# VIRTUAL MEDICAL RESEARCH SYMP SIUM



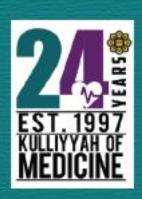
MEDICAL RESEARCH DURING PANDEMIC: ADAPTING & INNOVATING IN ADVERSITY

14TH DECEMBER 2021

# **ABSTRACT BOOK**







# TABLE OF CONTENTS

Oral Presentation List	
Clinical	1
Non-clinical	2
Poster Presentation List	
Clinical	3-7
Non-clinical	8-9
<u>Abstracts</u>	
Scientific and Reviewers Committee	10
Oral Presentation	
Clinical	12-21
Non-clinical	22-29
Poster Presentation	
Clinical	31-107
Non-clinical	108-134



### **ORAL PRESENTATIONS**

## Clinical

OC105	THE ASSOCIATION OF ANTHROPOMETRIC CHARACTERISTICS, HORMONAL ALTERATIONS AND OVARIAN VOLUME IN POLYCYSTIC OVARIAN SYNDROME
OC111	PREVALENCE OF MALNUTRITION AND ITS OUTCOMES IN PATIENTS UNDERGOING ABDOMINAL SURGERY IN TWO TERTIARY HOSPITALS IN PAHANG
OC119	A COHORT STUDY ON OBSTETRIC OUTCOME OF OBESE PRIMIGRAVIDA WITH SPONTANEOUS ONSET OF LABOUR AT TERM
OC131	KNOWLEDGE AND PREVENTIVE PRACTICES TOWARDS SEXUALLY TRANSMITTED INFECTIONS (STI) AMONG PATIENTS ATTENDING STIFRIENDLY CLINIC IN PRIMARY CARE
OC134	PAEDIATRIC ASTHMA CASE CONTROL STUDY USING TELEMEDICINE: WHAT'S NEW?
OC138	COMPARISON OF ANAESTHETIC OUTCOMES BETWEEN MIXED AND SEQUENTIAL INTRATHECAL INJECTION OF FENTANYL WITH HYPERBARIC BUPIVACAINE FOR ELECTIVE SURGERY IN IIUMMC
OC147	PREVALENCE OF DEPRESSIVE SYMPTOMS AND ITS ASSOCIATED FACTORS AMONG ELDERLY IN PRIVATE NURSING HOMES IN KUANTAN
OC175	EFFECT OF LENS THICKNESS ON FOVEAL FIXATION IN CATARACT PATIENTS MEASURED USING IOL MASTER 700 BIOMETRY
OC211	BLUNT TRAUMATIC AORTIC INJURY: WORK PROCESS OF MANAGEMENT IN A SECONDARY DISTRICT HOSPITAL
OC229	THE EFFECT OF POLYURETHANE FILM VERSUS APIS DORSATA HONEY DRESSING FOR WOUND DRESSING FOLLOWING INTERNAL FIXATION OF LONG BONE FRACTURES: A PROSPECTIVE, RANDOMIZED STUDY



#### **ORAL PRESENTATIONS**

# Non-Clinical

ONC122	FACTORS ASSOCIATED WITH KNOWLEDGE, ATTITUDE AND PRACTICE TOWARDS E-CIGARETTE USE AMONG MIDDLE AND LATE ADOLESCENT IN KOTA BHARU DISTRICT
ONC128	THE EFFECTS OF TUALANG HONEY AND ITS SILVER NANOPARTICLES ON HIPPOCAMPAL DAMAGE AND APOPTOSIS IN KAINIC ACID-INDUCED RAT
ONC136	ESTABLISHING AND VALIDATING 1-METHYL-2-PHENYL-1,2,3,6- TETRAHYDROPYRIDINE (MPTP)-INDUCED ZEBRAFISH MODEL OF PARKINSON'S DISEASE
ONC162	NORMALIZATION OF SPEECH STIMULI IN TEST SPECIFIC NOISE AND BABBLE NOISE FOR THE PEDIATRIC MALAY MATRIX SENTENCE TEST
ONC171	EVALUATION OF HISTOLOGIC LOCALIZATION OF TUMOUR-ASSOCIATED MACROPHAGES IN INVASIVE BREAST CARCINOMA AND ITS ASSOCIATION WITH PROGNOSTIC PARAMETERS
ONC178	ASSOCIATION BETWEEN LRRTM1 GENE DNA METHYLATION AND SCHIZOPHRENIA PSYCHOPATHOLOGY
ONC199	TUALANG HONEY SUPPLEMENTATION ALLEVIATES OBESITY AND DYSLIPIDAEMIA IN HIGH CHOLESTEROL DIET INDUCED NON-ALCOHOLIC STEATOHEPATITIS ANIMAL MODEL
ONC207	THE RELATIONSHIP BETWEEN EMOTION REGULATION AND MENTAL WELL-BEING AMONG IIUM STUDENTS DURING COVID-19
ONC216	PROFILING PHYSIOLOGICAL RESPONSES AND RESPIRATOR FIT OF PUBLIC HEALTH WORKERS: PRE AND POST MOSQUITO CONTROL ACTIVITY



#### **POSTER PRESENTATIONS**

## Clinical

PC101	ACUTE INCARCERATION PROLAPSED SOLITARY RECTAL ULCER: A RARE CASE OF ANORECTAL EMERGENCY
PC102	TREATMENT AND OUTCOME OF GASTROINTESTINAL BLEEDING: AN OBSERVATIONAL MULTICENTRE STUDY IN EAST COAST REGION OF PENINSULAR MALAYSIA
PC103	DUCTAL ADENOCARCINOMA OF PROSTATE: A RARE VARIANT
PC104	SKULL METASTASIS IN FOLLICULAR VARIANT OF PAPILLARY THYROID CANCER: A CASE REPORT
PC106	THE NOMADIC BUG: A CASE REPORT OF SALMONELLA SEPTIC ARTHRITIS OF THE STERNOCLAVICULAR JOINT
PC107	CASE REPORT: COELIAC ARTERY-GDA ANEURYSM; SUCCESSFUL ENDOVASCULAR COIL EMBOLIZATION
PC108	KNOWLEDGE, ATTITUDE, AND PRACTICE OF DISASTER MANAGEMENT AMONG HEALTHCARE PROVIDERS
PC109	THE EFFECTIVENESS OF TABLETOP EXERCISE (TTX) IN IMPROVING KNOWLEDGE AND ATTITUDE OF DISASTER PREPAREDNESS AMONG NURSING STUDENTS IN IIUM KUANTAN
PC113	VERTEBROBASILAR DOLICHOECTASIA AND VERTEBRAL ARTERY COMPRESSION OF MEDULLA OBLONGATA CAUSING UNSTEADINESS AND INTERMITTENT HEMIPARESIS: CASE SERIES
PC114	COMPUTED TOMOGRAPHY (CT) IMAGING FEATURES OF PLEOMORPHIC ADENOMA
PC116	SEVERE STRESS MIMIC HEART DISEASE DURING COVID19 PANDEMIC
PC118	A REAL-LIFE DATA ON THE EFFICACY OF SOFOSBUVIR AND DACLATASVIR COMBINATION IN KOTA BHARU
PC121	THE EFFECT OF STRUCTURED PHYSICAL ACTIVITY DURING PREGNANCY ON MATERNAL HEALTH AND FETAL OUTCOMES: A SYSTEMATIC REVIEW
PC123	KNOWLEDGE OF NURSERY AND KINDERGARTEN CAREGIVERS ON GROWTH AND DEVELOPMENTAL ASSESSMENT
PC124	PREVALENCE OF LONELINESS AND ITS ASSOCIATED FACTORS AMONG ELDERLY ATTENDING PRIMARY HEALTH CLINICS IN KUANTAN, PAHANG
PC125	PREVALENCE OF FEMALE SEXUAL DYSFUNCTION AND ITS ASSOCIATED FACTORS AMONG TYPE 2 DIABETES MELLITUS PATIENTS IN KUANTAN, PAHANG

PC126 A SIX YEARS REVIEW OF PLACENTA ACCRETA SPECTRUM DISORDER IN A TERTIARY REFERRAL HOSPITAL PC127 ACUTE PORTO-SPLENO-MESENTERIC VEIN THROMBOSIS WITH PNEUMATOSIS INTESTINALIS AFTER CHADOX1 NCOV-19 (ASTRAZENECA) VACCINATION: A CASE REPORT OF SUCCESSFUL TREATMENT AND **IMAGING FINDINGS** PC129 A COMPARISON OF THE EFFICACY AND SAFETY OF FASCIA ILIACA BLOCK AS AN ADJUNCT TO PCA MORPHINE FOR POSTOPERATIVE ANALGESIA IN UNILATERAL TOTAL HIP ARTHROPLASTY IN HOSPITAL KUALA LUMPUR PC133 MONOCYTE DISTRIBUTION WIDTH (MDW) IN DETECTION OF SEPSIS IN CRITICALLY ILL PATIENTS PC135 PAEDIATRIC COVID-19 IN A TEACHING HOSPITAL IN MALAYSIA: A SINGLE CENTRE EXPERIENCE PC137 FACTORS ASSOCIATED WITH PAIN-RELATED DISABILITY AMONG CHRONIC PAIN PATIENTS PC139 INFLAMMATORY MYOFIBROBLASTIC TUMOUR: A RARE CHILDHOOD MEDIASTINAL TUMOUR PC141 ADRENAL CAVERNOUS HEMANGIOMA WITH INFRARENAL ABDOMINAL AORTIC ANEURYSM: A RARE INCIDENTAL FINDINGS FROM A ROUTINE **ULTRASOUND ASSESSMENT** HEMATIDROSIS AND HEMOLACRIA: A RARE CASE OF BLOODY SWEAT AND PC143 **TEARS** ATYPICAL TERATOID RHABDOID TUMOUR OF THIRD VENTRICLE: A RARE PC144 INFANTILE BRAIN TUMOUR AT A VERY RARE LOCATION PC148 DIABETIC KIDNEY DISEASE AND ITS ASSOCIATED FACTORS AMONG PATIENTS IN A SELECTED PRIMARY CARE CLINIC IN PAHANG PC149 MANAGEMENT OF HEPATOCELLULAR CARCINOMA ACCORDING TO BARCELONA CLINIC LIVER CANCER CLASSIFICATION (BCLC): THE EXPERIENCE OF A PAHANG TERTIARY CENTRE PC150 COLD AGGLUTININS: SPURIOUS EFFECTS ON FULL BLOOD COUNT PARAMETERS FACTORS ASSOCIATED WITH INCOMPLETE COLONOSCOPY IN PC151 SYMPTOMATIC ELDERLY PATIENTS PC152 RARE BLADDER CANCER PATHOLOGY. AN UNFORTUNATE EVENT TO PONDER UPON PC153 AUDIT ON WAITING TIME IN A TEACHING PRIMARY CARE CENTRE



PC154	EMBOLIZATION OF A HAEMORRHAGING IATROGENIC INTERCOSTAL ARTERY PSEUDOANEURYSM WITH MASSIVE HAEMOTHORAX FOLLOWING A ROUTINE CHEST TUBE INSERTION
PC156	SCREENING AND KNOWLEDGE OF MAMMOGRAPHY IN BALOK, KUANTAN
PC160	EXTRAMAMMARY PAGETS DISEASE OF SCROTUM: A RARE ENCOUNTER LESION
PC161	THE IMPACTS OF MOTIVATION ON VISION REHABILITATION OUTCOMES AMONG PATIENTS WITH HOMONYMOUS VISUAL FIELD DEFECT FOLLOWING ACQUIRED BRAIN INJURY
PC163	FEEDING PROFILE OF INFANT AND YOUNG CHILDREN WITH STUNTING IN KUANTAN, PAHANG
PC164	PRIMARY DELAYED ANASTOMOSES OF A LONG GAP ESOPHAGEAL ATRESIA IN NEONATE IN KUANTAN, PAHANG, MALAYSIA
PC165	PREVALENCE OF ERECTILE DYSFUNCTION AND ITS ASSOCIATED FACTORS AMONG MEN IN GOVERNMENT HEALTH CLINICS IN KUANTAN, PAHANG
PC167	MRI APPEARANCE OF EWING SARCOMA OF BONE WITH METASTASIS IN TODDLER: A CASE REPORT
PC173	ADULT MOYAMOYA SYNDROME AS A MANIFESTATION OF VARICELLA- ASSOCIATED CEREBRAL VASCULOPATHY: A CASE REPORT
PC176	UNILATERAL ISCHEMIC CENTRAL RETINAL VEIN OCCLUSION IN A YOUNG HEALTHY ADULT: A CASE REPORT
PC177	UNILATERAL BRANCH RETINAL ARTERY OCCLUSION DUE TO INTERNAL CAROTID ARTERY OCCLUSIVE DISEASE IN A YOUNG ADULT: A CASE REPORT
PC182	OUTCOME OF VENOGRAM IN A HAEMODIALYSIS PATIENT: A TERTIARY VASCULAR CENTRE EXPERIENCE
PC183	PREVALENCE OF URINARY INCONTINENCE AND ITS ASSOCIATED FACTORS AMONG ELDERLY IN PRIMARY HEALTH CLINICS IN KUANTAN, PAHANG
PC184	CUPPING THERAPY: A MISADVENTURE
PC185	EFFECT OF ELECTIVE DAY CARE CANCELLATION IN TERTIARY VASCULAR
PC186	TELEMEDICINE IN THE MANAGEMENT OF OUTPATIENT CLINIC - EXPERIENCE IN VASCULAR TERTIARY CENTRE DURING COVID 19 PANDEMIC
PC190	SOCIODEMOGRAPHIC PROFILE OF PRESCHOOL CHILDREN WITH SCREEN MEDIA DEPENDENCY IN URBAN AREA



PC192	GANGRENOUS CHOLECYSTITIS: SEVERE COMPLICATION OF CHOLECYSTITIS FREQUENTLY FOUND DURING COVID-19 PANDEMIC. A CASE SERIES
PC193	CLINICAL AUDIT ON TYPE 2 DIABETES MELLITUS PATIENTS IN A TEACHING PRIMARY CARE CLINIC IN KUANTAN, PAHANG
PC195	A DISASTROUS COMPLICATION OF COLONEPHROCUTANEOUS FISTULA: BRAIN ABSCESS
PC196	CHALLENGE IN PREOPERATIVE DIAGNOSIS OF PHYLLODES TUMOR OF BREAST: CASE SERIES
PC197	RAMBUTAN RELATED OCULAR TRAUMA
PC198	PREVALENCE OF BURNOUT AND ITS ASSOCIATED FACTORS AMONG HEALTHCARE PROVIDERS IN GOVERNMENT HEALTH CLINIC IN KUANTAN, PAHANG DURING COVID 19 PANDEMIC
PC200	PHYSICAL THERAPY TREATMENTS FOR CHILDREN WITH ERB'S PALSY - VIEWS FROM THE PHYSICAL THERAPISTS IN MALAYSIA
PC203	CASE REPORT: ELEVATED BETA HUMAN CHORIONIC GONADOTROPHIN: DOCTOR, AM I PREGNANT?
PC204	ROLE OF SURGERY IN ASYMPTOMATIC EXTRACRANIAL CAROTID ARTERY STENOSIS
PC205	MANAGEMENT OF IATROGENIC PSEUDOANEURYSMS: HOW WE DO IT
PC208	REVIEW OF MANAGEMENT OF PSEUDOANEURYSM IN A TERTIARY CENTRE
PC209	RARE OCCURRENCE OF ISOLATED ESCHERICHIA COLI PANOPHTHALMITIS: A CASE REPORT
PC212	REVIEW OF ACUTE LIMB ISCHAEMIA TREATED WITH FEMORAL ARTERY EMBOLECTOMY AT SULTAN AHMAD SHAH MEDICAL CENTRE
PC213	COLONOSCOPY IN THE ELDERLY SYMPTOMATIC PATIENTS: IT IS SAFE AND HIGH YIELD
PC215	INADVERTENT CAROTID ARTERY INJURY DUE TO CENTRAL VENOUS LINE CATHETERIZATION
PC217	A TECHNICAL NOTE ON THE MEDIAL FLAP OF THE FOOT: AN ALTERNATIVE FOR SOFT TISSUE COVERAGE POST TRANSMETATARSAL AMPUTATION
PC218	HEEL RECONSTRUCTION WITH FREE OSSEOFASCIOCUTANEOUS FLAP OF DEEP CIRCUMFLEX ILIAC ARTERY: A REPORT OF TWO CASES
PC220	BOWEL ISCHAEMIA IN POST COVID 19 INFECTION

PC221 YOUNG BREAST CANCER; A 4-YEAR REVIEW OF CLINICO-PATHOLOGICAL DATA FROM SULTAN AHMAD SHAH MEDICAL CENTRE @IIUM. KUANTAN. **PAHANG** PC222 DIABETES CONTROL AND ITS RELATED FACTORS AMONG ELDERLY DIABETIC PATIENTS IN KUANTAN HORMONAL AND HER2 EXPRESSION OF BREAST CANCER CASES IN PC223 SULTAN AHMAD SHAH MEDICAL CENTRE @IIUM, PAHANG PC225 THE IMPACT OF COVID-19 LOCKDOWN ON GLYCEMIC CONTROL AND LIFESTYLE CHANGES IN CHILDREN AND ADOLESCENT WITH TYPE 1 DIABETES MELLITUS: A SYSTEMATIC REVIEW PC226 DELAY PRESENTATION OF BREAST CANCER IN SULTAN AHMAD SHAH MEDICAL CENTRE @ IIUM, PAHANG, MALAYSIA DOES BLURRING OF VISION AFFECT THE OUTCOMES OF VISUAL SEARCH PC230 TRAINING IN PATIENT WITH HEMIANOPIA? EVIDENCE FROM A CASE **STUDY** PC232 PREVALENCE OF DEPRESSION AMONG PSORIASIS PATIENTS IN KUANTAN AND ITS ASSOCIATED FACTORS PC234 EVALUATION OF PERIOPERATIVE BLOOD LOSS IN TUMOUR-RELATED INTERNAL HEMIPELVECTOMY PC235 SIMULTANEOUS PSEUDOANEURYSM OF FEMORAL ARTERY WITH ARTERIOVENOUS FISTULA FOLLOWING FEMORAL CATHETER PLACEMENT A QUALITATIVE SYSTEMATIC REVIEW OF HEALTHCARE PRACTITIONERS' PC236 EXPERIENCE OF WORKPLACE VIOLENCE PSYCHOLOGICAL DISTRESS AMONG IIUM PHARMACY STUDENTS PC237



#### **POSTER PRESENTATIONS**

### Non-Clinical

PNC112	MALAY IOWA INFANT FEEDING ATTITUDE SCALE (IIFAS-M): VALIDITY AND RELIABILITY AMONG MOTHERS WITH INFANTS IN MALAYSIA
PNC115	A QUALITATIVE STUDY ON FEEDBACK PROVIDED BY STUDENTS REGARDING MEMORABLE PROBLEM-BASED LEARNING (PBL) EXPERIENCE
PNC117	THE EFFECTS OF TUALANG HONEY ON SPERM PROFILE AND FOLLICULAR-STIMULATING HORMONE IN HIGH CHOLESTEROL DIET INDUCED ANIMAL MODEL
PNC120	DECREASE IN LIVER ENZYMES ACTIVITIES AND LIVER TOXICITY OF CHRONIC LOW DOSE MONOSODIUM METHYLARSONATE (MSMA) IN THE RAT ANIMAL MODEL
PNC130	THE MIRNAS EXPRESSION PROFILE IN ACUTE MYOCARDIAL INFARCTION OF YOUNG ADULTS
PNC132	BURNOUT LEVEL AND ITS ASSOCIATED FACTORS AMONG NURSES IN CRITICAL CARE AREA
PNC140	ROAD CONSTRUCTION WORKERS' SAFETY PERFORMANCE AS A RISK FACTOR FOR WORKPLACE ACCIDENTS IN DEVELOPING COUNTRIES: A SYSTEMATIC REVIEW
PNC142	KNOWLEDGE, ATTITUDE AND PRACTICE TOWARDS DENGUE FEVER AMONG B40 PERCENT GROUP IN HULU LANGAT DISTRICT, SELANGOR
PNC145	RESILIENCE AMONG IIUM KUANTAN STUDENTS
PNC146	PERCEIVED LEVEL OF STRESS AMONG IIUM KUANTAN STUDENTS DURING THE PANDEMIC COVID-19
PNC155	THE IMPACT OF SPOUSAL SUPPORT ON MENTAL AND MATERNAL HEALTH CARE OF POSTPARTUM PATIENTS IN GOMBAK DISTRICT
PNC157	THE EFFECT OF TRANSIENT RECEPTOR POTENTIAL VANILLOID 4 (TRPV4) LIGANDS ON FATTY ACID-BINDING PROTEIN 4 (FABP4) ADIPOCYTES SIGNALLING IN DIFFERENT DURATION OF DIFFERENTIATION
PNC166	IN VIVO STUDIES OF LEPIDIUM MEYENII OR MACA IN ANIMAL MODELS OF DIABETES MELLITUS AND METABOLIC SYNDROME
PNC168	THE EFFICACY OF ANTIOXIDANTS SUPPLEMENT ON SPERM QUALITY IN MEN WITH OLIGOSTHENOTERATOZOOSPERMIA (OAT) AT REPRODUCTIVE MEDICINE UNIT, HOSPITAL TUNKU AZIZAH KUALA LUMPUR



PNC169 EFFECTS OF VITAMIN A ON DIACYLGLYCEROL ACYLTRANSFERASE2 (DGAT2) GENE EXPRESSION IN HIGH CHOLESTEROL DIET-INDUCED STEATOSIS RAT PNC170 RECOGNITION OF DANGER SIGNS IN CHILDREN UNDER 5 AND IT'S ASSOCIATED FACTORS AMONG CAREGIVERS IN PAHANG PNC174 UNDERGRADUATE PAEDIATRIC CLINICAL TEACHING: DOES COVID-19 PANDEMIC AFFECT THE OUTCOME? PNC181 AN EXPERIMENTAL MODEL OF INDUCTION OF OSTEOARTHRITIS IN NEW ZEALAND WHITE RABBIT PNC187 THE ROLE OF DRD4 DNA METHYLATION IN SCHIZOPHRENIA PNC188 MENTAL HEALTH STATUS AND PSYCHOSOCIAL JOB DETERMINANT AMONG EMPLOYEES IN A MALAYSIAN HIGHER INSTITUTION DURING THE COVID-19 PANDEMIC PNC191 CHRONIC POST-PARTUM CHANGES OF MESENTERIC ARTERIES IN NΩ-NITRO-L-ARGININE METHYL ESTER HYDROCHLORIDE (L-NAME)- INDUCED HYPERTENSION IN PREGNANT RATS MODEL EFFECT OF MAHKOTA DEWA FRUIT EXTRACT ON KIDNEY FUNCTIONS IN PNC201 MICE PNC214 CHRONIC EXPOSURE OF LOW-DOSE ORGANIC ARSENIC INDUCED OXIDATIVE STRESS INJURY ON THE RATS KIDNEY PNC219 RISK OF COLORECTAL CANCER DUE TO STREPTOCOCCUS GALLOLYTICUS: A SYSTEMATIC REVIEW

FACTORS INFLUENCING LEARNING AND WELLBEING AMONG MEDICAL STUDENTS DURING COVID-19 PANDEMIC: PRELIMINARY FINDINGS FROM

HYDROXYAPATITE (HA) SCAFFOLD INCORPORATED WITH VEGF AND BMP-

PNC233 THE INFLUENCE OF PAMIDRONATE ON BIOENGINEERED

PNC238 EFFECT OF CLIMATE VARIABILITY ON DENGUE CASES IN PAHANG

PNC227

KUANTAN

2 IN VITRO



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# **ABSTRACTS**

**POSTER PRESENTATIONS** 



#### **PNC188**

# MENTAL HEALTH STATUS AND PSYCHOSOCIAL JOB DETERMINANT AMONG EMPLOYEES IN A MALAYSIAN HIGHER INSTITUTION DURING THE COVID-19 PANDEMIC

Muhamad Faiz Aiman Mohd Rawi<sup>1</sup>, Muhamad Azlan Ezuan Razali<sup>1</sup>, Mohamad Luqman Sabarani<sup>1</sup> and Muhammad Zubir Yusof<sup>1</sup>

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**Introduction:** Workplace mental health is becoming significant in higher education. Employment is one of the factors that can impair an employee's mental health, restricting their capacity to function well. This study aimed to assess mental health status among employees in a higher institution in Kuantan and its association with sociodemographic and job characteristics. Materials and Methods: An online survey was conducted using a random email list. The employees were given the validated Malay versions of the DASS-21 and the Job Content Questionnaire. Results: Depression, anxiety, and stress were prevalent in 26.5%, 36.2% and 21.3% of these workers, respectively. Individuals who lived alone during the Covid-19 movement control order reported having stress symptoms (57.1%, p=0.04). Job insecurity was associated with anxiety (95% CI = 1.4, 11.71, p = 0.01) while lack of supervisor support showed higher risk of depression (AOR=7.4, 95% CI = 1.99, 27.5, p=0.003), anxiety (AOR=4.7, 95% CI = 1.15, 13.69, p=0.03), and stress (AOR=9.3, 95% CI = 2.09, 41.84, p=0.003). **Conclusion**: Our research concluded that this group of employees frequently reported depression, anxiety, and stress. The results also highlight the need for better support and job security from higher authorities.





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