

Intervention Arm

Baseline data collection

Four weeks

Three intervention workshops over six weeks

Four weeks

First post-intervention data collection

Six months

Second post-intervention data collection

Control Arm

Baseline data collection

Distribution of print resources

14 weeks

First post-intervention data collection

Six months

Second post-intervention data collection

Intervention at whole workplace level

- Distribution of resources to all employees
- E-mailers
- Posters
- Cue cards
- Quizzes
- Exhibitions
- Talks