**Appendix B: Additional Results**

**B1. Sample demographics**

Table B1.1

Summary of sample demographics and work background.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Timer**  **(N = 69)** | **Commitment**  **(N = 59)** | **Control**  **(N = 67)** | **Overall**  **(N = 195)** |
| Age (mean) | 35.34 | 34.45 | 35.63 | 35.17 |
| **Gender** |  |  |  |  |
| Female | 49%  (34) | 56%  (33) | 60%  (40) | 55%  (107) |
| Male | 48%  (33) | 44%  (26) | 36%  (24) | 43%  (83) |
| Other/Missing | 2.9%  (2) | 0%  (0) | 5%  (3) | 3%  (5) |
| **Job type** |  |  |  |  |
| Chef/cook | 42%  (29) | 46%  (27) | 46%  (31) | 45%  (87) |
| Kitchen porter | 7%  (5) | 2%  (1) | 4%  (3) | 5%  (9) |
| Other | 51%  (35) | 53%  (31) | 49%  (33) | 51%  (99) |
| **Industry type** |  |  |  |  |
| Restaurant, café,  takeaway | 64%  (44) | 59%  (35) | 55%  (37) | 60%  (116) |
| Catering | 12%  (8) | 19%  (11) | 12%  (8) | 14%  (27) |
| Food stall | 1%  (1) | 0%  (0) | 3%  (2) | 2%  (3) |
| Nursey, school, care home | 6%  (4) | 2%  (1) | 10%  (7) | 6%  (12) |
| Distance selling | 3%  (2) | 0%  (0) | 3%  (2) | 2%  (4) |
| Something else | 14%  (10) | 20%  (12) | 16%  (11) | 17%  (33) |
|  |  |  |  |  |

Note:Means presented for continuous variables (age), and % (n) for categorical variables (gender, job type, and industry type).

## B2. Post-trial survey responses

Table B2.1

Access to and use of hygiene facilities at work.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Timer**  **(N = 69)** | **Precommitment**  **(N = 59)** | **Control**  **(N = 67)** | |
|  | %  (n) | | |
| *Which of the following does your place of work offer/use? Select all that apply.* | | | |
| Food hygiene training for new staff | 81%  (56) | 73%  (43) | 88%  (59) | |
| Food hygiene refresher training for existing staff | 73%  (50) | 48%  (28) | 69%  (46) | |
| Diaries recording food hygiene checks and incidents | 70%  (48) | 64%  (38) | 79%  (53) | |
| Safer food, better business information pack | 48%  (33) | 41%  (24) | 52%  (35) | |
| Information included in this pack displayed in premises, e.g., handwashing guidance | 83%  (57) | 71%  (42) | 87%  (58) | |
| Probes to check the temperature of food you are cooking, reheating or storing | 74%  (51) | 73%  (43) | 84%  (56) | |
| A change of apron to be used after working with raw food | 51%  (35) | 41%  (24) | 52%  (35) | |
| Disposable cloths for cleaning surfaces | 87%  (60) | 81%  (48) | 85%  (57) | |
| Clean catering workwear (e.g., jackets, hats) for use at each shift | 73%  (50) | 54%  (32) | 78%  (52) | |
| Liquid soap for handwashing | 99%  (68) | 93%  (55) | 94%  (63) | |
| Sealed and labelled containers for foods containing allergens | 80%  (55) | 83%  (49) | 85%  (57) | |
| Damaged utensils that are routinely used for food preparation and cooking | 12%  (8) | 19%  (11) | 12%  (8) | |
| None of these | 1%  (1) | 0%  (0) | 3%  (2) | |

Table B2.2

Access to additional hygiene facilities at work.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Timer**  **(N = 69)** | **Precommitment**  **(N = 59)** | **Control**  **(N = 67)** | |
|  | %  (n) | | |
| *Which of the following does your place of work have? Select all that apply.* | | | |
| A separate sink dedicated solely to washing vegetables and salads | 57%  (39) | 41%  (24) | 48%  (32) | |
| A separate sink dedicated solely to handwashing | 83%  (57) | 70%  (41) | 88%  (59) | |
| A separate bin just for food waste | 86%  (59) | 63%  (37) | 76%  (51) | |
| A separate place to prepare raw and cooked foods | 70%  (48) | 59%  (35) | 75%  (50) | |
| Brightly coloured waterproof dressings or plasters to cover cuts | 71%  (49) | 75%  (44) | 84%  (56) | |
| Separate chopping boards for raw and cooked foods | 81%  (56) | 80%  (47) | 91%  (61) | |
| Separate utensils for raw and cooked foods | 68%  (47) | 66%  (39) | 78%  (52) | |
| Separate utensils/equipment/area for allergens | 59%  (41) | 51%  (30) | 70%  (47) | |
| A sign encouraging people to wash their hands before working with food | 83%  (57) | 71%  (42) | 84%  (56) | |
| Fridge and Freezer temperature checks, i.e., are the temperatures monitored in the fridge and freezer? | 81%  (56) | 85%  (50) | 88%  (59) | |
| None of these | 1%  (1) | 2%  (1) | 2%  (1) | |

Table B2.3

Handwashing descriptive norm.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Timer**  **(N = 69)** | **Precommitment**  **(N = 59)** | **Control**  **(N = 67)** |
|  | %  (n) | | |
| *How frequently do your co-workers wash their hands after handling or touching meat at work?* | | | |
| Always | 65%  (45) | 66%  (39) | 64%  (43) |
| Often | 12%  (8) | 14%  (8) | 21%  (14) |
| Sometimes | 10%  (7) | 5%  (3) | 3%  (2) |
| Rarely | 0%  (0) | 2%  (1) | 2%  (1) |
| My co-workers never need to handle meat | 12%  (8) | 10%  (6) | 9%  (6) |
| Don’t know | 1%  (1) | 3%  (2) | 1%  (1) |

Table B2.4

Recall of precommitment statements about handwash prompts.

|  |  |
| --- | --- |
|  | **Precommitment**  **(N = 59)** |
|  | %  (n) |
| *When you completed your remote training before today’s session, you were asked to commit to doing several things and electronically sign your name.*    *Which two of the following did you to commit to doing?* | |
| **Washing my hands after touching raw meat** | **92%**  **(54)** |
| **Washing my hands before touching or handling any food** | **80%**  **(47)** |
| Washing my hands after disposing of or composting food waste | 7%  (4) |
| Washing my hands after cleaning | 9%  (5) |
| Washing my hands after using a mobile phone | 2%  (1) |
| Washing my hands after touching light switched or door handles | 2%  (1) |
| Can’t remember | 3%  (2) |

Note:The responses highlighted in bold represent the correct commitment statements.

Table B2.5

Recall of precommitment statements about handwash technique.

|  |  |
| --- | --- |
|  | **Precommitment**  **(N = 59)** |
|  | %  (n) |
| *When you completed your remote training before today’s session, you were asked to commit to doing several things and electronically sign your name.*    *And which three of the following did you commit to doing whenever you wash your hands?* | |
| **Using soap and wetting my hands under warm running water** | **63%**  **(37)** |
| **Washing the backs of my hands by rubbing against the other hand’s palm** | **61%**  **(36)** |
| Interlocking my fingers and rubbing between each finger thoroughly | 51%  (30) |
| Rubbing around the thumbs on each hand when washing my hands | 27%  (16) |
| **Washing my fingertips by rubbing against my other hand’s palm** | **58%**  **(34)** |
| Drying my hands thoroughly afterwards | 20%  (12) |
| Turning the tap off using a paper towel | 5%  (3) |
| Can’t remember | 3%  (2) |

Note:The responses highlighted in bold represent the correct commitment statements.

Table B2.6

Used the intervention in Timer treatment.

|  |  |
| --- | --- |
|  | **Timer**  **(N = 69)** |
|  | %  (n) |
| *Which of the following, if any, did you use to keep track of how long you spent washing your hands? Select all that apply.* | |
| The countdown timer attached to the sink | 46%  (32) |
| A clock or watch (including phone clocks) | 3%  (2) |
| Counting the seconds up from zero | 22%  (15) |
| Counting the seconds down from zero | 10%  (7) |
| Reciting a song (out loud or in your head) | 12%  (8) |
| Something else | 6%  (4) |
| I did not keep track | 9%  (6) |
| Missing | 9%  (6) |

Table B2.7

Mainly used the intervention in Timer treatment.

|  |  |
| --- | --- |
|  | **Timer**  **(N = 69)** |
|  | %  (n) |
| *Which of the following was* ***the main thing you used*** *to keep track of how long you spent washing your hands?* | |
| The countdown timer attached to the sink | 41%  (28) |
| A clock or watch (including phone clocks) | 1%  (1) |
| Counting the seconds up from zero | 17%  (12) |
| Counting the seconds down from zero | 7%  (5) |
| Reciting a song (out loud or in your head) | 9%  (6) |
| Something else | 3%  (2) |
| Don’t know | 4%  (3) |
| Missing | 17%  (12) |

Table B2.8

Reasons for not using intervention in Timer treatment.

|  |  |
| --- | --- |
|  | **Timer**  **(N = 69)** |
|  | %  (n) |
| *You said you didn’t use the timer device at the sink to keep track of how long you spent washing your hands. Why? Select all that apply.* | |
| I didn’t notice it | 22%  (15) |
| I wasn’t sure how to use it | 14%  (10) |
| It didn’t work | 1%  (1) |
| Something else | 3%  (2) |
| None of these reasons | 4%  (3) |
| Don’t know | 1%  (1) |
| Missing | 55%  (38) |

Table B2.9

Main reason for not using intervention in Timer treatment.

|  |  |
| --- | --- |
|  | **Timer**  **(N = 69)** |
|  | %  (n) |
| *What was* ***the main reason*** *you didn’t use the timer device at the sink to keep track of how long you spent washing your hands?* | |
| I didn’t notice it | 22%  (15) |
| I wasn’t sure how to use it | 12%  (8) |
| I did something else to keep track of how long I spent washing my hands | 3%  (2) |
| None of these reasons | 1%  (1) |
| Don’t know | 1%  (1) |
| Missing | 61%  (42) |

Table B2.10

Perceived task difficulty.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Timer**  **(N = 69)** | **Precommitment**  **(N = 59)** | **Control**  **(N = 67)** |
|  | % (n) | | |
| *How easy or difficult did you find completing today’s kitchen task?* | | | |
| Very easy | 54%  (37) | 52%  (31) | 51%  (34) |
| Somewhat easy | 30%  (21) | 29%  (17) | 31%  (21) |
| Neither easy nor difficult | 13%  (9) | 14%  (8) | 15%  (10) |
| Somewhat difficult | 3%  (2) | 5%  (3) | 3%  (2) |
| *What did you find* ***most difficult*** *about today’s kitchen task?* | | | |
| Following the recipe precisely | 9%  (6) | 17%  (10) | 18%  (12) |
| Completing the task quickly | 7%  (5) | 9%  (5) | 12%  (8) |
| Working in an unfamiliar kitchen | 25%  (17) | 20%  (12) | 18%  (12) |
| Something else | 6%  (4) | 2%  (1) | 2%  (1) |
| Missing | 54%  (37) | 53%  (31) | 51%  (34) |

## B3. Mean duration and soap use sensitivity analysis

Table B3.1

GLM regression for mean duration without ambiguous cases.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Mean duration**  No ambiguous cases | | |
| *Predictors* | *β* | *95% CI* | *p* |
| (Intercept) | 5.89 | 1.21 – 10.58 | **.014** |
| Timer | 1.92 | -0.003 – 3.83 | .050 |
| Precommitment | 2.39 | 0.37 – 4.41 | **.021** |
| Finished task: No | 5.25 | 1.00 – 9.49 | **.016** |
| Purpose correct: No | 0.69 | 0.01 – 1.36 | **.047** |
| Training score | -1.27 | -3.25 – 0.71 | .209 |
| *Table (baseline = C)* |  |  |  |
| A | 0.73 | -1.25 – 2.71 | .471 |
| B | -1.50 | -3.51 – 0.51 | .143 |
| *N = 187 (7 cases dropped due to missing data for one or more covariate(s)).* | | | |

Table B3.2

GLM regression for mean duration without ambiguous cases and without participants who did not use the timer intervention.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Mean duration**  No ambiguous cases and used timer intervention | | |
| *Predictors* | *β* | *95% CI* | *p* | |
| (Intercept) | 7.16 | 1.98 – 12.35 | **.007** | |
| Timer | 2.77 | 0.52 – 5.01 | **.016** | |
| Precommitment | 2.42 | 0.39 – 4.45 | **.019** | |
| Finished task: No | 3.96 | -0.67 – 8.58 | .093 | |
| Training score | 0.46 | -0.29 – 1.20 | .230 | |
| Purpose correct: No | -1.09 | -1.54 – 2.68 | .326 | |
| *Table (baseline = C)* |  |  |  | |
| A | 0.57 | -3.57 – 0.86 | .598 | |
| B | -1.35 | 25.09 – 38.99 | .231 | |
| *N = 158 (37 cases dropped due to missing data for one or more covariate(s)).* | | | |

Table B3.3

Logistic regression for the probability soap is used in every handwash attempt.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **% Soap used every time** | | |
| *Predictors* | *Exp(β)* | *95% CI* | *p* |
| (Intercept) | 1.85 | 0.36 – 9.46 | .459 |
| Timer | 0.63 | 0.32 – 1.26 | .191 |
| Precommitment | 1.16 | 0.56 – 2.40 | .691 |
| Purpose correct: No | 2.06 | 1.00 – 4.24 | **.049** |
| Training score | 0.84 | 0.66 – 1.08 | .170 |
| *N = 194 (1 case dropped due to missing data for one or more covariate(s)).* | | | |