



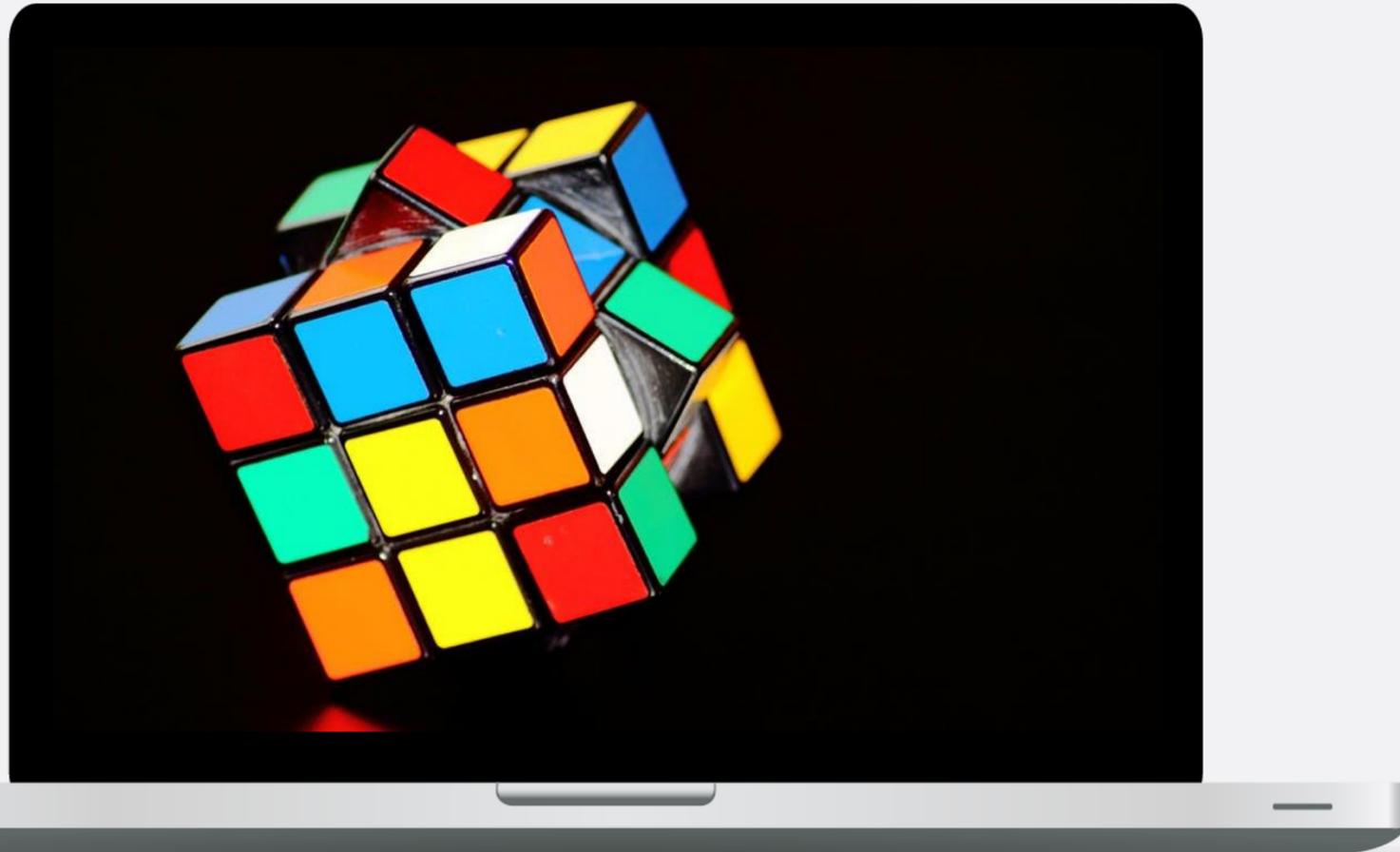
# **Psychological Treatment for Depression & Anxiety in Malaysia**



**Dr Jamilah Hanum Abdul Khaiyom**  
**Assistant Professor & Clinical Psychologist**  
**Department of Psychology**  
**Kulliyyah of Islamic Revealed Knowledge & Human Sciences**  
**International Islamic University Malaysia**

# Agenda

## *Psychological Treatment for Depression & Anxiety in Malaysia*



- ✓ What is **Depression & Anxiety?**
- ✓ **Psychological Treatment** for Depression & Anxiety in Malaysia
- ✓ **Available Resources** on the Treatment



# **Depression & Anxiety**



**Engagement**

### 01

#### Depression

- More than sadness
- Different from grief/bereavement

### 02

#### Depressive Disorder

- Common & serious medical illness
- Negatively affect feeling, thinking, and behavior
- Affect functioning

### 03

#### Major Depressive Disorder

- Feeling sad or having depressed mood
- Loss of interest or pleasure in activities once enjoyed

### 04

#### Other Depressive Disorders

- Disruptive Mood Dysregulation Disorder
- Persistent Depressive Disorder
- Premenstrual Dysphoric Disorder

# 01 Anxiety

More than:

- Stress
- Worry
- Fear

# 03 Panic Disorder

- Recurrent unexpected panic attacks
- Abrupt surge of intense fear/discomfort that reaches a peak within minutes

# 02 Anxiety Disorder

- Common & serious medical illness
- Negatively affect feeling, thinking, and behavior
- Affect functioning

# 04 Other Anxiety Disorders

- Separation Anxiety Disorder
- Selective Mutism
- Specific Phobia
- Social Anxiety Disorder
- Agoraphobia
- Generalized Anxiety Disorder

# Psychological Treatment for Depression & Anxiety in Malaysia



## A REVIEW OF DEPRESSION IN MALAYSIA

Fonny

<sup>1,2,3</sup>Department of Educational Psychology and  
Email: alynchan26@gmail.com; janicepolly@

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**Abstract:** Depression is a common but  
morbidity and burden. This paper p  
emphasises some important issues  
electronic databases, yielding a review  
treatments of depression, and its rese  
studies have started to focus on both  
impairment in functional well-being, c  
to psychological and psychoanalytic  
conducted concerning major depressi  
young people. Further exploration is u

**Keywords:** depression definition; de  
treatments; depression re

## Review Article

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Online: 28 Jun 2019

# Treatments for Anxiety Disorders in Malaysia

Jamilah Hanum ABDUL KHAIYOM<sup>1</sup>, Firdaus MUKHTAR<sup>2</sup>,  
Oei Tian Po<sup>3,4</sup>

<sup>1</sup> Department of Psychology, International Islamic University Malaysia,  
Gombak, Selangor, Malaysia

<sup>2</sup> Department of Psychiatry, Universiti Putra Malaysia, Serdang, Selangor,  
Malaysia

<sup>3</sup> School of Psychology and CBT Unit, Toowong Hospital, University of  
Queensland, Brisbane, St Lucia QLD, Australia

<sup>4</sup> Department of Psychology, James Cook University, 149 Sims Drive,  
Singapore

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## Abstract

This current study aims to systematically review the treatments for anxiety disorders in Malaysia. PsycINFO, MEDLINE databases, and 28 local journals were used to search published papers in this area. Eight articles were subjected to review after excluding 273 papers that did not meet the inclusion criteria. A total of 598 participants with various types of anxiety disorders were included in the review. Based on the findings, the combination of pharmacotherapy and psychotherapy provided better treatment outcomes if compared to psychotherapy or pharmacotherapy alone. The combination of selective serotonin reuptake inhibitors and cognitive behaviour therapy was considered as one of the most effective treatment to treat patients with anxiety disorders in Malaysia. This is in line with the clinical practice guidelines from the Ministry of Health Singapore and Canada. Even though there were some limitations in the methodology and reporting of the results, it can be concluded that efforts have been taken to conduct studies related to treatments for patients with anxiety disorders in Malaysia. Future studies are suggested to make conscious efforts to overcome these limitations.

**Keywords:** anxiety, intervention, therapy, systematic review, Malaysia

2014

sia

Malaysia, 50603 Kuala Lumpur.

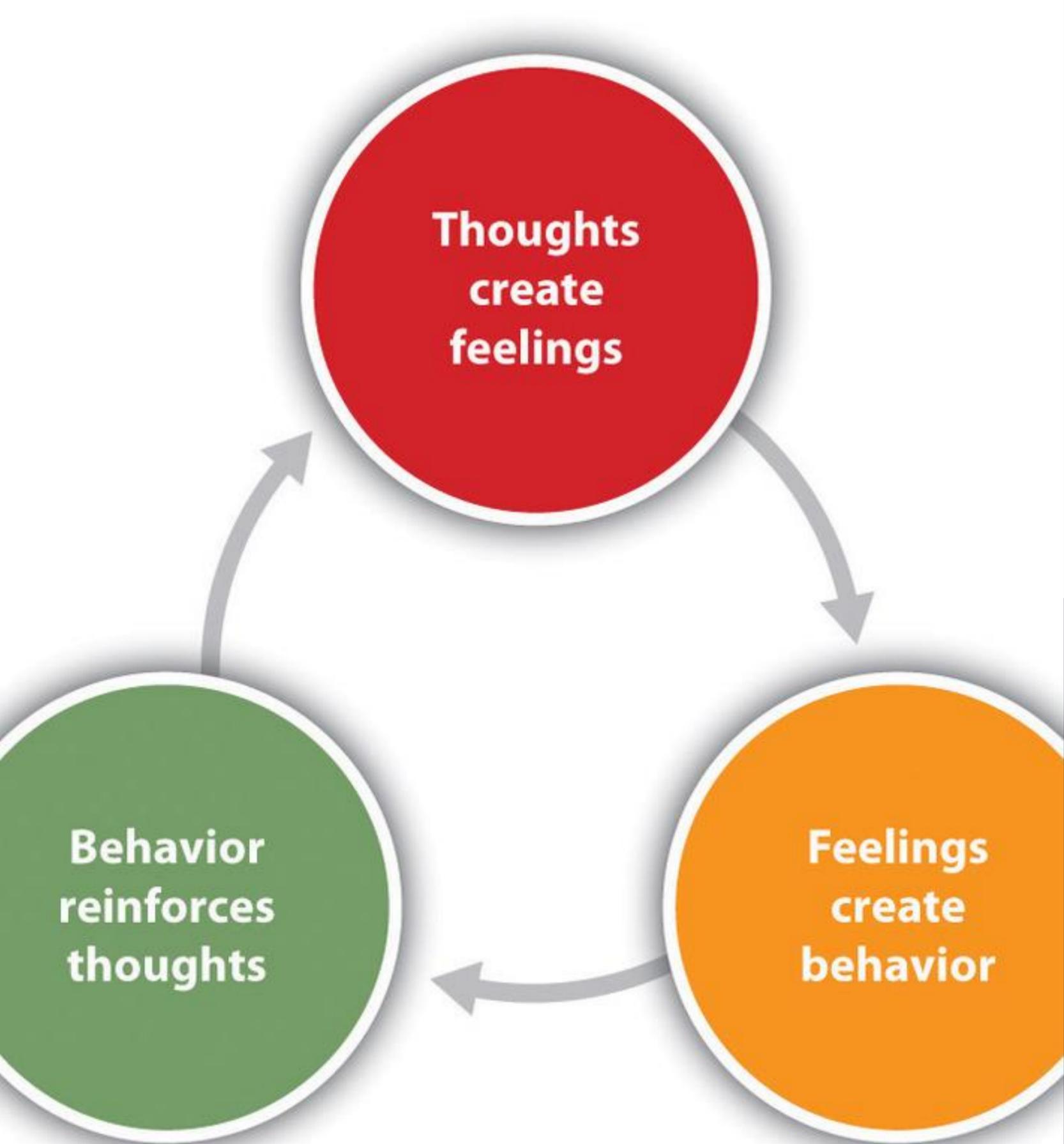
Depression is a leading cause of morbidity over the past decades. It is estimated that depression, will be among the major causes of disability by the year 2020 and the highest in high income countries<sup>3</sup>.

In Malaysia, national surveys were conducted in community by trained medical professionals every decade; and surveys found that mental health problems had increased from 6.6% in 1996 to 11.2% in 2006<sup>4,5</sup>. In the National Health Survey IV (NHMS IV) 2011 report, the prevalence of depression was 2.4% and current depression was only 1.1%. These figures were surprisingly low and could be related to reporting by the informants and the poor validity of the assessment tools. This survey also found that depression was more prevalent in urban areas, and among females, Indians, widowed, divorced and those with lower education<sup>6</sup>.

Due to its high prevalence and morbidity, depression has become a popular topic of research in Malaysia. Various studies have been conducted to look into the prevalence, risk factors, treatment options and outcome of depression in different regions in Malaysia.

In line with the review article by Firdaus and Tian, the prevalence of depression in Malaysia varied from 3.9 to 46%. Researchers advised caution about the interpretation of the prevalence of depression in these studies used depressive symptoms, while others used lifetime depression<sup>7</sup>. In addition, the use of different scales and involved different populations. Due to the extent of geographical variation, there were differences in ethnic composition, economic growth and cultural differences among different states in Malaysia. A study by Siti et al in Selangor, one of the most developed states in Malaysia, showed that the prevalence of depression was 11.2%. In the study, Patient Health Questionnaire 9 (PHQ-9) with a cut-off score of 10 or more was used to determine

# Cognitive Behavioral Therapy



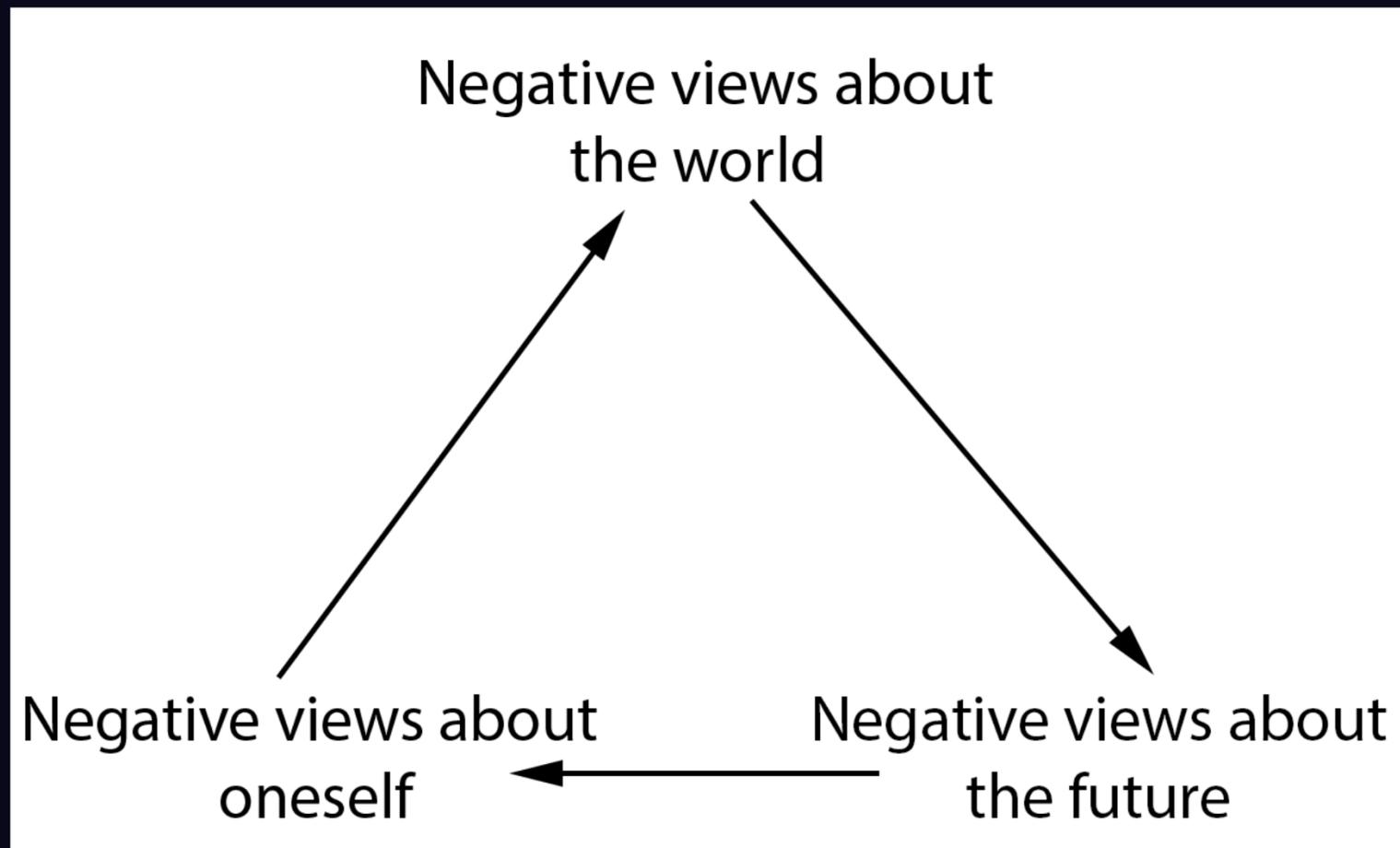
# 「Basic Premise」

THINK

FEEL

ACT

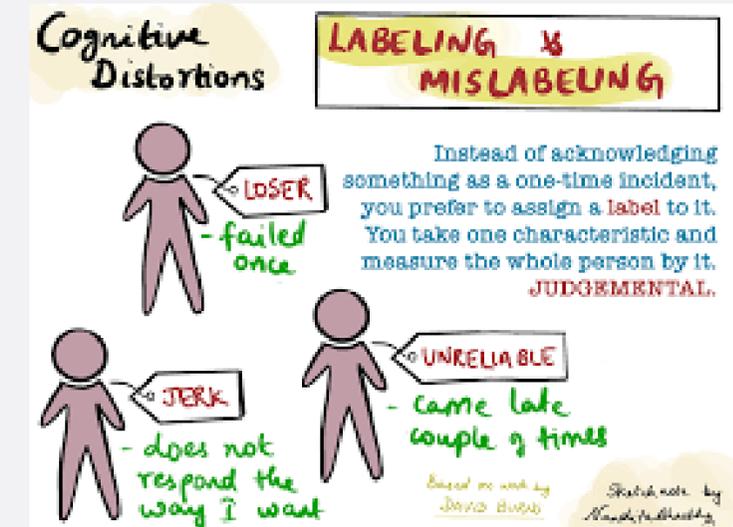
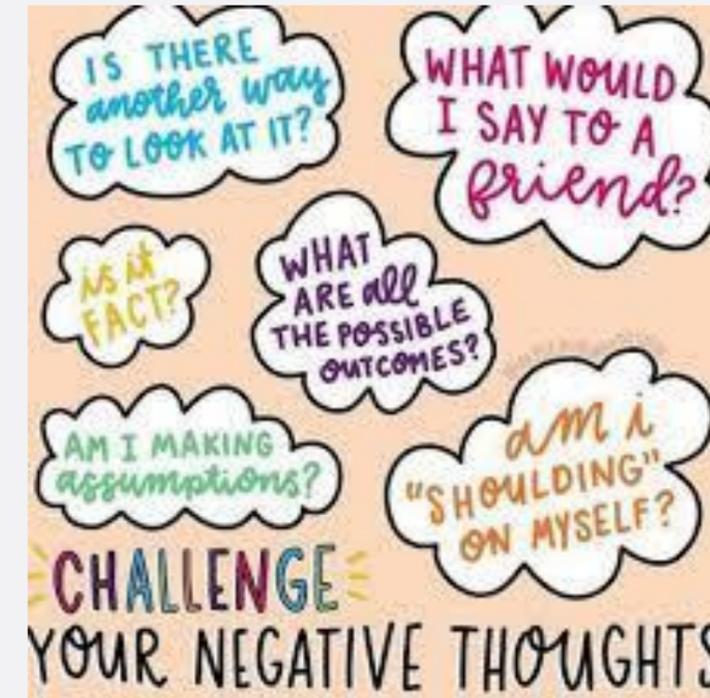
# Psychoeducation



- Process of providing education and information to those seeking or receiving mental health services.
- Epidemiology (distribution, determinants)
- Case formulation (predispose, precipitate, perpetuate, protective)
- Case conceptualization

# Cognitive Strategy

- Mantra & Coping Statement
- Identification of Cognitive Distortions & Core Belief
- Cognitive Restructuring using Socratic Dialogue
- Problem Solving Skills (e.g., IDEAL)



| CBT Cognitive Distortions  |                         |
|---|-------------------------|
| Filtering out the positive  | Black & white thi8nking |
| Fortune-telling   | Mind-reading            |
| Over-generalization   | Catastrophizing         |
| Emotional reasoning   | Shoulds                 |

mentalhealthathome.org





# Behavioral Strategy

- Improvement of lifestyle (healthy eating, physical activity, sleep, relationship, cessation of tobacco, stress management)
- Relaxation (deep breathing, progressive muscle relaxation, imaginative, autogenic)
- Behavioral activation (pleasant activity scheduling)
- Behavioral experiment (e.g., public speaking)



# Available Resources



<https://wccbt.org/resources>



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## RESOURCES

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# THE WCCBT RESPONSE TO COVID-19

### Cognitive Behaviour Therapy (CBT) Strategies to Improve Mental Health during the COVID-19 Pandemic

*While a number of countries across the world are seeing the impact of Covid19 reducing this is not the case everywhere and the psychological impact of the pandemic will continue for a long time yet. In addition, new areas such as long covid reactions and vaccine hesitancy will require support from*



| Registry ID | Name                                  | Location  | Employment Type | Therapeutic Approach  | Languages                           | Contact Information                         |
|-------------|---------------------------------------|---|-----------------|---|-------------------------------------|---|
| CP1-0030    | Azlina Wati Nikmat                    | Sungai Buloh  | Government      | Cognitive Behaviour Therapy   | English, Bahasa Malaysia            | azlinawatinikmat@...<br>+6016645555         |
| CP1-0031    | Sandra Chin Beek Yuen                 | --  | --              | --  | --                                  | --  |
| CP1-0032    | Doreen Teh Hui Pin                    | Tanjung Bungah, Pulau Pinang  | Private         | Integrative   | English, Hokkien, Bahasa Malaysia   | 0124090423<br>tehhealinghart@gn             |
| CP1-0033    | Dr. Jamilah Hanum Binti Abdul Khaiyom | Department of Psychology<br>Kulliyah of Islamic Revealed Knowledge & Human Sciences<br>International Islamic University Malaysia Jalan Gombak 5310 Kuala Lumpur | Government      | Cognitive Behaviour Therapy; Mindfulness-Based Intervention (Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, Mindfulness Based Cognitive Therapy, Mindfulness Self Compassion); Islamic Psychotherapy | Malay and English                   | hanum@iium.ed<br>+6036421514<br>+6036421515 |
| CP1-0034    | Lim Maureen                           | Pantai Hospital Cheras No1, Jalan 1/96a, Taman Cheras Makmur, 56100, Kuala Lumpur.  | Private         | Integrated approaches   | English, Malay, Mandarin, Cantonese | maureenclinpsy@g<br>03-91452980             |

TALIAN Kasih  
15999 24 JAM



## TALIAN KHAS KAUNSELING COVID-19

*Anda mengalami masalah seperti di bawah?*



Fikiran anda kosong dan tidak dapat berfikir secara normal?



Anda gelisah, mengalami gangguan tidur dan tiada selera makan?



Anda mengalami perubahan mood secara mendadak?



Anda rasa putus harapan atau putus asa?



Anda sering bertingkah laku agresif?

Hubungi Talian Kasih di talian 15999 atau Whatsapp 019-2615999

<http://www.kpwkm.gov.my>

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@kpwkm

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UKK KPWKM



# SOKONGAN PSIKOSOSIAL COVID - 19

## HOTLINE

# 03 29359935

**MASA OPERASI:**

**8 pagi - 5 petang  
(setiap hari)**

your  
logo

# MENTARI

Community Mental Health Centre (Pusat Kesihatan Mental Masyarakat)

by  
Ministry of Health Malaysia

| Name of MENTARI                    | Location                     | Tel. Number |
|------------------------------------|------------------------------|-------------|
| <b>PERLIS</b>                      |                              |             |
| MENTARI Kangar                     | Jalan Padang Katong          | 049738382   |
| <b>KEDAH</b>                       |                              |             |
| MENTARI Pendang                    | Klinik Kesihatan Pendang     | 047596412   |
| MENTARI Hosp. Sultan Abdul Halim   | Klinik Kesihatan Kupang      | 044761729   |
| <b>PENANG</b>                      |                              |             |
| MENTARI Butterworth                | Klinik Kesihatan Butterworth | 043231908   |
| <b>PERAK</b>                       |                              |             |
| MENTARI Simee                      | Klinik Kesihatan Simee       | 055439467   |
| MENTARI Selama                     | Hospital Selama              | 058394233   |
| MENTARI Batu Gajah                 | Hospital Batu Gajah          | 053663333   |
| <b>SELANGOR</b>                    |                              |             |
| MENTARI Selayang                   | Selayang Capital Kompleks    | 0361270946  |
| MENTARI Sungai Buloh               | Hospital Sungai Buloh        | 0361454333  |
| MENTARI Putrajaya                  | Klinik Kesihatan Presint 11  | 0388811232  |
| MENTARI Klang                      | Klinik Kesihatan Anika Klang | 0333757000  |
| <b>NEGERI SEMBILAN</b>             |                              |             |
| MENTARI Kuala Pilah                | Jalan Tun Yan, Kuala Pilah   | 064812158   |
| <b>MALACCA</b>                     |                              |             |
| MENTARI Melaka                     | Hospital Melaka              | 062892307   |
| <b>JOHORE</b>                      |                              |             |
| MENTARI Pekan Nenas                | Klinik Kesihatan Pekan Nenas | 076991926   |
| MENTARI Masai                      | Klinik Kesihatan Masai       | 072518758   |
| <b>PAHANG</b>                      |                              |             |
| MENTARI Balok                      | Klinik Kesihatan Balok       | 095834533   |
| MENTARI Mentakab                   | K. K. Bandar Baru Mentakab   | 092772521   |
| <b>TERENGGANU</b>                  |                              |             |
| MENTARI Wakaf Tapai                | Klinik Kesihatan Wakaf Tapai | 096801376   |
| MENTARI Hosp. Sultanah Nur Zahirah | Hosp. Sultanah Nur Zahirah   | 096212121   |
| <b>KELANTAN</b>                    |                              |             |
| MENTARI Ketereh                    | Klinik Kesihatan Ketereh     | 097885055   |
| <b>SARAWAK</b>                     |                              |             |
| MENTARI Petra Jaya                 | Klinik Kesihatan Petra Jaya  | 08228228    |
| MENTARI Jalan Oya                  | Klinik Kesihatan Jalan Oya   | 084323355   |
| MENTARI Bintulu                    | Kemena Commercial Centre     | 086859000   |
| MENTARI Miri                       | Kuarters Kerajaan Tg Lobang  | 085415199   |
| <b>SABAH</b>                       |                              |             |
| MENTARI Kota Kinabalu              | Hosp. Mesra Bukit Padang     | 088240984   |

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# Question & Answer

