a healthy lifestyle. The programme website also consists of online quizzes and interactive activities using Web 2.0 platforms. The parents were also provided with online individualised feedback to allow parents to provide feedback, comments, and recommendation to improve the intervention process of the i-MaChEL programme. The study participants included 42 parents of preschool children and ten multidisciplinary panels of experts. The questionnaires to assess the usability of the i-MaChEL website were adapted from the System Usability Scale (SUS). The SUS represents a simple ten-item instrument using a 5-point Likert scale. Descriptive analyses were used to assess the usability of the i-MaChEL Website. The findings of the study showed that 80.95% of the Web users agreed that the programme website was not complicated, user friendly, and not awkward to use. The programme website appeared satisfactory to users as determined by usability testing, especially related to the storyline, content, colour schemes, subtopic arrangement, and graphics. Results of this pilot test will inform further development and finalization of the i-MaChEL programme, which will be tested using a two-group cluster randomised controlled trial with the goal of reducing childhood obesity risk.