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

By [Kadir, AA](#) (Kadir, Azidah Abdul) ^[1]; [Munusamy, K](#) (Munusamy, Kaniswari) ^[2]; [Yusoff, ASBM](#) (Yusoff, Aida Syaqilla Bee Mohd) ^[3]; [Rahman, SFA](#) (Rahman, Shahirul Farhanim Abd) ^[4]; [Govindnair, A](#) (Govindnair, Anesh) ^[5]; [Hong, PY](#) (Hong, Peiyi) ^[6]; [Samsudin, S](#) (Samsudin, Suhaiza) ^[7]

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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. 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.

Keywords

Author Keywords: [Resilience](#); [Psychological](#); [Primary healthcare](#); [Health personnel](#)

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Author Information

Corresponding Address: Kadir, Azidah Abdul (corresponding author)

▼ Univ Sains Malaysia, Sch Med Sci, Dept Family Med, Hlth Campus, Kubang Kerian, Kelantan, Malaysia

E-mail Addresses :

azidahkb@usm.my

Addresses :

- ▼ ¹ Univ Sains Malaysia, Sch Med Sci, Dept Family Med, Hlth Campus, Kubang Kerian, Kelantan, Malaysia
- ² Hosp Canselor Tuanku Muhriz, Poliklin Warga, Tingkat 1, Bangunan Klin, Jalan Yaacob Latif, Bandar Tun Razak, Wilayah Perseku, Malaysia
- ³ Klin Keluarga Desa Tun Hussein Onn, Jalan Jelatek, Kuala Lumpur, Malaysia
- ⁴ Klink Kesihatan Cheras, Jalan Yaacob Latif, Kuala Lumpur, Malaysia
- ⁵ Klin Seri Indah, 30, Jalan 1-42, Taman City, Wp Kuala Lumpur, Malaysia

[...more addresses](#)

E-mail Addresses :

azidahkb@usm.my

Data availability statement

The original contributions presented in the study are included in the article, further Inquiries can be directed to the corresponding author on reasonable request Malays Fam Physician 2026;21:31 7 ORIGINAL ARTICLE

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