**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)).* |