

CUCHS
2021

**UNIVERSITY OF
CYBERJAYA**



**1st CYBERJAYA INTERNATIONAL
UNDERGRADUATE COLLOQUIUM
FOR HEALTH SCIENCES 2021**

NURTURING EVIDENCE-BASED MEDICINE

PROGRAMME BOOK
18 MAC 2021

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FOREWORD



Madam Nur Ain Mahat
Chairman of the CIUCHS 2021
Organising Committee

On behalf of the Organising Committee, I bid you a warm welcome to the 1st Cyberjaya International Undergraduate Colloquium for Health Sciences 2021 (CIUCHS 2021). We are unable to meet physically as planned, however, our minds and ideas can still come together virtually. This virtual colloquium will continue to provide an opportunity to share updates on medicine and health sciences field through online oral and poster presentations.

Research is imperative to gather evidence for theories and contribute to developing knowledge in a field of study. At university level, research allows students to have a broader educational experience in exploring the effects of applying new thought process through testing and searching the evidence to assist in problem-solving.

We have therefore chosen “nurturing evidence-based medicine” as the theme of this CIUCHS 2021. This is to emphasize the importance of evidence-based practice, where the patients are expected to get the most effective care based on the best available evidence.

I would like to extend my heartfelt gratitude to all who have contributed to the successful organisation of this first undergraduate virtual colloquium by Faculty of Medicine, University of Cyberjaya. I truly appreciate the effort and dedication of all speakers, oral and poster presenters, participants, and the organising committee of this colloquium.

I wish everyone to have a pleasant and fruitful virtual colloquium!

PROGRAMME SCHEDULE

8.00 AM	Registration
8.55 AM	Doa Recitation
9.00 AM	Welcoming Speech Major Gen. Prof. Dato' Dr. Mohd Zin bin Bidin (retd.) <i>Dean, Faculty of Medicine, UOC</i>
9.05 AM	Opening Speech Prof. Dato' Dr Mohamad Abdul Razak <i>Vice Chancellor, UOC</i>
Plenary Session Moderator : AP Dr Kamaliah Mohd Noh	
9.10 AM	Plenary 1 Directions of Medical Research Prof. Datuk Dr Mohamed Hatta Shaharom <i>Akademi Profesor Malaysia</i>

10.00 AM	Plenary 2 Developing Research Culture Among Medical Students Prof. Dr Nanan Sekarwana <i>Dean of Medicine, UNISBA</i>
10.45 AM	Break
11.00 AM	Concurrent Free Paper Presentation [Session 1, 2, 3 & 4]
1.00 PM	Break
2.30 PM	Concurrent Free Paper Presentation [Session 5, 6 & 7]
4.00 PM	Poster presentation View on the website /during live session
4.15 PM	Closing remarks Madam Nur Ain Mahat Chairperson CIUCHS 2021 Announcement of winners
4.30 PM	Adjournment

PROGRAMME SCHEDULE

Concurrent Oral Presentation

	11.00 AM	11.15 AM	11.30 AM	11.45 AM	12.00 PM	12.15 PM	12.30 PM	12.45 PM
Session 1	CIUCHS'21-09	CIUCHS'21-15	CIUCHS'21-23	CIUCHS'21-24	CIUCHS'21-30	CIUCHS'21-40	CIUCHS'21-49	CIUCHS'21-50
Session 2	CIUCHS'21-05	CIUCHS'21-33	CIUCHS'21-38	CIUCHS'21-39	CIUCHS'21-41	CIUCHS'21-47	CIUCHS'21-48	CIUCHS'21-52
Session 3	CIUCHS'21-16	CIUCHS'21-19	CIUCHS'21-28	CIUCHS'21-29	CIUCHS'21-35	CIUCHS'21-55	CIUCHS'21-56	CIUCHS'21-57
Session 4	CIUCHS'21-10	CIUCHS'21-20	CIUCHS'21-25	CIUCHS'21-26	CIUCHS'21-37	CIUCHS'21-41	CIUCHS'21-51	CIUCHS'21-61

	02.30 PM	02.45 PM	03.00 PM	03.15 PM	03.30 PM
Session 5	CIUCHS'21-43	CIUCHS'21-44	CIUCHS'21-46	CIUCHS'21-58	CIUCHS'21-62
Session 6	CIUCHS'21-21	CIUCHS'21-32	CIUCHS'21-36	CIUCHS'21-45	
Session 7	CIUCHS'21-59	CIUCHS'21-64	CIUCHS'21-60	CIUCHS'21-63	

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ABSTRACTS

1st CYBERJAYA INTERNATIONAL
UNDERGRADUATE COLLOQUIUM
FOR HEALTH SCIENCES 2021

NURTURING EVIDENCE-BASED MEDICINE

◆ *INVITED SPEAKERS*

ABSTRACTS

Invited Speaker



Prof. Datuk Dr Mohamed Hatta Shaharom
Akademi Profesor Malaysia

He is a Professor of Psychiatry, social activist and an author. He completed his studies in medicine at Egypt's Cairo University and psychiatry National University of Malaysia (UKM). He obtained the Diploma of Islamic Thought from the Institute of Islamic Sciences, Malaysia. He was later trained in Forensic Psychiatry at Monash University, Australia.

He had been engaged in many government and non-government agencies and received numerous awards for his contribution. He is also the founding Dean of Faculty of Medicine, Cyberjaya University College of Medical Sciences and one of the members of Academy of Professors Malaysia, Jabatan Pendidikan Tinggi, Kementerian Pendidikan Malaysia.

He is very passionate in teachings and writings. He wrote more than 40 books and many publications as sole author or co-author in Malay and English covering psychiatry, Islamic medicine, humanitarian journeys, sociopolitical commentary and poetry.

Plenary 1 Directions of Medical Research

In the relentless progress of medical research, its ethical and moral underpinnings must never be side-lined if it is to continue to be a boon for suffering humankind. The critiquing ability of research studies must be continuously nurtured at the undergraduate level. Future research endeavours may be an extension of the present Big Pharma and Western market hegemony if their present politico-economic grip is not being broken. To ensure the wholeness of medical research, its efforts must continue to include the integration of other disciplines. Spirituality must be its permanent feature. With even better advancement in the fields of biotechnology, nanotechnology and Automated Intelligence, it is hoped that the use of living animals for drug testing and disease treatment can be greatly reduced or cease very soon; while we can look forward to these creatures of God being replaced by software-based models. Scientific researchers must glean wisdom from the ongoing Covid-19 pandemic that clearly proves yet again how vulnerable human beings are. Medical research should not only be a means to find the panacea for various human illnesses but also to aid humankind in safeguarding its humaneness in this fleeting life of the grand scheme of God the ultimate healer.

ABSTRACTS

Invited Speaker



***Prof. Dr Nanan Sekarwana
MD., SPA(K), MARS
Dean, Faculty of Medicine
Universitas Islam Bandung
Indonesia***

Prof. Nanan Sekarwana was born in Bandung, West Java, on 4th November 1949. He started his professional career as a Medical Doctor in Lampung, a remote area on Sumatra Island. He managed to increase the community's health status, which granted him a commendation from the Ministry of Health as the best Health Centre Medical Doctor in 1980. He became a Professor in Paediatric while teaching in the Faculty of Medicine Universitas Padjadjaran. He published many articles in reputable journals. During that time, he also served as Director of West Java Main Hospital, Hasan Sadikin Hospital. He is an assessor in LAM PT-Kes (Accreditation Body for Health Profession Education) and assessed many Medical Faculties all over Indonesia. Professor Nanan is also an assessor on Hospital Management since his second degree is in Hospital Management. He is actively involved in many organizations at the National level. At present, he is the Dean of the Faculty of Medicine Universitas Islam Bandung.

Plenary 2

Developing Research Culture Among Medical Students

Research is a systematic inquiry process that entails collecting data, documentation of critical information, and analysis and interpretation of that data/information following suitable methodologies set by specific professional fields and academic disciplines. In the health sector, the research results can be applied in determining the best form of health service to increase the health status. The ability to conduct adequate research is a must to have by all teaching staff and students, including those in the medical faculty. Therefore, it is necessary to create a conducive climate that can increase lecturers and students' research interests.

This conducive climate requires support from various parties, from the government to the faculty. The government issued policies that could encourage institutions to produce good quality research with ratings that determine grant funding clustering and put research as an essential point in determining universities' accreditation and study programs. In response to this policy, the institution builds a research and community service unit to plan and coordinate its implementation.

At the faculty level, various working groups were formed based on leading research topics. This working group accommodates lecturers and students' interest to join in and provide direction in its implementation. A research and community service unit at the faculty level was also formed in addition to a working group. This unit coordinates the provision of grants, training to improve student competence in research, and assists in writing good proposals and articles. The faculty also has to provide adequate research facilities and infrastructure and give incentives for lecturer and student articles that have been successfully published in reputable journals. Awards were also given to lecturers and students who had won research presentation competitions at the university, national and international levels. Collaboration with various parties at the national and international levels is established to open collaborative research opportunities to benefit significantly.

In conclusion, developing a research culture among medical students requires a strong commitment, systematic planning, and consistent support from the institution and the government. This support includes improving human resource competence, fulfilling infrastructure, and funds in implementing the vision and mission to produce research that generates new theories that contribute to solutions to the public health problems at the national and international levels.

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ABSTRACTS

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◆ *ORAL PRESENTATION*

ABSTRACT

Oral Presentation: Session 1

O-09

Maryam Sophia, K., Siti Aisyah Syafiqah, A., Yong Zhan Yi., Nik Muhammad Syafiq., Nur Ain Mahat.,
Faculty of Medicine, University of Cyberjaya

Knowledge, Attitude And Practice On Dengue Fever Prevention Among Communities In Mutiara Ville, Cyberjaya

Background: As the number of cases of dengue in Malaysia is rising, it is of vital importance to take decisive steps to limit the outbreak and, of course, to reduce the death rate. Since dengue control is a behavioural problem, in order to control the disease, the knowledge, attitude, and practice in the population needs to be studied. Therefore, the purpose of this study is to evaluate dengue fever prevention knowledge, attitude, and practice among communities in Mutiara Ville, Cyberjaya, Selangor.

Materials and Methods: A cross-sectional study with convenience sampling was done involving total of 231 respondents (N=231) using a validated questionnaire consisting of questions covering sociodemographic characteristics, knowledge, attitude, and practice of dengue prevention. Data was identified using descriptive analysis and factors associated with practice on dengue fever prevention were identified using multiple logistic regression and the findings were presented using adjusted odds ratio.

Result: Descriptive analysis on the practice of dengue showed majority of the respondents have good knowledge, attitude and practice with total of 91.3%, 95.7% and 74.5% respectively. Multiple logistic regression analysis showed only age and knowledge have association with practice on dengue fever prevention. The odds of having good practice was higher among the age group of ≥ 40 (OR=3.91) than the age group of < 40 . However, it is found that people who have good knowledge of dengue were less likely to have good practice on dengue prevention (OR = 0.035).

Conclusion: Although the prevalence of knowledge, attitude and practice of dengue fever prevention is excellent among communities in Mutiara Ville, only knowledge status and age were significantly associated with practice of dengue prevention.

Keywords: knowledge, attitude, practice, dengue prevention, Cyberjaya

O-15

Iqbal, A. I., Hidayah, N. A., Nabila, I., Shukiman, I., & Syaza Afifa, M. S.
Faculty of Medicine, University of Cyberjaya

A Cross-sectional Study On Association Of Smoking Habits And Insomnia Among University Students In Cyberjaya

BACKGROUND: Cigarette smoking has been particularly common among university students. Aside from that, there also has been a rise in prevalence of insomnia worldwide. This study aims to determine the prevalence and the association of cigarette smoking and insomnia among university students in Cyberjaya.

METHODS: A cross-sectional study was conducted to undergraduate students of University of Cyberjaya and Multimedia University in Cyberjaya, Selangor, which were selected via 3 different types of sampling methods. Pittsburgh Sleep Quality Index (PSQI) and Insomnia Severity Index (ISI) questionnaires were conducted via online survey.

RESULTS: 256 students from University of Cyberjaya (67.6%) and Multimedia University (32.4%) participated in the study with 40.2% being male and 59.8% female. Prevalence of smoking was 10.1% (N = 26). The ISI score reveals that 138 (53.9%) of the participants have insomnia. The global PSQI score revealed 85% (N = 215) have poor sleep quality. Among the smokers, 80.8% were identified to have insomnia, while based on PSQI, 100% of them have poor sleep quality. Significance associations were found between smoking and insomnia (p value = 0.004) along with association between smoking and sleep disturbance (p value = 0.019).

CONCLUSION: Prevalence of poor sleep quality and insomnia is high among university students in Cyberjaya. Besides, the study also found significance in both association between smoking habits and sleep quality as well as association between smoking habits and insomnia.¹¹

ABSTRACT

Oral Presentation: Session 1

O-23

Azli Shahril Othman, Bisyara Nur Ain Mohd Kamaruzaman, Mohamad Imran Ismail, Rafie' Aniq Abdul Rashid, Syamim Irdina Sharizal.
Faculty of Medicine, University of Cyberjaya

A Cross Sectional Study on Knowledge, Attitude and Perception About Smoking Tobacco Products Among Students in University of Cyberjaya.

Introduction: Annually eight million people around the world are killed by the tobacco epidemic which is regarded as one of the biggest public health issues the world has ever faced. This research is intended to be a source of the latest findings on the prevalence of smokers and the association between smoking status with knowledge, attitude and perception toward tobacco products.

Methods: This cross-sectional study was done among 221 students in University of Cyberjaya, Malaysia. A self-administered online based questionnaire was adapted from Global Adult Tobacco Survey (GATS) by the World Health Organization (WHO) and Ministry of Health (MOH), Malaysia. It consists of sociodemographic profile, tobacco usage, knowledge and stances on tobacco products and control initiatives.

Results: A majority of the students were non-smokers (55.7%) while the highest prevalence of smokers were males (66.9%), respondents aged less than 20 and between 30-39 years old (50.0%), in those of Chinese descent (60.4%), other religions and in widowers/divorcees (100.0%). Regardless of smoking status, all of the students agree that tobacco products increase the likelihood of getting heart attack and lung cancer, $p= 0.460$ and 0.121 respectively. There is also a significant association between smoking status and the belief of smokeless tobacco causing serious illnesses ($p=0.027$). The students' stance towards all of the local initiatives show significant association with their smoking status ($p<0.05$).

Conclusion: Revisions in legislation and education are needed as there are still differences of knowledge, attitude and behavior toward tobacco products with smoking status.

Keywords: smoking, tobacco control, tobacco survey, knowledge, Cyberjaya

O-24

Dr. Sara Idris, Eer Jun Jie, Wan Ahmad Haziq bin Wan Ahmad Hazim, Annisa Binti Aminuddin, Fatin Nurul Izzati Binti Aslan.
Faculty of Medicine, University of Cyberjaya

Factors Associated With Trust In Primary Care Doctors Among University Students In Selangor

Introduction : Trust is essential at commencing a patient-physician relationship as trust allows a patient to voluntarily share their information whole heartedly with the doctor, thus improving the patient's management and quality care plan.

Objective : To study factors associated with trust towards primary care doctors among students at the University of Cyberjaya.

Methodology : This study involved 352 samples among students from the university in Selangor. A self-administered online-based questionnaire was adapted from the Trust in Physician Scale. The questionnaire consists of sociodemographic, trust scale toward doctors and short answer question themed factors influencing trust towards doctors.

Result : The result shown 92.3% of students believe in primary care doctors. The highest prevalence of trust toward primary care doctors are among female (93.1%), 21-years-old and above (93.2%), Year 1 and 2(94.6%), Muslim (94.6%) and Malay (94.6%) students. Moreover, a list of factors contributing to trust toward primary care doctors was collected and the top rank is communication skills (21.3%).

Conclusion : There are no statistically significant factors associated with trust towards primary care doctors among university students in Selangor. A majority (92.3%) of the respondents trust their primary care doctors. The most influencing factor that contributes to trust towards primary care doctors among the respondents is communication skills.

Keywords : Trust, Physician-Patient Relationship, Students, Selangor

ABSTRACT

Oral Presentation: Session 1

O-30

Tazkia Sharar, Nur Fazdalila Binti Mohd Rafi, Azmerra Nurshahidda Alis, Ahmad Shamim Hamzi
Faculty of Medicine, University of Cyberjaya

A Study to Determine the Association Between Obesity, Physical Inactivity and Diet Among Medical Students in University of Cyberjaya

Introduction: According to World Population Review 2019, Malaysia has the highest prevalence of obesity among adults in South-East Asia at 15.6%, followed by Brunei 14.1% and Thailand 10.0%. This study aimed to determine whether there was any relationship between obesity, physical inactivity, and diet among medical students in University of Cyberjaya.

Methods: A Cross-sectional study was conducted among 158 students. Simple random sampling was used and medical students 18 years and older, without pre-existing illness such as asthma, cardiovascular disease and diabetic condition were selected. Data was collected via an online questionnaire.

Results: Most of the respondents were female (69.6%) as they made up the majority of undergraduate students in the university (62.2%). In this study, with the lowest prevalence, 8.2% of respondents were obese (BMI \geq 30.0kg/m²); 10.0% of females and 4.2% of males. 11.4% were overweight (BMI 25.0-29.9kg/m²), with the highest prevalence, 64.6% were normal weight (BMI 18.5-24.9kg/m²) and 15.8% were underweight (BMI $<$ 18.5kg/m²). However, for the two main objectives there was no association ($p > 0.05$) between: dietary practice and obesity ($p = 0.316$) and physical inactivity and obesity ($p = 0.244$) respectively.

Conclusion: Our study revealed that the prevalence of obesity was the lowest compared to other BMI status. It was found that most medical students in the university had a normal BMI. In addition, we concluded that the lack of association may have been due to the study being conducted predominantly among youngsters who have a higher metabolic rate as opposed to those who are older. Also, since this study was conducted online there were some limitations which may have affected the results.

Keywords: Obesity, physical inactivity, diet, medical students, Cyberjaya.

O-40

Mohammad Husni Hj. Ahmad Jamal, Raziq Irfan Bin Azman, Balqis Fatini Binti Mohamad Nasser, Farah Nadhirah Binti Muhammad Najib, Izleen Suhanis Binti Izlan
Faculty of Medicine, University of Cyberjaya

The Prevalence of Development of Eating Disorders Among Students in University of Cyberjaya.

Introduction: The World Health Organization (WHO) estimates that worldwide, 70 million people have an eating disorder. However, in Malaysia, there are no concrete studies done on the prevalence of eating disorders. The aim of this research is to determine the prevalence of development of eating disorders and the association between selected socio-demography and development of eating disorders among the students in University of Cyberjaya.

Methods: This study was done among 231 students in University of Cyberjaya, Malaysia. A self-administered online based questionnaire was adapted from the validated EAT-26 questionnaire. The questionnaire consists of sociodemographic profile and the EAT-26 questions.

Results: Among the students, 38.1% were known to be at risk of developing eating disorders. The highest prevalence of the developing eating disorders were among females (39.4%), aged between 26-30 years old (50.0%), in those of "others" ethnicity (38.7%), students from the Faculty of Allied Health Sciences (45.2%), with a monthly allowance of >RM1000 (57.9%) & students living in "others" (40.4%). There was no significant association seen in the selected socio-demographics (gender, age, ethnicity, faculty of study and residency) except for monthly allowance that demonstrate a p-value of 0.014 ($p > 0.05$).

Conclusion: Overall, this study could benefit many by giving awareness to the individuals who are at risk of developing eating disorders, thus enabling them to seek help from health professionals as early as possible.

Keywords: sociodemographic, eating disorders, EAT-26, university students, Cyberjaya

ABSTRACT

Oral Presentation: Session 1

O-49

Ibrahim Mukhlis Mohamad Azam, Aizat Hemi Ali, Nurul Nabilah Yusof, Mehereen Chowdhury
Faculty of Medicine, University of Cyberjaya

Cross Sectional Study: Cigarette Smoking And The Usage Of E-Cigarettes Among The Students Of The University Of Cyberjaya

Background : Electronic cigarette use continues to grow and gaining dramatic popularity, recognition and acceptance globally, especially among adolescents. More adults are switching from smoking to vaping due to their disproportionate misconceptions pertaining to the adverse effects of the practices respectively. Therefore, this study aims to assess the association between e-cigarettes use and cessation of smoking.

Materials and Methods : A cross-sectional study was conducted among 145 students in the period from November 2020 until January 2021 in University of Cyberjaya (UOC), Cyberjaya, Selangor, Malaysia. The sample selection was done by convenience sampling and voluntary participation. The self-administered questionnaire was distributed online.

Result : The prevalence of smokers and vapers among the students are 15.9% and 12.4% respectively. Most of the smokers started smoking due to friend influence (26.7%). For vapers, most of them start using vape to quit using tobacco products (38.9%). Prevalence of smoking and vaping was significantly higher in male ($p = 0.003$, $p = 0.007$). There is a significant association between usage of e-cigarette and cessation of cigarette smoking ($p = 0.001$). Most vapers believe that e-cigarette is less harmful when compared to smoking tobacco (61.1%).

Conclusion : This study found that 15.9% and 12.4% students are smokers and vapers respectively. Males students were more likely to smoke and vape. E-cigarette use appears to be associated with smoking cessation, even so, most of them believe e-cigarettes are safer than tobacco smoking. Hence, further study on the use of e-cigarettes and its effect on human health should be conducted to create awareness about the danger of it.

Keywords : Smoking, Vaping, E-Cigarettes, Perception, Smoking Cessation

O-50

Fitra Salam, Mirasari Putri, R Rizky Suganda Prawiradilaga
Universitas Islam Bandung

Correlation between Maternal Age at Delivery and The Incidence of Stunted

Stunted (short stature) is when the ratio of height or length to age shows a result <-2 standard deviation based on the WHO Child Growth Standards. In 2018 the proportion of stunted children in Indonesia was in the high prevalence category, and Serang Regency for 2020 is the locus for reducing this problem. Many factors are risk factors for stunted, some of which are the mother's age at birth, the sex of the child, gestational age, birth weight, and chronic disease. This study aimed to determine the relationship between maternal age at delivery and other several risk factors with the incidence of stunted. This analytic observational study was conducted in public health center (Pusat Kesehatan Masyarakat, Puskesmas) Ciomas and Pabuaran districts, Serang Regency, Banten Province, during October-December 2020. The number of research subjects was 73 people who were determined by the purposive sampling method. The results showed no significant relationship between maternal age at delivery ($p=0.118$), child sex ($p=0.794$), gestational age ($p=0.876$), birth weight ($p=0.548$), and a history of chronic disease ($p=0.649$) with the incidence of stunted. Stunted risk factors are divided into several groups, namely groups of characteristics of children, family members, households, health care services, and the environment. Maternal age at delivery is one of the risk factors for the characteristic group of family members.

Keywords: Body Height, growth disorders, maternal age, risk factor, stunting.

ABSTRACT

Oral Presentation: Session 2

O-05

Rada Citra Saputra, Iin Novita Nurhidayati Mahmuda
Muhammadiyah University of Surakarta

The Differences In Efficacy of Vildagliptin As A Single Drug With Vildagliptin As A Combination With Metformin in Type II Diabetes Mellitus: A Systematic Review

Background: In America, the prevalence of diabetes mellitus about 8.6% or 21 million adults in 2016. In Indonesia, the prevalence of diabetes mellitus has increased 2% from 2013-2018 for people aged more than 15 years. Vildagliptin is an oral antihyperglycemic drug class Dipeptidyl Peptidase-4 inhibitor which has been approved for use in type 2 diabetes mellitus. However, the benefits and risks of vildagliptin may be different for monotherapy and in combination especially with metformin. This systematic review will explain the efficacy of vildagliptin as monotherapy and vildagliptin in combination with metformin in type 2 diabetes patients. These findings can be used to develop treatment recommendations for type 2 diabetes mellitus sufferers.

Methods: Data collection techniques for systematic review using Pubmed and Science direct for terms related to efficacy vildagliptin as single drug and efficacy vildagliptin as combination with metformin in HbA1c, FPG, risk hypoglycemia and weightloss of T2DM. The journals matched with the restriction criteria and PICO. The quality of the journals is tested using GRADE method.

Results: Journal searches found 741 journals, 8 of which were eligible for systematic review with high quality journal by GRADE method. The review of 8 journals found that vildagliptin as combination with metformin has good efficacy and can reduce HbA1c ($8.1 \pm 0.6\%$ to $6.9 \pm 0.1\%$), FPG ($141 \pm 15\text{mg/dl}$ to $106 \pm 4\text{mg/dl}$), and lower risk of hypoglycemia and weightloss about $4.67 \pm 5.8\text{kg}$ for lowdose combination and $4.29 \pm 6.7\text{kg}$ for highdose combination.

Conclusion: Vildagliptin is more effective in combination with metformin in T2DM patients than vildagliptin as single drug.

Keywords: Type-2 diabetes mellitus, Vildagliptin, Metformin, HbA1c, Combination

O-33

Egidia Tiffany, Zaid Ziyaadatulhuda Ashshiddiq, Nur Rohman Setiawan,
Aulia Nissa Rizky Hariyono
Muhammadiyah University of Surakarta

Health Care For Children During COVID-19 : A Literatur Review

During the COVID-19 pandemic, many health care services for children were canceled and pediatric therapists quickly turned to telehealth to support the families they previously served face-to-face. Health services have switched to using a virtual health application where patients and health workers can still communicate through the application such as the use of telehealth, telemedicine, and email. Researchers feel to assess about 'Health Care For Children' to help parents in providing the care needed by children in during the COVID-19 pandemic era so care for children can still be given as it should.

This research is written as a literature review with the method used is a narrative method. There are significant changes related to health care for children during the Covid-19 pandemic.

The adaptation of these new habits is expected to maintain the quality of health care without increasing the potential for the spread of Covid-19.

Keywords: Children, Health Care, COVID-19

ABSTRACT

Oral Presentation: Session 2

O-38

Aulia Nissa Rizky Hariyono, Zaid Ziyaadatulhuda Ashshiddiiq, Nur Rohman Setiawan, Egidia Tiffany
Muhammadiyah University of Surakarta

The Effect of The Covid 19 Pandemic on Eating Disorders : Literature Review

The COVID-19 pandemic is creating new life orders around the world. The new life order that is created tends to have impacts on eating disorders in society. Risk impacts such as increased body weight and disruption of eating patterns arise due to disruption of daily activities and changes in community routines, thereby increasing the risk of eating disorders. Eating disorders are also triggered by access to social media about sensitive information that can increase anxiety.

Face-to-face treatment between a patient with an eating disorder and a doctor also aggravates the patient's condition. Nonetheless, there are results that explain that increased relationships with family, more time to care for themselves, and self-motivation have a positive impact on patients with eating disorders.

Keywords: Eating Disorders, Mental Health, COVID-19

O-39

Zaid Ziyaadatulhuda Ashshiddiiq, Rochmadina Suci Bestari, Em Sutrisna, Listiana Masyita Dewi
Muhammadiyah University of Surakarta

The Effectiveness and Side Effects Mebendazole And Pyrantel Pamoate As Combination Drug For Soil Transmitted Helminthiasis Therapy : A Systematic Review

Background: Soil transmitted helminthiasis (STHis) is still a public health problem in Indonesia. The prevalence is generally still very high, between 2.5% - 62%, especially for the less fortunate population groups with poor sanitation and hygiene. Considering the reduced efficacy of the current drugs and the lack of an effective drug particularly against *T. trichiura* research on new drug candidates is of pressing need. Combination drug between mebendazole and pyrantel pamoate is second tier on Bill and Melinda Gates Foundation (BMGF) recommendation. There is a need to discuss the therapeutic effectiveness of mebendazole pyrantel pamoate in STHis, especially in tricuriasis and mixed infections by considering the side effects that appear in published studies.

Method: Data collection techniques for systematic review using Google Scholar, Pubmed and Science Direct. The journals matched with the restriction criteria and PICO then screened using the PRISMA method. The quality of the journals is tested using GRADE method.

Result : At the data collection stage, 2814 titles were obtained from search engines. The final results are 4 journals. Cure rate for *T. trichiura*, *A. lumbricoides* and mixed infection are 89.2%-94%, 98.5%-100%, and 80.4%-97.4%). Side effects that arise from the combination of mebendazole pyrantel pamoate are headache, diarrhea, vomiting and itchy rash.

Conclusion : The combination of albendazole with pyrantel pamoate has good effectiveness (cure rate >80%) with minimal side effects.

Keywords: Mebendazole, pyrantel pamoate, Soil transmitted helminth.

ABSTRACT

Oral Presentation: Session 2

O-42

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Prevalence of Coronary Artery Disease in Individuals with Diabetes Mellitus Type 2: A systematic review

Background: Coronary artery disease (CAD) is a major determinant of the long-term prognosis among patients with diabetes mellitus (DM). CAD's prevalence has been growing over time.

Objective: To systematically review the current prevalence of CAD among individuals with T2DM and risk factors associated with CAD in T2DM

Methods: We identified articles published in English through EBSCO Discovery Services, PUBMED, BMJ Journals, Google Scholar, Elsevier, ResearchGate and MEDLINE within the last 20 years (2000-2020). All kinds of study designs were reviewed, mainly observational studies which are cross-sectional and cohort studies. The main inclusion criteria entailed adults (18 years or older) diagnosed with T2DM. All articles were selected through different phases based on the PRISMA flow diagram. Data extraction sheet was developed and refined accordingly from included studies. Risk of bias was assessed by using Newcastle-Ottawa scale.

Results: All 18 studies are finally selected involving 26,349 participants who are having T2DM. The average prevalence of CAD in T2DM across the world is 31%. From all 18 studies, 3 studies (N=2757), 2 studies (N=5666), 5 studies (N=2810) and 1 study (N=1566) showed significant association of obesity, dyslipidaemia, hypertension and smoking as risk factors for CAD respectively with an average age of 56 years old.

Conclusion: Overall, the average prevalence of CAD in T2DM in this study is 31% compared to other systematic review studies which is 21.2% in adults with diabetes living in high- and middle- income countries with an average age of 56 years old.

Keywords: Cardiovascular disease, Diabetes Mellitus Type 2, Prevalence, Coronary Artery Disease, Ischemic Heart Disease.

O-47

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Effectiveness of Sterile Insect Techniques (SIT) As Vector Control Against *Aedes aegypti* and *Anopheles arabiensis* : A Systematic Review with Meta-Synthesis

Malaria and Dengue Hemorrhagic Fever (DHF) are vector-borne infections that still become global health problem. Data from WHO in 2015 stated that there were 96 million cases of DHF and for malaria there were 214 million cases that caused 438,000 deaths. To control the vector of the diseases, Genetically Modified Mosquito (GMM) technology has been developed, one of them is Sterile Insect Technique (SIT). The principle is release male insects that have been irradiated into nature to mating with normal females and resulting sterile eggs.

This research method is systematic review with meta-synthesis of experimental research using PRISMA. The results is 200 articles from the database Pubmed, Science Direct, and Google Scholar. After that the articles were screened from reading the title, abstract, then full text, there were 11 articles that were reviewed.

From the results, it can be concluded that SIT is effective against *Aedes aegypti* and *Anopheles arabiensis*.

Keyword : Sterile Insect Technique, *Aedes aegypti*, *Anopheles arabiensis*

ABSTRACT

Oral Presentation: Session 2

O-48

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Scoping Review: Effects of Ramadan Fasting on Blood Pressure in Adults

Ramadan fasting has many benefits for the body, including regulate heart rate, blood pressure, and other cardiovascular risk factors. The purpose of this study is to understand the effect of Ramadan fasting on blood pressure and to understand how the results of the review have been conducted.

This study is a scoping review using articles from three databases. There were 2,231 articles that match the inclusion criteria. Feasibility test that based on PICOS had 14 articles. After a critical review, there were eight articles remaining. This research was conducted in September-December 2020. The results of the study and analysis of eight articles, there were three articles stating that in healthy people, the effect of Ramadhan fasting on systolic and diastolic blood pressure was not significant. There was one article stating that it was significant. In hypertensive people, there were two articles stating that the effect of Ramadan fasting on systolic and diastolic blood pressure was significant. One article stating that there was a significant decrease but only in systolic blood pressure, and there was one article stating that in hypertensive people, systolic and diastolic blood pressure decreases but was not significant. In conclusion, Ramadan fasting affects the reduction of systolic and diastolic blood pressure in adults with hypertension but not in healthy adults.

Therefore, hypertensive people who are undergoing Ramadan fasting must still take the antihypertensive drugs according to doctor's recommendations.

Keywords: Blood pressure, Cardiovascular Risk Factors, Fasting, Hypertension, Systolic Pressure

O-52

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Comparison of Accuracy and Effectiveness of Rapid Diagnostic Test (Rdt) and Microscope in Malaria Diagnosis : Systematic Review and Meta Analysis

Indonesian Malaria Elimination Program has 5 strategies, one of them is diagnosis using microscope and RDT. Microscope is the gold standard, but it needs experts, tools and materials/reagents. So, RDT can be an alternative with high sensitivity and specificity. This study was to compare the accuracy and effectiveness of malaria RDT and microscope.

The method is systematic review of analytic observational research using the PRISMA method and meta-analysis from PubMed, Science direct, Cochrane library, and Google scholar, Indonesian or English articles in 1974-2020, and containing diagnostic test table were included; whereas research using PCR and review articles were exclude.

The articles obtained 6,676 then screened into 37 articles by Mendeley, Zotero, Ms. Excel, and RevMan 5. The review results is the AUC RDT was 0.74 and AUC microscope was 0.96.

So it can be concluded that the microscope is more accurate and effective in the diagnosis of malaria than RDT.

Keywords: Rapid Diagnostic Test, Microscope, Malaria

ABSTRACT

Oral Presentation: Session 3

O-16

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Prevalence, Causes and The Impact of Stress on Academic Performances among medical students in University of Cyberjaya

Background: Chronic stress among medical students affects academic performances. The most prevalent source of stress is academic related stressor such as exams.

Objective. We aimed to explore the prevalence of stress level and the impact of stress on the academic performance among medical students in University of Cyberjaya (UoC) which help university authorities to incorporate stress coping model throughout the curriculum in the future.

Materials and Methods: A cross-sectional online survey was conducted on a sample of 216 targeted respondents. Data were collected using the Perceived Stress Scale Questionnaire (PSS-10) and Medical Stress Questionnaire (MSSQ). Data were analyzed using SPSS version 23.0. Correlation analysis and Chi square were applied.

Results: Of 216 targeted respondents, 197 (91%) responded with most (73.6%) aged 22 years and above. Majority of students (87%) felt stress within 6 months. Academic related was found to be the most prevalent stressor (Score 2.43, SD 0.728). Year of study and academic performance showed significant association ($p= 0.017$) where (GPA<3.5) were lowest among pre-clinical studies (23.2%). Relationship between perceived stress level and GPA, showed $p<0.05$, the higher the stress level, the lower the academic performance.

Conclusion: The prevalence of stress among medical student of UOC is high which majority had mild to moderate stress. Awareness creation are recommended.

Keywords: stress, medical student, stressor, academic performances, MSSQ

O-19

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Relationship Between Game Addiction, Psychosocial Effects and Academic Performance Among Students Of University Of Cyberjaya (UoC)

Background: Online games addiction has been shown to cause changes to one's emotion and behaviour. Moreover, academic performance could be affected too. Therefore, this study aims to assess the relationship between game addiction, psychosocial effects and academic performance of students in UoC.

Methods: A cross sectional study was conducted among undergraduate students of UoC, Cyberjaya, Selangor from 4 different faculties. 399 respondents were selected through random sampling method and data has been collected through online form using validated questionnaires.

Result: Overall prevalence of online games addiction was high among the age group of 20-24 years old (18.26%), Others ethnicity group (44.45%), and among male students (35.72%). Data analysed using chi square in this study has shown an association between online games addiction and psychosocial effects ($p<0.001$) but no association between online games addiction and academic performance ($p\text{-value} = 0.850$).

Conclusion: Students who were addicted to online games have been related to having psychosocial effects but association between gaming addiction and academic performance is yet to be found. This might be due to other factors including level of intelligence and time spent on studying. We recommend for awareness campaign on influenced of online gaming should be strengthened as a measure to reduce the prevalence of online games addiction and counselling to be given for those with early symptoms of psychosocial effects regardless being addicted or not.

Keyword: Online games addiction, Depression, Anxiety, Stress, Academic performance

ABSTRACT

Oral Presentation: Session 3

O-28

Mohd Hafiz Ngoo Abdullah, Engku Sabrina Engku Mohd Fauzi, Muhammad Farhan Mohamed, Nurul Izzati Mohd Nasri, Li Lian Ong
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A Randomized Controlled Trial(rct) on The Effect of Caffeine On Working Memory and Sustained Attention of MBBS Students in University of Cyberjaya, Cyberjaya, Selangor

Caffeine is the most widely consumed psychoactive substance across the world and has been shown to improve cognitive performance. Hence, this study aims to assess the effect of caffeine on working memory and sustained attention of undergraduate medical students in a private university in Cyberjaya, Malaysia.

A randomised controlled trial (RCT) study was conducted within 2 months in University of Cyberjaya, Cyberjaya, Selangor. A total of 63 students volunteered to participate and were randomised into two groups; Group A (caffeinated) and Group B (controlled). Students with known medical illnesses (e.g. peptic ulcer disease, severe anxiety, seizure, metabolic diseases, and heart diseases), those who did not get enough sleep for at least 6 hours, last caffeine intake less than 12 hours were excluded from this study. The students filled in a survey form on caffeine consumption and completed two tests (pre- and post-intervention) each for working memory and sustained attention; i.e., Hopkins Verbal Learning test and Serial Seven Subtraction test respectively.

Out of 32 students in the caffeinated group, 65.6% ($p = 0.721$) showed improvement in working memory and 71.9% ($p = 0.721$) showed improvement in sustained attention. However, the results from this study suggests that acute ingestion of low doses of caffeine is not statistically significant to improve working memory and sustained attention.

Keywords: caffeine, memory, attention, cognition

O-29

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The Relationship of Body Image Perception, Self-esteem and Academic Performance in University of Cyberjaya (UoC) Undergraduates

Body image satisfaction is important as when the person is satisfied, they will be happier, confident, motivated and will have the right attitude towards success. Studies also showed that underprivileged self-perception may bring down self-appraisals, thus negatively influencing academic performances. Therefore, this study aims to determine the correlation of body image, self-esteem and academic performance among UoC students.

A cross sectional study was done by using simple random sampling. The respondents that fulfilled the inclusion and exclusion criteria were given self-administered questionnaires online. The data was analysed using SPSS version 23.

There was a significant association between body image perception and gender, the male student had more satisfaction (53.6%) compared to female (37.9%). Females showed higher academic performances (31.7%) compared to males (21.4%). There was also a significant association between body image perception and self-esteem towards academic performances, however, there is no association between self-esteem and body image perception. It can be concluded that most students with body image satisfaction had higher self-esteem.

Keywords: Body image perception, Self-esteem, Academic performance, Gender, Malaysia

ABSTRACT

Oral Presentation: Session 3

O-35

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The Relationship Between Social Media Usage, Depression, Anxiety And Stress Among University Of Cyberjaya Student

Introduction: In Malaysia according to the WHO, it was estimated that 4.4% of the world's population suffer from depression. Furthermore, data has shown that 52% of Americans are highly stressed on a daily basis. Such mental disorders are linked to autoimmune disease and negative behavioral changes through which one's quality of life is dramatically reduced. Addressing this issue, our research aims to determine the prevalence of social media addictions among the University of Cyberjaya (UoC) students and determine its association with the profound increase in anxiety, stress, and depression.

Methods: This cross-sectional study was conducted among 234 full time undergraduate students from 8 different courses in the UoC. Sampling was done via stratified sampling and snowball sampling. Data was collected using a pre-tested survey on Google Forms which includes sociodemographic profile as well as the Social Media Addiction Scale (SMAS) and Depression Anxiety Stress Scale (DASS) questionnaires.

Results: Our study results show that for the SMAS scores, the majority of the students have a no-low social media addiction level at 51.7%. For the DASS scores, most of the students show severe-extreme levels in all three categories of depression (56.8%), anxiety (58.5%) and stress (53.4%). There was significant association between social media addiction and depression, anxiety and stress respectively.

Conclusion: We conducted this study in hopes that it will not only give more information about how prevalent social media addiction is, but also to show how it is affecting our mental health by elevating our levels of stress, anxiety, and depression.

:Keywords Social Media Addiction, SMAS, DASS, Cyberjaya, anxiety, stress, depression.

O-55

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The Relationship between Internet Addiction, Mental Health and Suicidal Behavior among Undergraduate Students in Malaysia

Introduction: The usage of the Internet is associated with psychological problems among adolescents, and this study was conducted to determine the relationship between internet addiction with associated psychological disorders such as mental health and suicidal behavior among undergraduate students in Malaysian University. **Purpose:** To determine the relationship between internet addiction, mental health and suicidal behavior among undergraduate students in Malaysian University.

Method: Online survey method was used in this study. 150 undergraduate students were recruited through convenience sampling from 11 universities in Malaysia. There were three instruments used in this study which were The Internet Addiction Test (IAT), Mental Health Inventory-18 (MHI-18) and The Suicide Behavior Questionnaire Revised (SBQ-R). Descriptive analysis is conducted to determine the prevalence of university students with internet addiction.

Results: Undergraduate students with severe internet addiction was 5.3 %, while 51.3% of the undergraduate student had moderate level of internet addiction, 28.7% of them had mild level of internet addiction and the rest were normal users of internet. In this study, Pearson's Correlation analysis showed that there is a negative correlation between internet addiction and mental health ($r_{150} = -.27, p < 0.01$). However, the Pearson's Correlation analysis also showed that there is a positive correlation between internet addiction and suicidal behavior ($r_{150} = .23, p < 0.01$).

Conclusion: We can observe that internet addiction is significantly related with mental health and suicidal behavior among undergraduate students. Thus, serious actions need to be taken to help students to control their addiction towards internet. Spending too much time on internet that causes one to be addicted should be reduced in order to improve our mental health and at the same time can avoid suicidal behavior.

Keywords: internet addiction, mental health, suicidal behavior, undergraduate students

ABSTRACT

Oral Presentation: Session 3

O-56

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The Prevalence Of Hiv Status Disclosure Beliefs On Psychological Distress, And Sleep Quality Among People Living With Hiv (Plhiv) In Malaysia

Prior research showed that HIV-related stigma can bring negative psychological consequences among individuals living with HIV, but they neglect to acknowledge that HIV-status disclosure may play a role in contributing to these implications. Therefore, this cross-sectional quantitative study investigated HIV-status disclosure beliefs, psychological distress and sleep quality among a sample of 264 people living with HIV (PLHIV) in Malaysia.

HIV-Status disclosure beliefs, psychological distress and sleep quality was assessed using the instruments Disclosure Beliefs Scale (DBS), Mental Health Inventory-5 (MHI-5) and Sleep Quality Scale (SQS) respectively, which are proven for their validity and reliability during pilot testing.

Findings of this research showed that a high disclosure belief can reduce psychological distress and improve sleep quality, while a low disclosure belief can lead to psychological distress and reduce sleep quality. It was also shown that higher psychological distress leads to poor sleep quality experiences among Malaysian PLHIV.

The findings of this present research point to the need for social support provisions and also HIV-related stigma and discrimination reduction programs. Future researchers may expand findings on this research area by studying HIV-related stigma and also perceived social support by PLHIV in Malaysia.

Keywords: HIV status disclosure, psychological distress, sleep quality, People living with HIV

O-57

Faridah Hamimi Mohammad Nizam, Nor Firdous Mohamed, Nur Amani Ahmad Tajuddin, Norfaezah Zakaria, Aina Fatimah Mohd Amin
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Relationship between Psychological Distresses on Medication Non-Adherence among Type 2 Diabetes Mellitus (T2DM) Patients

Introduction: National Health and Morbidity Survey (NHMS) 2019 stated that 1 in 5 adults in Malaysia suffered from diabetes. As no cure have been established for diabetes, the prescribed medication are vital in returning blood sugar level to a safe threshold. However, countless people having difficulty in being adherent to their treatment, especially people with psychological distress. Thus, this research aimed to study the relationship between psychological distresses on medication non-adherence among Type 2 Diabetes Mellitus (T2DM) patients.

Methods: A total of 240 outpatient of UMMC with a medical history of diabetes have participated in this research. This study was conducted through a survey method by distributing a set of questionnaires to the participant. The questionnaires used in this study are Medication Compliance Questionnaire (MCQ) and Hospital Anxiety and Depression Scale (HADS). The research hypotheses were tested by the Pearson Chi-Square Test of Independence.

Results: Analysed data shows 22.5% T2DM patient are depressed, while anxiety were seen in 13.3% of the patients. The result shows depression have a statistically significant association with medication non-adherence ($p < .000$). However, there is no profound evidence were found between anxiety and medication non-adherence ($p\text{-value} = .14$).

Conclusion: Depression are found to have a moderate association with medication non-adherence. The findings suggest a need for government and healthcare provider to incorporate psychological intervention into the standard diabetes care treatment.

Keywords: psychological distress, depression, anxiety, medication non-adherence, diabetes.

ABSTRACT

Oral Presentation: Session 4

O-10

Muhammad Aliuddin, Z., Nur Syahirah Ain, O., Nur Izyan Liyana, A.R., Nur Afiqah Madihah, M.R., Mohd Azaldin, N.
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Relationship of Physical Activity and Sleep Quality With Academic Achievement Among Pre-clinical MBBS Students of Cyberjaya University

Background: Medical students are subject to a high level of pressure because of their academic challenges. They are also at greater risk to have physically inactive behaviours and sleep disorders. Good physical activity and sleep quality are essential in enhancing cognitive skills especially memory retention among students. Both of these variables can make a significant contribution in improving academic performance. Hence, this research was conducted to determine level of physical activity and sleep quality with academic achievement.

Methods: A cross sectional study was conducted among pre-clinical MBBS students in University of Cyberjaya (UoC), aged 18-30 years and students of at least 1 semester. Respondents were selected through stratified and simple random sampling. Data have been collected by using validated online questionnaires.

Result: 42.6% of the respondents were physically inactive and 50% of them were in 1st class (GPA 3.5-4.0). High prevalence of physical inactivity was reported among male (45.2%), age group ≤ 20 years old (24.6%), Year 2 (30.6%) and Chinese/Indian/Others (75%). Among the physically inactive respondents, the most significant barriers reported were 'Busy' (35%), 'Lazy/Unmotivated' (27.5%) and 'Afraid to go out due to COVID-19' (17.5%). In addition, overall prevalence for poor sleep quality was 23.4% whereas 54.5% of them were in 1st class (GPA 3.5-4.0). High prevalence of poor sleep quality was reported among females (27%), age group ≥ 20 years old (31%), Year 2 (24.5%) and Malay (25.7%). However, statistically there was no significant association between physical activity and sleep quality with academic achievement ($p > 0.05$).

Conclusion: Consistent approaches and health education on physical activity and sleep quality should be strengthened with a focus on boosting their cognitive capacity for better academic success.

Keywords: physical activity, sleep quality, academic achievement, association, cyberjaya

O-20

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A Cross-sectional Study on Knowledge, Attitude and Practice of Bubble Tea Consumption Among Students in University of Cyberjaya

Introduction: Bubble tea was first introduced in Taiwan during 1980 and became popular across Asia since 1990. Previous study reported that less knowledge on sugar and calorie content in sugar sweetened beverages resulted in higher consumption. This study was conducted to determine the knowledge, attitude and practice of bubble tea consumption among University of Cyberjaya (UoC) students.

Method: A cross-sectional study was conducted in UoC among undergraduate students between 18 to 32 years old. A total of 212 respondents were recruited through a convenience sampling method. Respondents were given a link to fill out a self-administered questionnaire which measures the bubble tea consumption and awareness of sugar and calorie content in bubble tea.

Results: Overall, there was 80.2% ($n = 170$) out of 212 participants that consumed bubble tea. However, only 30.7% and 13.2% were aware about the sugar and calorie content in bubble tea respectively. Among the respondents, 56.4% who were aware about sugar content in bubble tea and 41.0% who were aware of the calorie content still have high consumption. Statistically, there was no association between awareness of sugar and calorie content in bubble tea with its consumption ($p > 0.05$).

Conclusion: The knowledge of the students on high sugar and calorie content in bubble tea were not convincing. However, their attitude and practice towards bubble tea consumption were high regardless of the awareness of the students. High sugar and calorie content in bubble tea may contribute to an unhealthy lifestyle among the students. Thus, specific education programmes and guidelines on healthy diet are needed.

Keywords: bubble tea, sugar content, calorie content, awareness, university students

ABSTRACT

Oral Presentation: Session 4

O-25

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Cross-Sectional Study On Association Between Breakfast Consumption With Attention Span and Body Mass Index (BMI) of Undergraduate Students From Universities in Malaysia

Introduction : The aim of this study was to determine the association between breakfast consumption with the attention span and body mass index (BMI) among undergraduate students.

Methods : A convenience sampling sample of 216 students from universities in Malaysia participated in this cross-sectional study. Breakfast consumption habits and attention span were evaluated using validated questionnaires and Six Letter Cancellation Test (SLCT) respectively. Weight and height were measured using standard protocol and then body mass index (BMI) was calculated.

Results : The results revealed, the majority of the students 82 (37.79%) lack of time was the major reason to skip breakfast. There is no association of habitual breakfast consumption frequency and BMI (p-value = 0.214). However, university students who practice frequent habitual breakfast consumption showed a highest prevalence of normal BMI (47.30%) and has lowest prevalence of overweight and obese (28.6%, 15.4%). There is no statistically significant difference between undergraduate students who consume and do not consume breakfast (P=0.076). However, the mean for the frequent breakfast consumption is the highest (53.11). Moreover, ANOVA indicated a statistically significant difference (P < 0.05) between age, ethnicity, faculty, parental highest level of education and alcohol consumption with attention span.

Conclusion : This study found a high prevalence of normal BMI and good attention span among those who frequently consume breakfast. Our findings are helpful for students and health educators in advocating breakfast consumption to structuralize a healthier campus.

Keywords : University students, breakfast consumption, attention span, BMI.

O-26

Sarah Naqibah Johari, Ernest Hoo Anak Steward, Farhana Mohammad Shafiq, Ahmad Luqman Ramli, Nur Ain Mahat, Nani Nordin.
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A Cross-Sectional Study To Evaluate The Awareness Of Salt Intake Among University Of Cyberjaya (UoC) Students.

Introduction: Around 119 countries exceeded the recommended amount of salt intake and 51 countries were estimated to be consuming more than double the recommended level. Thus, the aim of this study is to evaluate awareness of salt intake among UoC students.

Methods: This cross-sectional study was done among 138 students in UoC using simple random sampling method where the participants answered a validated questionnaire consisting of sociodemographic characteristics, knowledge about salt intake and the behavior of salt intake. Categorical data were presented as frequencies and percentages, while mean and standard deviation were used to describe numerical data. Pearson chi square and Fisher's exact test was used to establish the association in this study.

Results: There is high prevalence of participants who know the impact of salt over consumption to health (92.8%). 49.3% of the participants were aware of their salt intake while 73.9% of participants take salt with other foods. Majority of participants never check the salt contents on food labels (92%) and never check salt contents on food labels before buying processed food (92%). 66.7% of the participants buy food labelled with no additional salt or MSG. There is significant association between citizenship and salt intake awareness (p=0.028).

Conclusion: It shows that knowledge is important for the awareness of salt intake for better health.

Keywords: salt intake, awareness, students, university, sodium

ABSTRACT

Oral Presentation: Session 4

O-37

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A Cross Sectional Study on High Protein Diet and its Impact on Blood Pressure, Waist Circumference and Body Fat Percentage among Gym Goers in Cyberjaya.

Introduction: High protein diet has been popular among athletes and exercisers for centuries. It has been promoted as a weight loss technique and some have been practising it for other different reasons. This study focused on the impacts of high protein diet on people who routinely exercise, either weightlifting or cardio in the aspect of blood pressure, waist circumference and body fat percentage.

Methods: This is a cross-sectional study carried out among a selected Malaysian population. Inclusion criteria were aged above 18 years, a resident of Cyberjaya, and not diagnosed with any underlying disease (N=46). Data was collected using an online interview and individual questionnaire. Data was entered into SPSS version 26 and analysed using Pearson chi-square and Fisher's exact test. The level of statistical significance was set at $p < 0.05$.

Results: Majority of the gym goers in Cyberjaya have a high protein diet (57.8%). Prevalence of high protein diet are majority among males (55%), in respondents aged 18-30 years old (51.5%), of Malay descendant (44.4%), in those who completed secondary school (72.7%), and in those who work by shifts (66.7%). There is a significant association between high protein diet and waist circumference and also body fat percentage ($p < 0.05$).

Conclusion: Prevalence of high protein diet is the highest among males and those who work by shifts. However, there is no significant association between having a high protein diet and blood pressure.

Keywords: high protein diet, impact, gym goers, Cyberjaya

O-41

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The prevalence of HT and the association between smoking and HT among Cyberjaya community

Introduction: Hypertension (HT) is a common risk factor for stroke and kidney disease which may cause a premature death. The objective of this study is to evaluate the prevalence of HT among Cyberjaya community and study the demographic characteristics of those affected.

Methods: This is a cross-sectional study carried out using a convenience sampling method for eligible respondents (18 years or older). An online survey was distributed to Cyberjaya community via social media platforms. Data was analyzed using SPSS version 23.

Results: Out of 303 responses received, only 171 included in the study. Majority of our population was between 18 and 39 years of age (74.9%, n=128). The overall prevalence of HT in this study was 24.6% (n: 42). Within genders, more men had HT (31.3%) compared to women (20.2%). However, this was not statistically significant ($P = 0.098$). Among those affected with HT, majority were Malay (76%), between 18 and 39 years old (57%), and obese (69%). Furthermore, 55.6% of those above the age of 60 had HT, higher than other age groups ($P = 0.005$). HT was reported in 42.6% of obese individuals, much higher compared to other BMI categories ($P < 0.001$). Non-smokers had higher prevalence of HT (25.9%) compared to smokers (17.9%). After adjustment for confounding, this was not statistically significant.

Conclusion: The prevalence of hypertension within Cyberjaya community is 24.6%. Although this study demonstrated an association between age and obesity on one hand and HT on the other, no association with smoking found. Further studies needed to confirm our findings.

Keyword: Prevalence, Hypertension, Smoking, Cyberjaya.

ABSTRACT

Oral Presentation: Session 4

O-51

Pua Hock Seng, Muhammad Amirul Bin Noor Affandi, Nurul Nabila Binti Kamaruzzaman, Dhivya Kaliswary A/P Panierselvam, Ahmad Fairuz Mohammed
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A Cross Sectional Study on The Benefit and Health Issues Among ESport Players

Background: ESport was known as professional or competitive video gaming. However, very little documented about the health related issues among eSport players.

Objective: To study the health benefit and common health issues among eSport players.

Methodology: A cross sectional study was conducted to determine the health issues among eSport players with a total sample size of 166. Online questionnaires was used as our research tools which consist of Body Symptom Survey (BOSS), Epworth Sleepiness Scale, International Physical Activity (IPAQ) and Depression Anxiety Stress Scale (DASS-21). The participants were selected using the convenience sampling method.

Result: A total of 69 eSport players participate in this research. The prevalence of stress level among eSport players was 26.1%. The most musculoskeletal pain complaint was hand/wrist pain (79.7%), followed by neck pain (76.8%) and the least was knee pain (11.6%). There was a significant association between stress and sleep pattern ($p < 0.05$). However, there was no association between stress, physical activity and duration play and also no association between musculoskeletal pain sleep pattern, physical activity and duration play ($p > 0.05$).

Conclusion: ESport players showed that there was only association between sleep pattern and stress. Other association might be influenced by other factors such as current working condition and other environmental factors. We recommend that awareness program should be done for eSport players to reduce the prevalence of computer-related health issues or injury due to long term of sedentary nature of the sport and also strengthening the benefit obtained from eSport activity.

Keyword: Esport players, sleep pattern, stress level, musculoskeletal pain, physical activity

O-61

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The Relationship Between Self Care Behaviour and Quality of Life Among Chinese Ethnic in Malaysia.

Introduction: Cardiovascular disease (CVD) is an epidemic which caused 17.9 million deaths per year according to World Health Organization (WHO, 2020). Heart failure rehabilitation is scarce in Malaysia, reviews suggest that tailored based cardiac rehabilitation programme must be based on patient-centred approach that sensitive to their sociocultural backgrounds

Methods: This study aimed to determine the relationship between self-care behaviour and quality of life (QOL) among the Chinese ethnic with HF in Malaysia. Analysis is conducted to compare self-care behaviour between genders and medical illness comorbidities. A cross-sectional survey design was conducted with final 80 HF patients that consented to participate (48 males, 32 females). Translated and validated Chinese version of Self-care Heart Failure Index version 6.2 (SCHFI-v6.2) and the World Health Organization Quality of life-BREF (WHOQOL-BREF) were used in this study. Descriptive and inferential analysis by using Pearson's correlation and t-test were used to run the analysis.

Results and Conclusion: Current findings suggested that the construct of confidence to conduct self-care is significantly correlated positively with quality of life ($r = .41$, $p < 0.01$). Furthermore, genders and illness comorbidities show significant difference with self-care such as self-care management between genders [$t(78) = -2.94$, $p = .00$] and self-care management with illness comorbidities [$t(78) = -2.07$, $p = .04$]. It is suggested that the element of confidence is one of the important factors to be considered in future self-care interventions, whereas gender and illness comorbidities differences need to be considered as potential factors to enhance the QOL among this population.

Keywords: Heart failure, Malaysia, Chinese ethnic, Quality of life, Self-care 26

ABSTRACT

Oral Presentation: Session 5

O-43

Hajar Afiqah Zakaria, Rujha Haniena Ahmad Ridzuan, Neesyuthaan Vijayakumar, Lailatul Husna Zamri, Ikhwan Zuchri
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A Cross Sectional Study on Awareness and Preparedness of Disaster Relief Among Staff and Students of University of Cyberjaya

BACKGROUND: Recent studies have suggested that most students and staff are aware and prepared for disaster relief. **OBJECTIVE:** To assess the state of disaster awareness and preparedness among students and staff in University of Cyberjaya (UoC). **METHOD:** From February 2020 till February 2021, the authors conducted a cross sectional study to assess the level of awareness and preparedness of disaster relief among staff and students of UoC. The sampling frame is all students and staff from all faculties in UoC with the exclusion criteria of students who have not registered their matrics number and staff that have not registered their ID numbers. Online questionnaire was used as instrument of our data collection and a descriptive analysis and Pearson-Correlation were used for analysis. **RESULT:** A total of 150 respondents that consists of staffs and students of UoC agreed to take part in this survey on awareness and preparedness for disaster relief. 107 out of 150 (71.3%) respondents among staff and students of UoC are well aware of preparedness of disaster relief with the association between sociodemographic variables except for level of education. 136 respondents (90.7%) staffs and students were well aware of equipments in the campus and there was significant association between awareness level of equipments and education level. 104 respondents(30.7%) were not aware of preparedness in the case of events of a sudden fire outbreak and the evacuation system and plan. 94 respondents (62.7%) are aware towards damaged resources in print and digital media by actively participating in disaster awareness campaign. **CONCLUSION:** The knowledge regarding disaster preparedness and awareness among staff and students in the university mostly aware. It is expected this study will have shed some light for further effective implementation of disaster preparedness management.

Keyword: awareness, preparedness, disaster relief, staff and students, campus

O-44

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The Relationship between Knowledge Level about Diabete Mellitus with the Perception of Prevention Diabetic Polyneuropathy Complications

The World Health Organization (WHO) reported that in 2014, 422 million people were living with Diabetes Mellitus (DM). The most DM complications were diabetic polyneuropathy (DPN) with 50% compared to other complications. A person's knowledge of a disease, in this case DM, can be the basis for one's perception of choosing disease prevention planning, disease control, and self-management. The purpose of this study was to determine the relationship between the level of knowledge type 2 DM with the perception prevention of DPN complications in adults in Kujangsari Village, Bandung City.

This study used an analytic study method with a cross-sectional approach, analyzed by using the Chi-square test. The subjects of this study were 60 adults over 30 years old in Kujangsari Village, Bandung City and the sample was taken using a simple random sampling method. The data of this study were obtained from a questionnaire on the knowledge level of type 2 DM and a questionnaire for assessing the perception of DPN complications prevention.

The results of the data analysis research showed that there was a significant relationship between the level of knowledge about type 2 DM with the perception of the prevention of DPN complications.

This research illustrates that a good level of knowledge type 2 DM can be a supporting factor to form perception prevention of complications DPN which is also positive.

Keywords: Diabetic Polyneuropathy, Knowledge, Diabetes Complications, Diabetes Mellitus, Surveys and Questionnaires

ABSTRACT

Oral Presentation: Session 5

O-46

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Relationship of Basic Immunization Status to Pneumonia in Under-five years

Pneumonia is an inflammatory disease of the lungs, one of the primary causes of death in children worldwide. One of the definite risk factors of pneumonia is incomplete immunization status. Immunizations that can prevent pneumonia are Pneumococcal Conjugate Vaccine (PCV), type B Haemophilus influenza (Hib), Diphtheria-Pertussis-Tetanus (DPT), and measles immunization. This study aimed to determine the relationship between basic immunization status <1-year-old with pneumonia in under-five hospitalized patients at RSIA Respati Tasikmalaya in 2019-2020.

This study used an analytic observational method with a case-control study design. The research subjects were 30 hospitalized pneumonia under-five children and 30 healthy under-five children as a control group, taken using a non-randomized technique with a quota sampling type. Retrieval of immunization status using patient medical records and Maternal and Neonatal Health Book for control group. Data analysis using the chi-square test.

The results showed that all children under five had never received PCV immunization. Most of the pneumonia patients under five had never received Hib, DPT, and Measles immunizations (21, 21, and 23 from 30 pneumonia patients) compared to controls (0, 0, and 3 from a total of 30 controls). Chi-square analysis showed a relationship between Hib, DPT, and Measles immunization status (p -value = 0,000) on pneumonia in children under five. There is a relationship between basic immunization status <1 year, especially Hib, DPT, and measles to pneumonia in under-five children.

Keywords: Child Health, Immunization, Preschool, Pneumonia, Vaccination

O-58

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The Relationship Between Medication Non-Adherence and Diet Compliance among Type 2 Diabetes Mellitus (T2DM) patients from University Malaya Medical Center (UMMC)

Introduction: In Malaysia, it is reported that 47% - 53% of Type 2 Diabetes Mellitus (T2DM) patients do not adhere to their medication. Moreover, diabetic patients with lower physical activity and non-compliance with dietary were associated with higher levels of adherence to medications. Therefore, this study aims to determine the relationship between drug non-adherence and dietary compliance among Type 2 Diabetes Mellitus (T2DM) patients at University Malaya Medical Centre.

Method: This study uses a cross-sectional survey design. It was conducted among 188 patients with T2DM at the outpatient clinic, UMMC. Data were collected through assisted questionnaire administration methods. The instruments used were the Drug Compliance Questionnaire (MCQ) and a Summary of Diabetes Self-Treatment Activities (SDSCA). Pearson Correlation Coefficient Analysis was used to test the study hypothesis.

Results: There is a significant relationship between medication adherence and dietary compliance among the T2DM patients with a value of $p = 0.027$.

Conclusion: This study suggests that dietary compliance is related to the adherence behavior on medication uptake among T2DM patients. These patterns provide a reference for future health behavior change models to enhance medication adherence through proper dietary compliance.

Keyword: Medication Adherence, Type 2 Diabetes Mellitus, Diet Compliance, Correlation, Factors

ABSTRACT

Oral Presentation: Session 5

O-62

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Psychometric Evaluation of The Cross-Cultural Self-Care of Heart Failure Index v6.2 Chinese Among Malaysian Population

Introduction: Some Chinese-speaking heart failure patients are facing language barrier in doctor-patient communication. Therefore, an instrument with Chinese language that can be understood by the patients need to be developed. This study was conducted to examine the internal consistency of a cross-cultural Self-Care of Heart Failure Index (SCHFI) v6.2 Chinese among Malaysian population.

Methods: A successive independent sample design was used. Total of 80 heart failure patients from University of Malaya Medical Centre and Institut Jantung Negara were recruited through purposive sampling. The samples were administered with SCHFI v6.2 Chinese and the Cronbach Alpha of SCHFI v6.2 Chinese was examined.

Results: The maintenance subscale of SCHFI showed a low internal consistency ($\alpha = .52$) while the management and confidence subscales showed an acceptable internal consistency ($\alpha = .67$ and $.90$ respectively).

Conclusion: SCHFI v6.2 Chinese is a reliable instrument to be used among Malaysian population.

Keywords: heart failure; psychometrics; self-care; validation study

ABSTRACT

Oral Presentation: Session 6

O-21

Mohamad Kamarul Ridzuan Mohd Faizul, Nurul Iffah Abdul Muiz, Maria Athira Alani Mohd Zamzuri, Pavitra A/P Arunasalam, Azraei Arief Mohd Rozhan, Dr. Amelah Mohammed Abdul Qader
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Knowledge and Attitude Towards Virtual Learning as An Additional Learning Tool for Clinical Years Medical Students in University of Cyberjaya

Virtual learning can be implemented in medicine as a case based virtual clinic, a simulation of real-life clinical cases in the medical field. Virtual clinic aim to improve diagnosing skills and management of patients through interactive online platforms. The aim of this research is to study the knowledge and attitude towards virtual learning as an additional learning tool for clinical years medical students in University of Cyberjaya (UoC) and their association.

A cross sectional study was conducted among clinical years UoC MBBS students from August 2020 until January 2021. Data were collected through self-administered online questionnaires which consist of 3 sections and analyzed using SPSS.

A total of 167 participants volunteered in this study. Majority of the participants have heard of virtual clinic (70.7%) and are aware that students prefer to use gadgets for studying than books (94.0%). Most students agree that virtual clinic will help in clinical years of medical school (68.8%), improve approach towards clinical cases (77.2%) and be one of their learning tools (72.4%). More than half (67.7%) of the respondents were aware of virtual clinics and had a positive tendency of using it. The p-value for the association between knowledge and attitude towards virtual clinic is 0.563 ($p > 0.05$). Majority respondents have good knowledge and positive attitude towards virtual clinic and there is no significant association between knowledge and attitude towards virtual clinic

Keywords: knowledge, attitude, virtual clinic, online learning, simulation, clinical years UoC MBBS Students.

O-32

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Perception on Sexual Education in Secondary Schools: An Exploratory Study

Background: The Malaysian government has introduced sexual education in schools however, there are still reports indicating the increment of the misbehavior of sexual activities among Malaysian teenagers. This study aims to explore on the exposure and implementation of sexual education in secondary schools among undergraduate students and to discover their perceptions on the sex education and opinions on how sexual education should be taught in the secondary schools.

Method: A semi-structured in-depth online interview was conducted among ten undergraduate students from a private higher education institution in Malaysia involving one-one engagement with individual participants. The interviews were carried out and recorded online via Microsoft team which further analyzed and transcribed verbatim then reviewed and coded manually.

Result: All respondents said that sex education was not conducted properly in school and it was taught briefly by the Science and Islamic studies teachers. They also stated that the information given was not enough, ambiguous, superficial, was delivered in a casual manner and very limited to be the guidance on facing the real world. Hence, they agreed that sex education should be formally taught in Malaysian schools and some suggested the subject should not only be in Science and Islamic Study subjects.

Conclusion: Comprehensive sexual education is needed and it should be integrated into some subjects in secondary school's curriculum. This study also suggests different ways of teaching could be implemented at different ages that cover physical and social aspects for reducing irresponsible acts and sexual risk behaviors.

Keywords: sexual education, secondary schools, social problems, Malaysia

ABSTRACT

Oral Presentation: Session 6

O-36

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The Association Between Lifestyles and Study Time with Academic Performance Among Secondary School Students in Malaysia: A Cross-sectional Study

Academic achievement plays an important role for the successful development of a person in society. It is strongly linked to positive outcomes we value and is thought to be contributed by many factors such as sleep, healthy diet, sufficient physical activity and studying being the major adjustable contributors. Hence, the purpose of this study is to determine the prevalence of time spent studying by students, adopted dietary practices, sleeping patterns and physical activities as well as to determine the extent to which they affect academic performances of the secondary school students in Malaysia. The study was conducted among secondary school students in Malaysia. A total of 152 respondents were recruited through a convenience sampling method. A self-administered questionnaire was adapted based on the NHMS as well as the Pittsburgh Sleep Quality Index and was distributed online. Overall, the majority of secondary school students in Malaysia spend 0-2 hours studying outside the classroom per day (65.1%), follow poor dietary practices (89.5%), sleep ≥ 8 hours per day (54.6%), and are physically inactive (64.5%). There was a statistically significant association between study time and academic performance ($p < 0.05$), but there was no statistically significant association between dietary practices, sleeping patterns, and physical activity with academic performance ($p > 0.05$). As a whole, despite the general consensus that a healthy lifestyle and more time spent studying would have a positive impact on academic performances, our research shows that only study time has a significant association with academic performance.

Keywords: study time, dietary practice, sleeping pattern, physical activity, academic performance

O-45

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Differences in the Ability of Memorizing Al-Quran based on the Z-Score of Nutritional Status in Elementary School Students Aged 6–12 Years at the Babussalam Al-Quran Islamic Boarding School, Bandung Regency

Malnutrition with poor nutrition status is a global problem. Nutritional status in children can affect growth and development and is related to brain function, especially cognitive function (memory). Pondok Pesantren Al-Quran Babussalam, Bandung Regency, is one of the educational institutions that requires students to memorize the Al-Quran. This study aims to analyze the differences in the ability to memorize Al-Quran based on the z-score of nutritional status in elementary school students aged 6–12 years at the Al Quran Babussalam Islamic Boarding School. This type of quantitative research used analytical observational methods and cross sectional approach design during the period September–November 2020. The nutritional status assessment with height/age indicators using microtoise was then interpreted on the WHO growth curve. The nutritional status of all students is normal based on WHO criteria. The z-score values are grouped into groups of z-score values above zero (0), zero (0), and below zero (0), namely up to -2. Assessment of the ability to memorize Al-Quran using secondary data from the memorization of the Al-Quran letter from the homeroom teacher of each level. The number of memorized letters of the Al-Quran is averaged and grouped into good (\geq average) and bad ($<$ average) based on age groups. Data analysis used the Mann-Whitney test with the result value $p = 0.029$. In conclusion, there are differences in the ability to memorize Al-Quran based on the z-score of normal nutritional status in elementary school students aged 6–12 years at the Babussalam Al-Quran Islamic Boarding School, Bandung Regency.

Keywords: Cognitive Function, memory, nutritional status, primary schools, students

ABSTRACT

Oral Presentation: Session 7

O-59

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The Relationship between Mental Health and Substance Abuse among Adolescents in Tanjung Malim, Perak.

Introduction: Mental disorders estimated to be responsible for about 8.6% of total disability-adjusted life years (Malaysia Mental Healthcare Performance: Technical Report, 2016). In which mental health issues among children and adolescents in Malaysia showed increasing trend from 13.0% in 1996 to 19.4% and 20.0% in 2006 and 2011 respectively. Mental health problem can also lead to the substance abuse. Based on the previous study, this study aim to determine the relationship between mental health and substance abuse among adolescents.

Methods: A cross sectional design was conducted among the secondary school students in Tanjung Malim, Perak. One hundred and twenty participants were involved aged 13 to 15 years old and were selected using convenience sampling. The participants were required to complete Problem Oriented Screening Instruments for Teenagers (POSIT) which focused on the mental health and substance abuse section.

Result: Overall result on socio-demographic showed that majority of the participants were male which was 56.7% and female was 43.3 %. Among the 120 participants involved, 30% were 13 years old, 39.2% were 14 years old and 30.8% were 15 years old. Pearson's Correlation analysis showed that there was a significant relationship between mental health and substance abuse among adolescents ($r=.230$, $n=120$, $p=0.012$).

Conclusion: The mental health affects the tendency of the adolescents to abuse the substances which was the illicit drug. However, it is suggested to identify other factors that associated to it.

Keywords: mental health, substance abuse, drug, adolescents, Problem Oriented Screening Instrument for Teenagers (POSIT)

O-64

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Qualitative Interviews Understanding on Spiritual Beliefs Towards Positive Quality of Life Among Breast Cancer Survivors

Breast cancer had become one of the most common disease among female in Malaysia. Hence this study was proposed to explore the factor towards positive quality of life among breast cancer survivor as the issue raised due to the increasing population of breast cancer survivors. In this study, 9 breast cancer survivors who went to the informal MAKNA meeting at Social Work Department, Taiping Hospital were recruited by using purposive sampling method. The raw data obtained in face-to-face interview carried out in individual setting with several semi structured question as a guidance were then analysed by using thematic analysis method. The spiritual belief has been emerged as the theme. Almost all the informants had mentioned how spiritual belief helped them to go through their treatment and recover from the threat of breast cancer physically and psychologically. As most of the research with related topic conducted in Malaysia were done with quantitative method, the finding of this qualitative study is expected to provide a broad direction for the further study in this topic. Besides, the finding of this study will be able to provide preliminary information to others breast cancer survivor on how to cope with cancer. Hence, better adjustment with the illness towards positive quality of life will be achieved.

Keywords: breast cancer, survivors, critical factor, quality of life, spiritual belief

ABSTRACT

Oral Presentation: Session 7

O-60

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The Reliability Study of Modern Medicine Questionnaire (MMQ) For Patients with Type 2 Diabetes Mellitus (T2DM)

Introduction: The statistics of diabetes incidence in Malaysia is the highest in Asia and that 73.1% of patients with Type 2 Diabetes Mellitus (T2DM) in Malaysia were not adhered to the prescribed medication and this would cause the mortality rate of T2DM patients to be increased and worsening patients with T2DM's health.

Objectives: To evaluate the internal consistency and reliability of Modern Medicine Questionnaire (MMQ) towards people with Type 2 Diabetes Mellitus (T2DM) in Malaysia.

Methods: This study took place at University Malaya Medical Centre (UMMC), Kuala Lumpur, Malaysia from August 2019 to February 2020. A self-administered 28-item MMQ questionnaire was used and 240 multi-ethnics patients with T2DM were administered. Exploratory factor analysis and Cronbach's alpha coefficients were performed to assess the questionnaire's construct validity and to determine the internal consistency respectively.

Results: Cronbach's alpha was 0.612 for MMUQ for Type 2 Diabetes Mellitus (T2DM) patient group (N=240). Factor analysis also revealed an acceptable Kaiser-Meyer-Olkin (KMO) with value of 0.784 and Bartlett's test of Sphericity was significant ($p < 0.001$).

Conclusions: MMUQ was reliable and had an acceptable internal consistency. Consequently, it would be useful for assessing the risk factors improve adherence in medication among patients with T2DM.

Keywords: Type 2 Diabetes Mellitus (T2DM); Modern Medicine Usage Questionnaire (MMUQ); Questionnaire Design; Reliability and Validity; Malaysia

O-63

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A Cross-sectional Study on Sleep Disorders in Relationship to Their Academic Performance Among Undergraduate Students of University of Cyberjaya.

Background: This study aimed to investigate the prevalence and the association of sleep disorder and academic performance among undergraduate students of University of Cyberjaya (UoC).

Materials and Methods: This cross-sectional study was conducted at UoC. The study population was undergraduate students, with a total population of 1367 students. A questionnaire was developed to obtain information on sociodemographic data, academic scores (CGPA), studying and sleep hours. A validated self-reported questionnaire, the Epworth Sleepiness Scale (ESS) was used to identify sleep disorder. Association between sleep disorders and academic performance was analysed using Chi-square and Anova.

Result: There was an association between sleep disorders and academic year ($P=0.000$), total sleeping hours ($P=0.006$) and studying hours ($P=0.021$) but was not associated with academic performance ($P=0.06$).

Conclusion: The prevalence of sleep disorders among undergraduate medical and non-medical students of UoC was 38.2%. There was no association between sleep disorders and academic performance among undergraduate students in UoC.

Keywords: Sleep disorders, academic performance, undergraduate students.

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ABSTRACTS

1st CYBERJAYA INTERNATIONAL
UNDERGRADUATE COLLOQUIUM
FOR HEALTH SCIENCES 2021

NURTURING EVIDENCE-BASED MEDICINE

◆ *e-POSTER*

ABSTRACT *e-Poster*

P-02

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A Descriptive Retrospective Study of Case Series on The Prevalence of Congenital Heart Disease In Down Syndrome Patients In Hospital Serdang

Down syndrome (DS), or Trisomy 21, is a condition where extra genetic material causes mental and physical delays and deficits. Trisomy 21 was first described in 1887 by a British doctor, John Langdon Down. Congenital heart defect (CHD), also known as a congenital heart anomaly or congenital heart disease, is a problem in the structure of the heart that is present since birth. A descriptive retrospective study of case series was done to determine the prevalence of congenital heart disease in down syndrome patients in Hospital Serdang.

A total of 844 Down Syndrome patients were registered in the Pediatric Department, Serdang Hospital from the year 2017 to 2018. Of these, 187 children with congenital heart diseases were obtained. However, 8 patients were deceased along the period of study and were excluded from our research which gave us a total of 179 (21.4%) children with congenital heart diseases. There were 122 cases with single lesions and 57 cases with multiple lesions. Among the 179 patients, 110 (61.5%) were asymptomatic.

Hence, in view of the common occurrence of cardiac anomalies, we recommend that all DS children should have an early cardiac assessment which includes echocardiography.

Keywords: Prevalence, Congenital Heart Diseases, Down Syndrome, Hospital Serdang

P-03

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Knowledge and Practice Towards the Importance of Screening Mammography Among Women in Putrajaya

Objective: To determine the knowledge and practice of screening mammography among women between the ages of 40-60 years in Putrajaya.

Materials and method: A sample of 153 Putrajaya female were interviewed using structured questionnaire

Result: In this study, the respondents mostly are at the age of 40-44 years old, housewives, married, possessed a tertiary education level. The prevalence of mammography among women above 40 years old in Putrajaya is 30%. The decision to do mammography had been made by the participants themselves 41.7%, while by company is 25.0% and physician is 33.3%. Moreover, the highest motive for undergoing mammography was fear of getting cancer (41.7%). The reasons for never experiencing mammography among respondents were they had no breast problems 57.1%, followed by they were very busy 17.9%, they never heard of mammogram 7.1% and they don't feel old 7.1%. Only 5% have family members with breast cancer. Most of them have no family history of breast cancer (95%).

Conclusion: Based on our study done, the practice and knowledge are alarmingly low. Based on the findings, there is a need to focus on creating awareness in order to achieve a better practice and knowledge status of screening mammography. This can be done by providing educational campaigns, free screening mammography booths in community centres and most importantly, by the physician itself.

ABSTRACT *e-Poster*

P-06

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In-patients assessment towards medical students of University of Cyberjaya on professionalism and communication skills in Hospital Kajang, Malaysia

Introduction: Medical practitioners are expected to demonstrate professional behavior and good communication skills. This study aims to assess the in-patients' response towards University of Cyberjaya (UoC)'s medical students' professionalism and communication skills and to examine its association with patients' socio-demographic factors. This is an essential tool to reflect the university's medical education to produce excellent doctors by exploring the patient's opinions.

Methods: This is a hospital based cross-sectional study involving only 26 patients due to the unavoidable circumstances of Movement Control Order (MCO) and time constraint. Patients were selected after they had met and did an interview session with UoC's medical students. A modified and validated self-answered questionnaire was used for data collection. Data entry and analysis were performed using the Statistical Package for Social Science (SPSS). All datas were assessed for frequency, means and association using Fisher Exact test. A p-value ≤ 0.05 was considered statistically significant.

Results: Females constituted 65.4%, whereas 34.5% were males. Patient's mean score on the medical students ranges from 4.04 to 4.73, with highest mean value on items assessing student's ability to establish adequate communication with patients and good socio-cultural ethics, while the lowest mean value was on items assessing confidentiality and reliability. Patients age, gender and other sociodemographic status did not show any statistically significant influence on the rating level.

Conclusion: Generally, patients have positive feedback on UoC's medical students' professionalism and communication skills. However, there were still areas identified that can be improved on.

Keywords: Professionalism, Communication skills, Students, Medical.

P-07

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A Prospective Cross Sectional Study on Bacteriology of Smegma among Male in Selangor

Introduction: Smegma is the end result of dead skin cells and fatty oils primarily shed from certain parts of our genitalia. Several studies done in Nigeria, Korea and Turkey have shown that there were presence of bacteria in the male's smegma, thus this study aims to discover the presence of bacteria in the smegma of male in Selangor, to find out the types of bacteria in the smegma and to determine the sensitivity of antibiotic toward each type of bacteria.

Methods: A cross-sectional study was done where data was collected through consecutive sampling. Any male who undergone circumcision in Mymedik Circumcision Centre, meet all the inclusion criteria and does not adhere to the exclusion criteria will be selected as participant. For collection of smegma, swab and medium tube were used. Data collected were summarized and analyzed using IBM SPSS Statistics 20 software.

Results: Among 51 participants, 42 (82.3%) of them had single organism, 6 (11.8%) of them had mixed growth and 3 (5.9%) of them had no pathogen isolated. Within gram positive, Enterococcus sp. (25.0%) is the most commonly isolated organism while for gram negative, Klebsiella sp. (14.6%) is the most common isolated organism found, followed by Escherichia coli (12.5%). For antibiotic sensitivity, 100% Klebsiella sp. and Enterobacter sp. are sensitive to Cotrimoxazole, Cefotaxime and Ceftazidime.

Conclusion: Majority of male in Selangor were found to have pathogens in their smegma and it is largely contributed by gram negative bacteria. Ampicillin-Sulbactam may be given as a prophylaxis prior to the circumcision, as this study shows both antibiotics have the most sensitivity towards the gram positive bacteria.

Keyword: Smegma, bacteriology, antibiotics, sensitivity

ABSTRACT *e-Poster*

P-08

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Stress Among International Students in University of Cyberjaya

Introduction: Stress is a cognitive-bodily response that arises when a person is greatly affected by a highly demanding circumstance. After much reading, it was noticed that not many studies were conducted with international students as compared to local students. Therefore, we took the opportunity to educate ourselves regarding stress among the international students in University of Cyberjaya.

Method: This cross-sectional study required 127 participants and had managed to achieve a response rate of 25%. As this study was conducted using multiple online platforms, a voluntary response sampling was used.

Results: Among the 32 participants, 97% was found to be stressed and 78% of them has a perceived stress scale level of moderate. The results show that those of age group 24-25 years old have the highest frequency of stressed students followed by the female gender, the singles, the non-Malaysians, the students partaking in the Allied Health Science course and those with a monthly allowance of less than RM500. In light of the pandemic, 46.9% had no factors contributing towards stress followed by 18.8% had unspecified factors. 15.5% were related to psychosocial factors, 6.3% was physical activity, 9.4% was emotional and lastly 3.1% was due to mental factors. Self-distraction (31.3%) was the most sought out coping mechanism among the students.

Conclusion: Overall, we conclude that everyone including international students face stress on a daily basis, maybe more so than others.

Keywords: Stress, Adjustment or adaptive Issues, Stress and academic performance, Coping mechanisms, Perceived Stress Scale (PSS-10).

P-11

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A Cross Sectional Study on Prevalence and Determinants of Ischemic Heart Disease Among Patients in Multiple Private GP Clinics in the Klang Valley

Introduction: Ischemic Heart Disease (IHD) has accounted for being the leading causes of death in Malaysia in 2018. IHD has known risk factors especially the ones with modified risk factors. Thus, this study is set out to determine the prevalence of IHD and its associations between sociodemographic data among patients from General Practitioner (GP) clinics in Klang Valley.

Method: This is a cross-sectional study with sample size of 181 patients above 18 years old and had achieved it response rate of 80.6%. Due to circumstances, online and physical self-administered questionnaires were giving out to patients who went to GP clinics in Klang Valley.

Results: The results shows overall prevalence of IHD among patients from GP clinics in Klang Valley is 15.1%. it shows similarity with the Department of Statistic Malaysia, where is stated that IHD remained as the principal causes of death, increasing from 13.1% in 2010 to 15.6% as per 2019. There is a significant association with diabetes, hypertension, hyperlipidemia, alcohol consumption, smoker and overweight as well as obesity. Also, there is a significant association with non-modifiable risk factors such as age >40, male and positive family history of IHD.

Conclusion: with the results, an early intervention to prevent IHD is indicated. IHD remains the leading cause of death in Malaysia.

Keywords: ischemic heart diseases, epidemiology, prevalence, risk factors, general practitioner clinics, associations

ABSTRACT *e-Poster*

P-12

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The Reliability of A Wrist-cuff Blood Pressure Monitor in Comparison To An Arm-cuff Blood Pressure Monitor

Objective: Home Blood Pressure Monitors (HBPM) offer a convenient and easily accessible approach in the long-term monitoring of hypertension. It has the added potential of eliminating white-coat and observer dependence. As hypertension is perceived as one of the most common silent killers among patients, it is worth exploring new and improved methods in care against target organ damage. This importance is heightened even more when common comorbidities such as diabetes mellitus are added to the picture. Thus, a wrist-cuff device would be a helpful alternative for patients. However, despite the increasing popularity of wrist-cuff home blood pressure monitors, the issue remains that it must be properly validated.

Methodology: This is a diagnostic study which measures the reliability of the OMRON RS6 Blood Pressure Monitor HEM-6221-E against an arm-cuff blood pressure monitor in 62 subjects between the ages 18 to 65. Both devices were used on subjects and the readings were analysed using Bland-Altman plot. The association between both devices are also analysed using Pearson Correlation and the validation of the wrist-cuff device is measured following the criteria of both The Association for the Advancement of Medical Instrumentation (AAMI), European Hypertension Society (EHS) and Universal standard: AAMI-ESH. Further information regarding demographics, medical history and risk factors were also taken for descriptive analysis.

Results: According to the Bland-Altman method, it showed that both devices are in agreement. In Pearson Correlation, it was proved that there is good correlation between the two devices ($r = 0.65$ for systolic blood pressure and $r = 0.62$ for diastolic blood pressure) and there is more prominent correlation in the age category 44 to 65 years old. Per the AAMI criteria, the OMRON RS6 Blood Pressure Monitor HEM-6221-E has been proven to be invalid with a mean difference larger than 5mmHg and a standard deviation larger than 8 mmHg. Under the grading criteria used by the EHS, this device qualifies as a Grade D for systolic and Grade B for diastolic blood pressure and as for the universal standard, the wrist-cuff blood pressure monitor achieved 66.13% and 75.81% for systolic and diastolic blood pressure respectively in the cumulative percentage within 10 mmHg instead of the accepted 85%.

Keywords: hypertension; reliability; arm-cuff sphygmomanometer; wrist-cuff blood pressure monitor; home blood pressure monitor

ABSTRACT *e-Poster*

P-13

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Prevalence of Haemorrhoids Among Lorry Drivers in Klang Valley, Malaysia

Introduction: Lorry drivers are at risk of having haemorrhoid as their nature of work needs them to sit long hours on the seats with high temperature due to the lorry engines are mainly located under the drivers' seats. The aim is to assess the prevalence of haemorrhoids among lorry drivers in Klang Valley, Malaysia.

Methods: A cross-sectional study with a consecutive sampling of 70 respondents was conducted in Klang Valley, Malaysia. Malaysians who are currently working as a lorry drivers were selected as respondents. Data was collected through an assisted face to face interview and spread google form using a questionnaire from Truck Driver Behaviour and Perceptions Study (1991) by Accident Research Centre of MONASH University.

Result: The prevalence of haemorrhoids among lorry drivers are 7.1%. According to our study, 7.2% are male with haemorrhoids. The respondents with age of less than 50 who had haemorrhoids are 7.3%. There were 5.5% of Malay respondents had haemorrhoids compares to 13.3% from non-Malay respondents. Among lorry drivers who are prone to prolonged sitting, only 8.1% were diagnosed haemorrhoids. Only 6.8% were diagnosed with haemorrhoids among participants who were involved in the unloading the lorry.

Conclusions: Overall, our findings supported the result from the previous cited study. However, there were no association for both risk factors of haemorrhoids that were usually faced by the lorry drivers namely involvement in unloading the goods or weight lifting and prolonged sitting in relation with the working hours.

Keywords- Haemorrhoids, lorry drivers, prolonged sitting, heat

P-18

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Assessment of Knowledge and Practice Of Diabetic Foot Care Among Diabetic Patients in Private Clinic And Diabetes Centres in Klang Valley and Seremban, Malaysia.

Introduction: Diabetic patients are prone to develop various complications such as Diabetic Foot Ulcer (DFU). With good practice and knowledge among patients, Diabetic Foot Ulcer (DFU) is preventable. Hence, this study aims to assess the knowledge and practice of diabetic foot care among diabetic patients.

Methodology: In this cross sectional study, 105 adult patients with diabetes in Private Clinic and Dialysis Centres in Klang Valley and Seremban were given interview based questionnaires on knowledge and practice of diabetic foot care. The outcome was computed with a frequency table and tested using chi-square test. Data collected were analysed using SPSS (version 23.0).

Results: Among the participants, 75.2% (79) had good knowledge with 73.3% (77) had good practice of foot care. 51.9% (54) were male and 48.1% (50) were female with majority having secondary education at 78.8% (82) and 60.8% (62) had diabetes for less than 10 years. A significant association was reported between having diabetes for less than 10 years with good knowledge of diabetic foot care (Fisher's Exact Test) ($p=0.04$). While higher BMI was significantly associated with a good level of practice of diabetic foot care ($p = 0.004$). Apart from that, no other significant association was found between other variables with level of knowledge and practice.

Conclusion: The high level of knowledge and practices of foot care in this study shows that health educational programs give an impact on a patient's behaviour which will ultimately determine their quality of life.

Keywords: Diabetic Foot, Knowledge and Practice, Diabetic Foot Care, Diabetes Mellitus, Self Care.

ABSTRACT *e-Poster*

P-22

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Qualitative Study on Perception of Adults with Mental Disorder on Stigma Towards Them in Malaysia

Introduction: Stigma is defined as a mark of disgrace indicating physical-moral-social taint. It is also a powerful determinant of physical and mental health that disqualifies its bearer from full social acceptance, often leading to several forms of discrimination. The lives of people with mental illness has been plagued with prejudice, stereotypes and discrimination that it affects their way of living leading to poverty, low employment rates and more importantly discrimination in receiving health services that will affect

their quality of treatment. In Malaysia, there is limited literature on stigma. Therefore, the perception of stigma was investigated from the perspective of adults with mental disorders.

Methods: In-depth, online, semi-structured interviews were conducted among nine adults with mental disorders. The interviews were approximately 1 to 2 hours long. The data was transcribed and analyzed by triangulation and thematic analysis.

Results: Four principal themes, each with their own sub-themes were derived from the adults with mental disorders' point of view, which included (1) perception of stigma (2) forms of stigma (3) committers of stigma (4) reaction towards stigma. Stigma is perceived as a form of judgement, negative perception and stereotype where it was experienced in the form of public and self stigma. Family and friends were mentioned to have the most impact on adults with mental disorders. Ultimately, this resulted in a behavioral or emotional response.

Discussion: From the results obtained, we included methods and strategies to overcome public as well as self stigma which can be done through education, contact, person centered, peer support and reflexive consciousness.

Conclusion: According to the perspective of adults with mental disorders, the implications of stigma affects their welfare. Therefore, there is a need to address the issue of stigma. Awareness on mental illness and stigma needs to be raised among the Malaysian society.

Keywords: Qualitative study, Mental disorders, Stigma, Adults, Malaysia

P-27

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Social Media Usage: Its Association With Gender and Perceived Parental Guidance Among Adolescents in Malaysia

Social media usage is a trend today among adolescents and its usage strongly affects their social development. The objectives of this study were to determine the prevalence of social media usage of more than 3 hours a day among late adolescents in Malaysia, to identify the common social media platform used by late adolescents in Malaysia, to assess the differences between the purpose of using social media among genders and to identify the association between usage of social media during late adolescents and the extent of parental guidance during early and middle adolescents.

This was a cross-sectional study using convenience sampling. The prevalence of social media usage screen time among adolescents in Malaysia is 66.5% for 3 to 9 hours. The most common social media platform used by adolescents in Malaysia is Whatsapp/Telegram. There are significant differences between the purpose of using social media among genders, especially for to get in touch with friends and family ($p=0.002$) and to sell products or do online shopping ($p=0.005$). There is a significant number of adolescents who agree with the importance of social media screen time ($p=0.026$). Majority of adolescents think that the most beneficial type of parental guidance is to discuss and guide regarding ethics and issues related to safety on the internet.

Overall, it is hoped that this study will be an eye opener for parents regarding the importance of parental guidance on social media usage among their children and adolescents.

Keywords: Social Media; Adolescents; Parental Guidance; Prevalence; Malaysia; Parental Mediation

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