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ABSTRACT BOOK

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PREGNANCY PHYSICAL ACTIVITY QUESTIONNAIRE: TRANSLATION, VALIDITY, AND RELIABILITY OF A MALAY VERSION (PPAQ-M) DURING COVID-19

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Introduction: Physical activity status among pregnant women in Malaysia remains unknown owing to the lack of valid and reliable instruments to assess physical activity during pregnancy. The study aimed to translate the Pregnancy Physical Activity Questionnaire (PPAQ) into Malay language and assess its validity and reliability among Malaysian pregnant women. **Methods:** All 36 items in the PPAQ were translated into Malay language (PPAQ-M) and validated by experts as per WHO's guidelines. The PPAQ-M was administered through an online platform (Google Form) from July until November 2021. Content validity indices (CVI) and test-retest reliability were assessed. Data were collected from 74 Malaysian pregnant women and only 25 correctly completed the questionnaire within a two-week interval. **Results:** The mean age of participants was 28.52 ± 4.25 years; 56% of them were in 2nd trimester (n=25), and almost half of them were employed. The item content validity index was good, ranging between 0.8-1.0. The Cronbach's alpha coefficient of the PPAQ-M was 0.832. The two-week ICC values for the type of activity subscales were highest for leisure/sports (0.683) and lowest for household (0.518). For the intensity of physical activity, subscales ranged from 0.133 (moderate) to 0.729 (sedentary). **Conclusion:** The PPAQ-M can be accepted as a reliable and valid instrument to assess physical activity among pregnant women in Malaysia. This will guide healthcare practitioners to identify the physical activity status of pregnant women across three trimesters, therefore, to prescribe individualized exercise and/or develop guidelines during pregnancy to improve overall maternal and foetal health.