



[Back](#)

Prevalence and associated factors of low resilience among public primary healthcare workers in Kuala Lumpur: A cross-sectional study

[Malaysian Family Physician](#) • Article • Open Access • 2026 • DOI: 10.51866/oa.944

[Kadir, Azidah Abdul](#)^a ; [Munusamy, Kaniswari](#)^b; [Yusoff, Aida Syaqilla Bee Mohd](#)^c; [Rahman, Shahirul Farhanim Abd](#)^d; [Govindnair, Anesh](#)^e; [+2 authors](#)

^aDepartment of Family Medicine, School of Medical Sciences, Health Campus, Universiti Sains Malaysia, Kelantan, Kubang Kerian, Malaysia

[Show all information](#)

0

Citations

[View PDF](#)

[Full text](#)

[Export](#)

[Save to list](#)

[Document](#)

[Impact](#)

[Cited by \(0\)](#)

[References \(18\)](#)

[Similar documents](#)

Abstract

Introduction: Primary healthcare systems face many challenges, making it imperative to assess the resilience of primary healthcare workers (HCWs). This study aimed to uncover the prevalence and associated factors of low resilience among HCWs in W.P. Kuala Lumpur. Methods: A cross-sectional study was conducted among 430 HCWs in public primary healthcare facilities in W.P. Kuala Lumpur. A sociodemographic questionnaire, the Patient Health Questionnaire-9, the General Anxiety Disorder-7 and the 25-item Wagnild–Young Resilience Scale were administered. Results: Four hundred thirty HCWs were approached, among whom 415 were included in the analysis (response rate=96.5%). The prevalence of low resilience was 31.6%. Female sex (odds ratio [OR]=1.87; 95% Confidence Interval [CI] =1.05–3.32), ≤10 years of work experience (OR=1.94; 95% CI=1.20–3.16) and depression (OR=2.53; 95% CI=1.46–4.41) were associated with low resilience. Conclusion: The high prevalence of low resilience among primary HCWs is a critical concern. Factors such as being a woman, having limited work experience and experiencing depression are associated with low resilience. It is imperative to identify and implement targeted interventions to promote resilience among HCWs effectively. © 2026, Academy of Family Physicians of Malaysia. All rights reserved.

Author keywords

Health personnel; Primary healthcare; Psychological; Resilience

Indexed keywords

EMTREE medical terms

adult; anxiety; anxiety disorder; Article; comorbidity; cross-sectional study; depression; disease severity; education; Federal Territory of Kuala Lumpur; female; Generalized Anxiety Disorder-7; health care facility; health care personnel; health care system; human; human experiment; major depression; male; middle aged; occupation; Patient Health Questionnaire 9; perception; prevalence; primary health care; psychological resilience; questionnaire; race; reliability; sociodemographics; work experience; young adult

Device trade names

Commercial names given to devices, used for branding and differentiation in the market, commonly referenced in scientific and clinical research.

Tradename	Country	Manufacturer
IBM SPSS Statistics for Windows version 26.0	United States	IBM

Funding details

Details about financial support for research, including funding sources and grant numbers as provided in academic publications.

Funding sponsor	Funding number	Acronym
-----------------	----------------	---------

Academy of Family Physicians of Malaysia

Funding text

The study was funded by a grant from the Academy of Family Physicians of Malaysia. The funding organisation was not involved in the conduct of the research and/or the preparation of the article. The funding was allocated exclusively for data collection within the study.

Corresponding authors

Corresponding author	A.A. Kadir
----------------------	------------

Affiliation	Department of Family Medicine, School of Medical Sciences, Health Campus, Universiti Sains Malaysia, Kelantan, Kubang Kerian, Malaysia
-------------	--

Email address	azidahkb@usm.my
---------------	-----------------

© Copyright 2026 Elsevier B.V., All rights reserved.

Abstract

- Author keywords
- Indexed keywords
- Device trade names
- Funding details
- Corresponding authors

About Scopus

- [What is Scopus](#)
- [Content coverage](#)
- [Scopus blog](#)

[Scopus API](#)

[Privacy matters](#)

Language

[日本語版を表示する](#)

[查看简体中文版本](#)

[查看繁體中文版本](#)

[Просмотр версии на русском языке](#)

Customer Service

[Help](#)

[Tutorials](#)

[Contact us](#)

ELSEVIER

[Terms and conditions](#) ↗ [Privacy policy](#) ↗ [Cookies settings](#)

All content on this site: Copyright © 2026 [Elsevier B.V.](#) ↗, its licensors, and contributors. All rights are reserved, including those for text and data mining, AI training, and similar technologies. For all open access content, the relevant licensing terms apply.

