

## Appendix 1. Selected Literature List

1. Abdul Basir SM, Abdul Manaf Z, Mazri FH, Shahar S, Mat Ludin AF, Abdul Manaf MR. Description of a hybrid mindfulness-integrated multidisciplinary workplace weight management intervention module 'Mind-SLIMSHAPE' using the TIDieR checklist. *Nutrients*. 2022;14(15).  
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