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Pre-Post Knowledge Assessment after exposure to a Dietary Module among People Living with Obesity (PLWO): A Pilot Study

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Introduction:
Knowledge is a critical element in behavioural modification in weight management. Effective delivery of this knowledge is key to achieving various weight-management outcomes. This study assesses the pre- and post-scores of people living with obesity (PLWO) from a primary care clinic after exposure to a dietary module designed for PLWO.

Methods:
30 patients attending a primary care clinic with a BMI >30 kg/m2 were recruited to attend a 1- hour session of the dietary module PowerPoint presentation. The module is divided into 3 subtopics: Healthy Balanced Diet, Strategies for Weight Loss, and Challenges to Weight Loss. Participants were instructed to complete a pre-post quiz in a single best answer format with a total of 21 questions: 7 questions corresponding to each subtopic. Both the dietary module and the pre-post quiz have undergone validation from experts and target participants in a previous study. Changes in participants' quiz scores before and after the module were assessed using a paired t-test, with statistical significance set at $p < 0.05$.

Results:
The majority of participants were in class 1 obesity (53.3%), aged 41-50 years (43.3%), and employed (73.3%). Gender distribution was similar between males and females, with balanced representation across education-level groups. There is a significant increase in post-quiz scores from 7.77 (SD 2.56) to 20.30 (SD 0.88) with $p<0.05$. Subgroup analyses showed that the magnitude of improvement differed significantly across education levels ($p=0.019$), with PLWO with diploma and secondary school group showing slightly larger gains.

Conclusion:
This pilot study demonstrated that exposure to the dietary module improved knowledge scores among all participants, regardless of educational level. This underscores the importance of the development stage of any educational module in ensuring that it achieves its intended objectives.