



Psychological Treatment for Depression & Anxiety in Malaysia



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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

03 Major Depressive Disorder

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

02 Depressive Disorder

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

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

Fonny

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Studies in Malaysia. *International
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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, a
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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Treatments for Anxiety Disorders in Malaysia

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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.

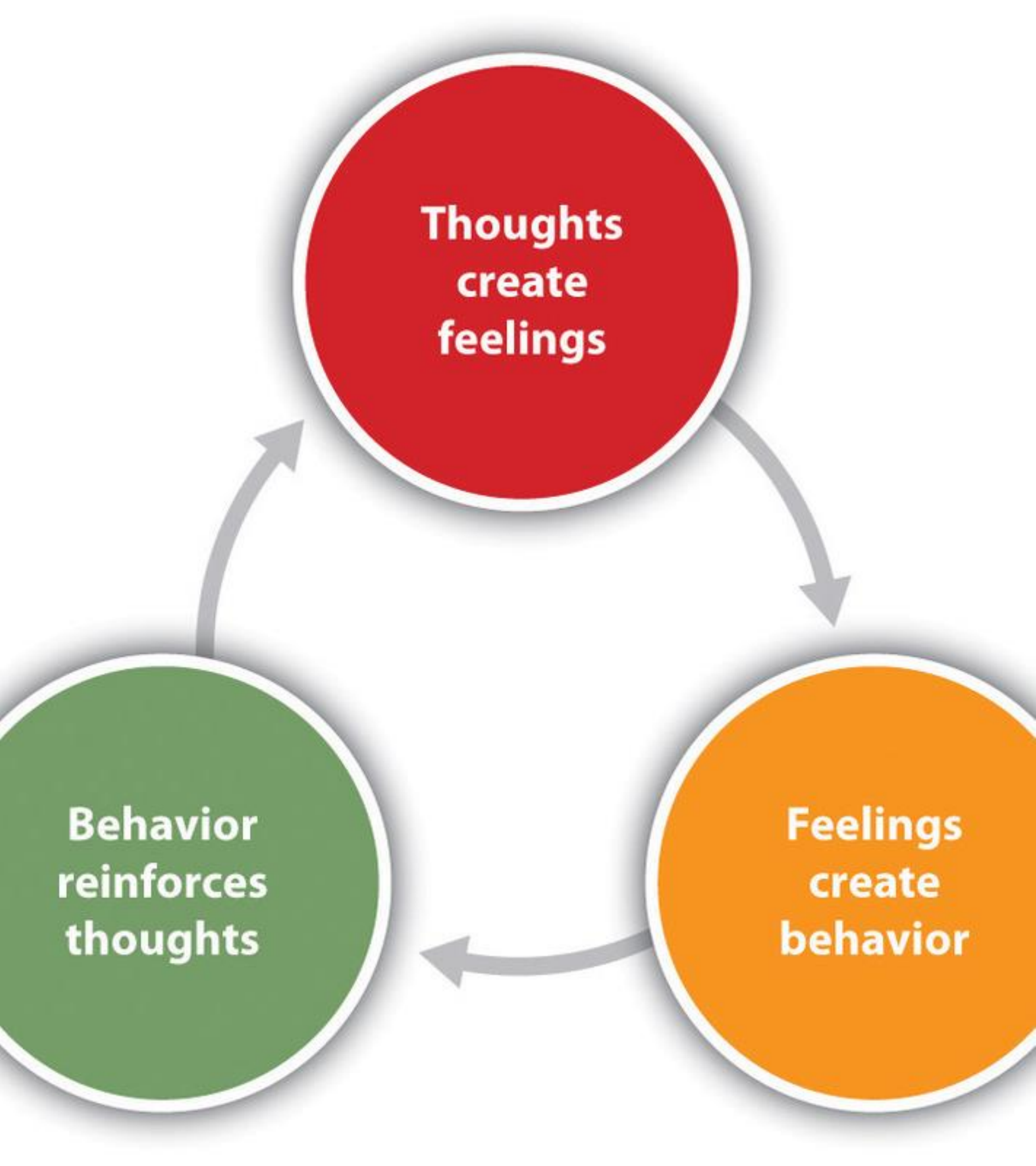
is a leading cause of morbidity over the past decades. It is estimated that depression, will be among the major causes of disability by the year 2020 and the highest in high income countries³.

In Malaysia, national surveys were conducted in community by trained medical professionals every decade; and surveys found that mental health problems had increased from 6.1% in 1996 to 11.2% in 2006^{4,5}. 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 tools. This survey also found that depression was more common in urban areas, and among females, Indians, widowed, divorced and those with lower education⁶.

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 states in Malaysia.

In 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 results as some studies used depressive symptoms, while others used lifetime depression⁷. 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) cut-off score of 10 or more was used to determine

Cognitive Behavioral Therapy



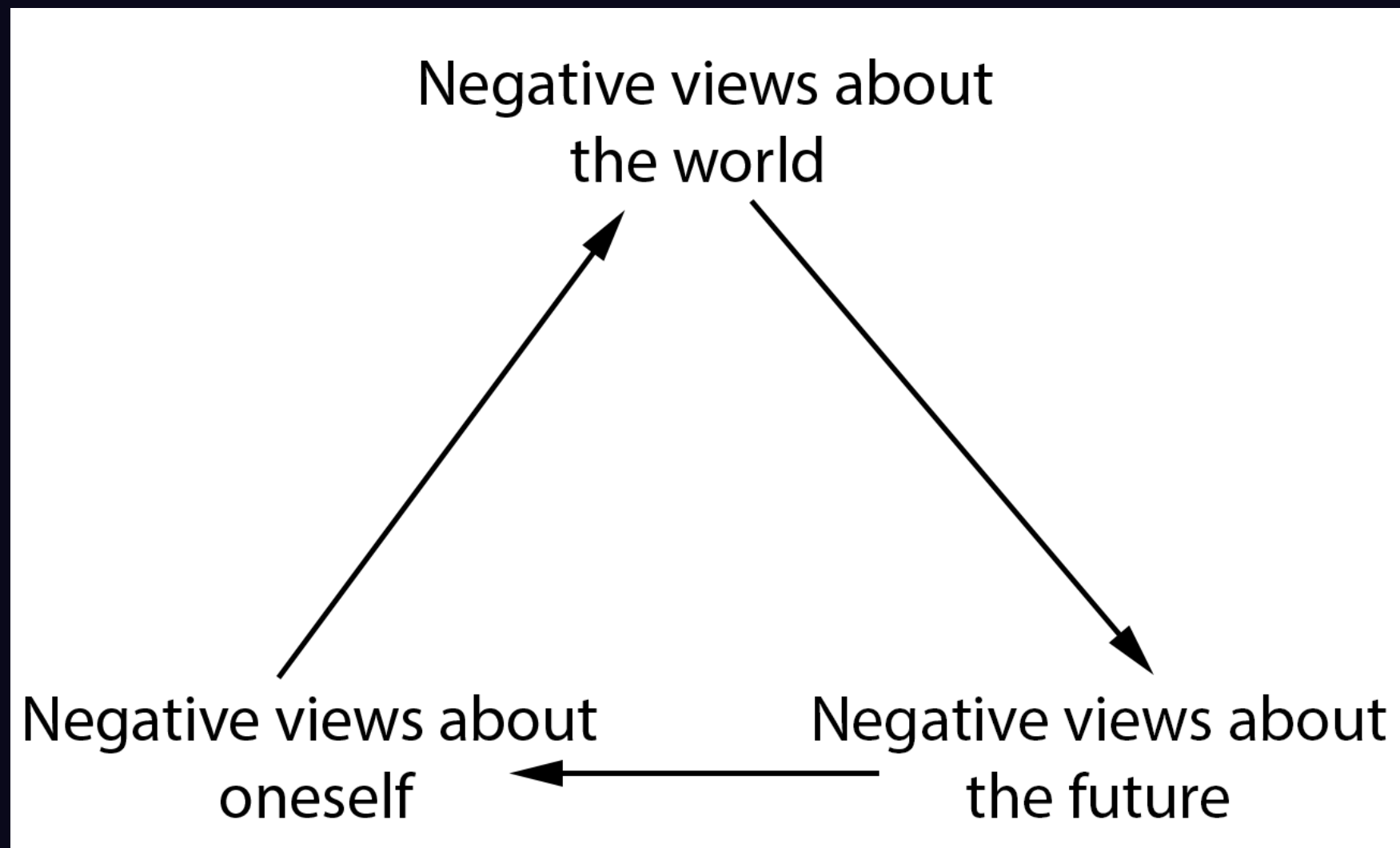
「Basic Premise」

THINK

FEEL

ACT

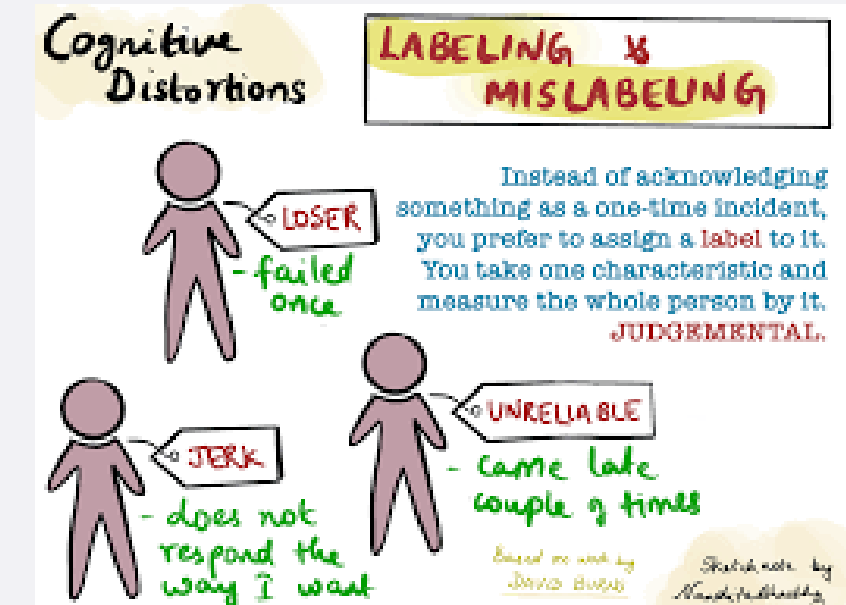
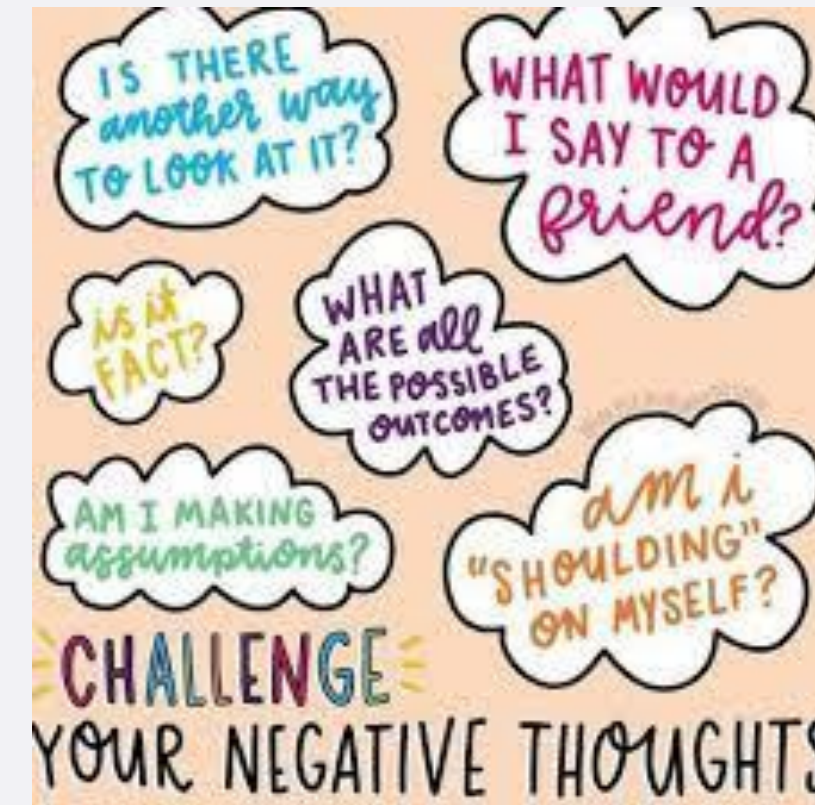
Psychoeducation



- 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)





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>

← → ↻ wccbt.org/resources ☆ ⚙ J ⋮

Apps Login - CAS - Centr... IIUM | Staff Portal aricd.ac.uk 10 Minute CBT To do - CBT with Ol... Login - ACT Courses Programme Day 1 -... » Reading list



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Looking forward to a better 2021*

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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



IVUNRIZ/UNIKI Medical Centre

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CP1-0031	Sandra Chin Beek Yuen	--	--	--	--	--
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CP1-0033	Dr. Jamilah Hanum Binti Abdul Khaiyom	Department of Psychology Kulliyah of Islamic Revealed Knowledge & Human Sciences 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 +6036421514 +6036421515
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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>

f kpwkm

@kpwkm

@kpwkm

UKK KPWK



mercy
MALAYSIA

SOKONGAN PSIKOSOSIAL COVID - 19

HOTLINE

03 29359935

MASA OPERASI:

8 pagi - 5 petang
(setiap hari)

MENTARI

Community Mental Health Centre (*Pusat Kesihatan Mental Masyarakat*)

by
Ministry of Health Malaysia

Name of MENTARI	Location	Tel. Number
PERLIS		
MENTARI Kangar	Jalan Padang Katong	049738382
KEDAH		
MENTARI Pendang	Klinik Kesihatan Pendang	047596412
MENTARI Hosp. Sultan Abdul Halim	Klinik Kesihatan Kupang	044761729
PENANG		
MENTARI Butterworth	Klinik Kesihatan Butterworth	043231908
PERAK		
MENTARI Simee	Klinik Kesihatan Simee	055439467
MENTARI Selama	Hospital Selama	058394233
MENTARI Batu Gajah	Hospital Batu Gajah	053663333
SELANGOR		
MENTARI Selayang	Selayang Capitol Kompleks	0361270946
MENTARI Sungai Buloh	Hospital Sungai Buloh	0361454333
MENTARI Putrajaya	Klinik Kesihatan Presint 11	0388811232
MENTARI Klang	Klinik Kesihatan Anika Klang	0333757000
NEGERI SEMBILAN		
MENTARI Kuala Pilah	Jalan Tun Yan, Kuala Pilah	064812158
MALACCA		
MENTARI Melaka	Hospital Melaka	062892307
JOHORE		
MENTARI Pekan Nenas	Klinik Kesihatan Pekan Nenas	076991926
MENTARI Masai	Klinik Kesihatan Masai	072518758
PAHANG		
MENTARI Balok	Klinik Kesihatan Balok	095834533
MENTARI Mentakab	K. K. Bandar Baru Mentakab	092772521
TERENGGANU		
MENTARI Wakaf Tapai	Klinik Kesihatan Wakaf Tapai	096801376
MENTARI Hosp. Sultanah Nur Zahirah	Hosp. Sultanah Nur Zahirah	096212121
KELANTAN		
MENTARI Ketereh	Klinik Kesihatan Ketereh	097885055
SARAWAK		
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
SABAH		
MENTARI Kota Kinabalu	Hosp. Mesra Bukit Padang	088240984

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Question & Answer

