

# ABSTRACT BOOK

# 13<sup>th</sup>

# INTERNATIONAL SYMPOSIUM OF HEALTH SCIENCES



## *i-Sihat*

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**Embracing Resilience in the COVID-19 Pandemic:  
Health Sciences to the Forefront**



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The COVID-19 pandemic has impacted negatively on public mental health. As a result, monitoring the level of the population mental health is a priority during crises. This study aims to measure stress during the COVID-19 pandemic in Selangor. Cross-sectional study was done using SELANGKAH apps, where users are Selangor citizens. Data was collected from September 2021 until March 2022. This app was initially used as contact tracing and mental health modules (SEHAT) were added, consisting of a validated Perceived Stress Scale (PSS-10) questionnaire. Out of 42072 SEHAT users, 6411 people had completed the questionnaire. Majority were female (53.6%), Muslims (79.6%), had formal education up to secondary (49.0%), low income (89.9%), and young and middle- aged adults (59.7%). Majority have a moderate stress (66.8%), while 23.3% and 9.9% are low and high levels, respectively. High stress is significantly associated with females, high education, younger age groups, and low monthly income. Several factors could have contributed to this throughout the COVID-19 pandemic, such as online learning, uncertainty on study duration, financial constraints and limited social interactions. Moreover, as an effect of prolonged pandemic and MCO, a surge

in the number of job terminations has also affected the source of income, which contributed to high levels of stress among the general population. The level of stress in Selangor was high during the pandemic as an effect of MCO.

**Keywords:** Public mental health, Stress, Covid-19, pandemic, Digital health, mobile mental health

## P27 i-SIHAT-2022

### Impact of Nutritional Intervention on the Weight of B40 Children in Selangor

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Nutritional status is a significant measure of the overall health of the population. Among children of the most vulnerable groups to have malnutrition are those in the B40 group, with Selangor being the most populous state that has these vulnerable populations. This study aims to assess the impact of nutrition intervention in reducing underweight prevalence among children in the Selangor B40 group. The data was collected from June 2022 until October 2022 from 500 children aged 1 to 6 years



old. Intervention includes a monthly food pack consisting of specialised formula milk and multivitamins alongside nutrition counselling. Monthly weights were taken for 5 months using the SECA weight scale model 874 and it was monitored using the WHO AnthroPlus. The majority of the respondents were male (51.3%). Baseline results showed 20.6% underweight respondents with 14.4% moderately underweight and 6.2% who were severely underweight. Mean weight increment was observed the highest during the fifth month with 1200g, followed by 510g, 450g, and 110g for the fourth, second, and third month, respectively. A declining prevalence of underweight was observed by the fifth month (10.9%) with 9.2% moderately underweight, 1.7% remains severely underweight and 9.7% children progressing to normal weight. By giving nutrient supplementation, it helps to improve the weight of these children. However, other factors that may contribute to undernutrition such as maternal diet, food insecurity, nutrition education and complications from a variety of diseases should not be overlooked.

**Keywords:** malnutrition, nutrition intervention, nutritional status, underweight, childhood nutrition.

P28 i-SIHAT-2022

### **Epidemiological Characteristics of the First Wave of Covid-19 in Malaysia: A Descriptive Study**

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COVID-19, first identified in China in late December 2019, has affected and claimed millions of lives globally. In Malaysia, the first wave of COVID-19 began on 25 January 2020. We aim to describe the characteristics of COVID-19 cases and close contacts during the first wave of COVID-19 in Malaysia (23 January 2020 to 26 February 2020), and to analyse the reasons why the outbreak did not continue to spread and lessons that can be learnt from this experience. Data on COVID-19 cases and close contacts from the first case detected until 26 February 2020 were analysed. The characteristics of cases and close contacts, spatial spread epidemiological link and timeline of the cases were examined. An extended SEIR model was developed to determine the basic reproduction number and trajectory of cases during the first wave. A total of 22 cases with 368 close contacts were traced, identified, tested, quarantined and isolated. Due to the effective and robust outbreak control measures put in place such as early case detection,



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&  
All The Best*