Adolescence is a significant phase in human growth as it is the transition point from childhood to adulthood with specific health and developmental needs. This age group of 10 to 19 years old, comprising of one fifth of the Malaysian population are a valuable asset and will be the future leaders of this country. Therefore, it is no surprise that the government especially Ministry of Health spearheaded various studies that emphasised on adolescents’ health.

The most significant study is the National Health and Morbidity Survey (NHMS), which focuses on adolescent health in 2017. Dedicated researchers and support staff under the Institute for Public Health (IPH) carried out the survey. The study focuses on health risk behaviour, mental health problems, nutrition as well as protective factors that may deter adolescents from indulging in risky behaviours and detrimental environments.

This issue also highlights the Tobacco and E-cigarette Survey among Malaysian Adolescents (TECMA), which was carried out in 2016 to determine the pattern of tobacco dependence and the increasing prominence of e-cigarettes / vape use among adolescents. This survey is paramount in devising the effective policy to reduce the prevalence of tobacco addiction, therefore ensuring the continuous health of the adolescents. Apart from the two abovementioned nationwide surveys, the Effectiveness of Doktor Muda as Peer Educator: Health Knowledge, Attitude and Practices of Primary School Children in Malaysia is another major initiative carried out by the National Institutes of Health (NIH), specifically the Institute for Behavioural Health Research (IHBR). The main objective of the study was to promote positive health awareness and behaviours among schoolchildren. In addition, other NIH institutions carried out biomedical and clinical research related to adolescent health.

This issue also highlights the recently concluded joint conferences of the National Conference on Clinical Research (NCCR) and the Regional Asian Clinical Trial Association (REACTA). These events saw various research works related to precision medicine were given due recognition and the establishment of interregional collaboration on clinical research activities.

Researchers from NIH had published 17 articles on adolescent health in international and national journals. In addition, researchers had presented findings on adolescent health in various conferences either through oral or poster presentations. Abstracts of journal articles and presentations together with snapshots of posters are featured in this bulletin.

I would like to express my heartfelt thanks to all the editors for their contribution to the development of this bulletin. I sincerely hope that this issue of NIH Bulletin will enhance the understanding of the public on the importance of adolescent health and the role of Ministry of Health in ensuring a positive development of the country’s adolescents. Enjoy reading.
Adolescence typically refers to the period of life between ages 10 to 19. It can be considered the transitional age of growth and development from childhood to adulthood. During these years, adolescents may establish behaviours and make lifestyle choices that affect both their current and future health.

Health-risk behaviours developed during adolescence often continue into adulthood and may result in social problems, disability or even death. These behaviours, which are mostly preventable, include tobacco use, unhealthy eating, alcohol and other drug use, inadequate physical activity, behaviours that contribute to unintentional injury and violence and sexual behaviours that can result in Human Immunodeficiency Virus (HIV) infection, other sexually transmitted diseases and unintended pregnancy.

In view of the importance of the health issues among adolescents, institutions under National Institutes of Health (NIH) had carried out several surveys as follows:

1. The **Tobacco & E-cigarette Survey among Malaysian Adolescents (TECMA)** was conducted by the Institute for Public Health in 2016. The aim of the survey was to determine the prevalence of current cigarette smoking, e-cigarette / vape use and shisha smoking among school-going adolescents.

2. The **National Health & Morbidity Survey (NHMS) 2017 – Adolescent Health Survey (AHS)** was conducted among students in selected primary and secondary schools throughout Malaysia from March until May 2017. The main scopes of the survey were adolescent health and nutrition.

3. The **Effectiveness of Doktor Muda as Peer Educator: Health Knowledge, Attitude and Practices of Primary School Children in Malaysia** led by Institute for Health Behavioural Research was a nationwide comparative cross-sectional study between SDM (School with Doktor Muda) and SBDM (School without Doktor Muda). It was carried out from March 2016 to March 2017 with the intention to identify the effectiveness of Doktor Muda as peer educator in promoting positive health awareness and behaviours to their peers.

The details of the above studies can be found in the following pages of this Bulletin.
Tobacco And E-Cigarette Survey Among Malaysian Adolescents

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The prevalence of current cigarette smokers among adolescents aged 10 – 19 years was 11.7%; which was comparable to the Global School Health Survey (GSHS) done in 2012 at 11.5%. However, the prevalence of current cigarette smokers increased to 13.8% in Adolescent Health Survey (AHS) 2017. In 2016, 78.7% of ever smokers tried their first cigarette before the age of 14 whereas the GSHS 2012 reported a lower prevalence (70.8%). Almost 4 in 10 students were exposed to second hand smoke (SHS) at home and 5 in 10 in public places. However, 76.7% of current smokers wanted to stop smoking with nearly nine in ten (87.3%) students had seen anti-tobacco messages.

The prevalence of current e-cigarette/vape users among adolescents was 9.1%; comparable to the AHS 2017 at 9.8%. Almost half (46.5%) of ever e-cigarette/vape users tried their first e-cigarette/vape before the age of 14 years old. Only a mere 37.5% of current e-cigarette/vape users knew that their e-cigarette/vape contained nicotine. However, 67.5% of current e-cigarette/vape users wanted to quit immediately and 71.6% tried to quit in the past 12 months. The prevalence of current dual users [those using e-cigarettes/vape and cigarettes] was 5.2%. Almost half (46.1%) of them started with cigarette smoking while 10.0% with e-cigarette/vape. Forty one percent of all students felt that e-cigarette/vape was equally harmful as cigarette smoking.

The prevalence of current shisha smoking among adolescents was 3.5%; while the prevalence of ever shisha smoking was 10.6%. More than half (51.2%) of ever shisha smokers tried their first shisha smoking before the age of 14 years old.

From TECMA 2016, smoking still appeals to some Malaysian adolescents. Therefore, smoke free advocacy towards Malaysian youth should be continued and strengthened. Programmes at school, community and national levels must reinforce the message that smoking is harmful and adolescents should stay away from cigarette or passive smoking. Smoke-free advocacy could be implemented during physical education, art lessons, science lessons and civic or religious lessons.

School counsellors could play an important role in helping young smokers to quit smoking and they should be equipped with proper guidelines and training on how to help adolescents who are smokers to quit. Essential intervention programmes such as KOTAK [Kesihatan Oral Tanpa Asap Rokok] by the dental services must be supported by all quarters. Parents must also play a role in discouraging their children from smoking.

Since the introduction of electronic cigarettes, adolescents seem to be influenced and attracted to this new device. It may also attract non-cigarette smokers towards this culture and thus normalize the smoking habit. Proper guidelines should be drawn to contain its accessibility especially to the young ones as the dangers of e-cigarettes are not known yet.
Adolescent is group of population in which our future leaders are born. In order to prepare them to be competent leaders, they should have psychosocial balance, physical fitness and supportive environment to grow. Priority was given to adolescent health since 20 years ago. A nationwide survey was conducted in 1996 to assess the health risk behaviours such as smoking, drinking alcohol, drug use and practice in sexual activity. Subsequently, the Global Youth Tobacco Surveys and The Youth Behaviour Risk Factor Surveillance were conducted.

The latest Adolescent Health Survey (AHS) 2017 and the Malaysia Global School-based Student Health Survey (GSHS) 2012 shared similar methodology and target population to ensure results were comparable. Both surveys focused on secondary school students aged 13 to 17 years to represent the Malaysian adolescents. These surveys used the adapted WHO anonymous self-administered questionnaires assessing 10 main scopes on the adolescent health. Both surveys obtained good response from participants. The main scopes covered in the surveys were substance use (tobacco, alcohol and drugs), sexual behaviours, violence and injury, mental health problems, hygiene practices, physical activities, dietary behaviours and protective factors.

Generally, the findings from these surveys reflected the current on-going problems among school-going adolescents. An increasing trend of substance use especially drug use was observed and the problem was more profound in the younger age groups. The prevalence of ever used drugs in their lifetime was 4.3%, this was 2.5 times higher compared to Malaysia GSHS 2012 and similar trends were seen for current drug use and ever used marijuana. In regards to tobacco use, the prevalence of current cigarette smoking in the Malaysia GSHS 2012 was 11.5% and a slight increase was reported in AHS 2017 (13.8%).
The prevalence of current cigarette smoking among female adolescents has doubled in AHS 2017 compared to the Malaysia GSHS 2012. The prevalence of current drinkers among school-going adolescents was 10.2%, an increase from 8.9% as reported by the Malaysia GSHS 2012.

The prevalence for ever had sex among school-going adolescents was found to be similar to the findings in 2012. However, there was a downturns for safe sexual practices among those who ever had sex (used condom and other birth control method during last sexual activity). The safe sexual practices among those who ever had sex was found to be unsatisfactory.

The prevalence of violence and injury among school-going adolescents were almost similar in both surveys; more actions are required in handling these problems. Indian ethnicity was noted to be the highest among those who ever involved in violence acts such as physical attack, physical fight, had ever been bullied at school and had ever been physically abused at home.

The overall prevalence of internet use among school-going adolescents was 85.6% and the overall prevalence of internet addiction was 29.0%. Smartphones were the most common device used by the students.

There was not much difference in the prevalence of poor personal hygiene practices among school-going adolescents in 2012 and 2017.

This survey showed a decrease in the prevalence of school-going adolescents gone hungry due to not having enough food at home, from 4.9% in 2012 to 3.9% in 2017. The prevalence of adolescents who consumed fruits at least twice daily was 46.8% and 36.0% consumed vegetables at least three times daily; an increase compared to the findings in the Malaysia GSHS 2012. However, only 23.5% of the school-going adolescents consumed fruits and vegetables five times daily, which was lower than the findings in 2012 (28.7%). Regarding unhealthy food intake, increasing trends of carbonated drink and fast food intakes were reported.

There was not much difference in the prevalence of peer support, having parental or guardian supervision, parental or guardian connectedness and parental or guardian bonding between the two surveys. These were the protective factors for the adolescents, whereby attention was to be given in the school environment and at home.

Overall, the prevalence of health-related behaviours among school-going adolescents remain a public health concern. In view of the above findings, there is an urgent need to strengthen the awareness, knowledge and practice of positive health-related behaviours at home, school and community settings. In addition, we need to enhance resilience and coping skills among students through school and community programs and activities such as Doktor Muda, Minda Sihat, cadet and volunteerism. Dissemination of health education materials on health risk behaviours at large and strengthening the protective factors against risky behaviours through intersectoral collaboration with more emphasis on spiritual values and parenting skills should be prioritized. Last but not least, the effectiveness of adolescent health programmes provided by various agencies are to be evaluated at regular intervals.
Adolescent Nutrition Survey (ANS) is the second nationwide study on nutrition among adolescents after the Malaysia School-based Nutrition Survey (MSNS) 2012. There were three main scopes in this survey, which were Adolescent Nutrition Survey (ANS), Habitual Food Intake and Dietary Intake. ANS consisted of eight topics, namely nutritional status, body weight perception, meal pattern, physical activity, vitamin/mineral, food supplement intakes as well as food and nutrition labelling. This survey was conducted at 311 randomly selected schools in all states including three federal territories in Malaysia. This school-based survey was a cross-sectional study involving school-going adolescents aged 10 to 17 years in Malaysia. A multi-stage stratified cluster sampling design was used to recruit national representative samples from students in Standard 4 to 6 (10-12 years of age) and Form 1 to 5 (13-17 years of age). The survey was conducted using self-administered questionnaires and face-to-face interviews.

Total response rates for self administered questionnaire was 89.5% for ANS, 96.4% for habitual food intake and 96.6% for dietary intake assessment. Based on the indicator height for age (HAZ), the prevalence of normal height (HAZ ≥-2SD) was 91.8% and stunting 8.2%. The prevalence of stunting was higher in rural areas (10.2%) as compared to urban areas (6.8%). In terms of BMI for age (BAZ), the prevalence of thinness was 6.6%, overweight 15.6% and obesity 14.8%. As for body weight perception, only 15.6% correctly perceived that they were thin whereas 69.1% were actually within normal weight, 8.0% overweight, and 7.2% were obese. Among those school-going adolescents who had normal weight, 50.2% correctly perceived their weight to be normal. However, among those who were actually overweight and obese, 44.3% and 13.5% correctly perceived themselves to be overweight and obese respectively. Health was the main reason among those who wanted to lose and gain weight; with 56.3% preferred exercise as an option to lose weight; 52.4% wanted to increase quantity of food to gain weight.

Almost all adolescents consumed either rice, noodles, bread, cereals or tubers daily, but only 53.2% of them met the daily recommended intake of 4 to 8 servings (MDG 2010). More than half of adolescents (61.6%) met the recommended intake of poultry, meat, and eggs (0.5 - 2 servings). Less than one quarter of adolescents consumed adequate healthy foods such as vegetables (7.9%), legumes (23.2%), milk and dairy products (23.3%) but a slightly higher consumption of fruits (31.5%). Only 2.2% met the recommended daily intake of fish.
As for meal pattern, the prevalence of breakfast intake for seven days per week among adolescents was 30.0%. The majority of them had breakfast one to six days per week (59.9%) and some of them did not have breakfast in a week (10.1%). Among those who had breakfast, 67.2% obtained from home. Adolescents from urban areas (31.0%) reported having breakfast daily (seven days per week), higher than rural areas (28.6%). The two main reasons for skipping breakfast were no appetite (43.6%) and no time (31.8%). The prevalence of having lunch seven days per week among school-going adolescents was 47.7%; 49.4% had lunch up to six days per week and 2.9% did not have lunch in a week. No appetite (48.2%) and no time (17.9%) were the two main reasons for skipping lunch. As for dinner, 54.6% of school-going adolescents had dinner seven days per week, 42.3% 1-6 days per week and 3.1% did not have dinner in a week. Only 6.4% took heavy meals after dinner.

There were 2.5% who had fast food daily and 13.1% did not have fast food. Social media such as YouTube, Facebook, Instagram (37.9%) and television (36.7%) were reported as the main sources which affected dietary pattern. A percentage of 28.7% reported that their dietary patterns were not affected by any media sources.

For dietary intake, the median energy intake of adolescents was 1848 kcal, which was 90.2% of the Recommended Nutrient Intake (RNI) for energy. Boys reported higher median energy intake with 2068 kcal compared to girls (1670 kcal). Half of the total daily energy intake consisted of carbohydrate (51.6%), protein (15.0%) and fat (33.4%). The total daily energy intake was derived from three main meals: breakfast (20.8%), lunch (26.0%) and dinner (25.7%).

The national prevalence of physical activity among school-going adolescents was 44.6%. Boys and younger adolescents were more active than girls and older adolescents. The most favourite activities during spare time were walking for exercise, jogging / running, badminton, tagging and cycling. Boys and younger school-going adolescents were more active than girls and older adolescents. More adolescents watched television, played computer or video games over the weekend compared to schooling days.

The prevalence of vitamins / minerals and food supplements intake among adolescents was 44.7% and 30.6% respectively; higher among the youngest adolescents and boys. The most commonly consumed were Vitamin C (17.8%) and bee products (16.2%). The main reason for taking vitamin / minerals (42.9%) and food supplements (41.3%) was due to parents’ advise.

Food and nutrition labeling use was assessed among secondary school-going adolescents; 84.5% read food and nutrition labeling. They were more concerned about fat and total energy compared to other nutrients. More than 50% of adolescents answered correctly on nutrition facts and list of ingredients used.
Doktor Muda (DM) is a school-based health programme started in 1989 and has been implemented nationally since year 2000 by Health Education Division, Ministry of Health in aspiration to achieve better health status among school children. DM is a group of trained school children that met certain criteria as peer educators in order to empower their peers to adopt healthy practices. A nationwide comparative cross-sectional study between SDM (School with Doktor Muda) and SBDM (School without Doktor Muda) was carried out from March 2016 to March 2017 to access the effectiveness of Doktor Muda as peer educator. This study was registered with the National Medical Research Registry (NMRR-16-642-30447) and ethical approval was obtained from the Ministry of Health and Ministry of Education.

A two-stage cluster sampling design was applied in this study; first stage was the selection of schools and second stage, the selection of school children (matched group). A total of 2588 (1294 SDM: 1294 SBDM) year 5 school children from 87 primary schools participated in this study. Data was obtained using a guided self-administered questionnaire assessing the knowledge, attitude and practices on healthy eating, hand hygiene, dental health, Tak Nak Merokok and active lifestyle.

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Key Findings:

- Primary school children had the least knowledge regarding ideal body weight.

- The most unfavourable attitude was active lifestyle and the most non-compliant practice was healthy eating.

- Knowledge of school children on Tak Nak Merokok was better in SDM compared to SBDM. There was a significant difference (p<0.05) between Tak Nak Merokok knowledge score with the type of school; mean difference of 0.08 lower among SBDM (95% CI: 0.009, 0.145).

- Tak Nak Merokok practice was found to be higher in SDM compared to SBDM. There was a significant difference (p<0.05) between Tak Nak Merokok practice scores with the type of school; mean difference of 0.08 lower among SBDM (95% CI: 0.006, 0.162).

- Positive attitude on active lifestyle was higher among SBDM respondents compared to SDM. The results showed there was a significant difference (p<0.001) between active lifestyle attitude score with the type of school; mean difference of -0.38 lower among SDM (95% CI: -0.133, 0.052).

- Female respondents' attitude towards overall health practices was found higher than male. The results showed there was a significant differences (p<0.001) in the attitude score between gender towards health practices. The mean difference was -2.80 lower among male respondents (95% CI: -3.528, 2.086).

- A chi-square test was performed and there was a significant relationship between:
  
  - Source of health information with drinking plain water practice, χ²=3.97, P<0.05 (n=2588)
  - Source of health information with Tak Nak Merokok practice, χ²=4.14, P<0.05 (n=2588)

Overall, Doktor Muda plays an important role in increasing the health knowledge, attitude and practices on their peers. DM’s role as peer educator was seen to be more effective for Tak Nak Merokok component compared to other components. A better method and mechanism of message delivery by DM need to be identified for other components as well for it to be visible and impactful for their peers.
TINGKAH LAKU PENGAMBILAN SARAPAN PAGI DALAM KALANGAN REMAJA

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ABSTRAK

Pengambilan sarapan pagi yang berkhasiat merupakan salah satu faktor ke arah pemakanan sihat dalam kalangan remaja. Pengambilan sarapan pagi setiap hari dalam kalangan remaja dapat memberi impak positif kepada kognitif dan kesehatan remaja yang akan menerima pimpanan negara kelak. Menurut Ma et al. (2003), orang yang tidak mengambil sarapan cenderung untuk makan secara berlebihan. Manakala kajian oleh Velsita et al. 2010, pengambilan sarapan dapat mengurangkan risiko obesiti dalam kalangan kanak-kanak dan remaja. Tujuan kajian ini dijalankan untuk mengenal pasti tingkah laku pengambilan sarapan pagi dalam kalangan remaja. Kajian keratan rentas telah dijalankan pada Julai 2014 hingga November 2014 dalam kalangan remaja berusia 13 hingga 14 tahun di Cheras, Kuala Lumpur. Pengumpulan data menggunakan borang soal selidik berstruktur yang diisi sendiri dengan pemantauan minima oleh penyelidik. Data dianalisa menggunakan perisian SPSS 20. Seramai 82 orang terlibat dalam kajian ini dan majoriti pelajar perempuan sebanyak 51.2%. Hasil menunjukkan sebanyak 76% remaja mengambil sarapan pagi. Daripada jumlah ini hanya 15% sahaja mengambil sarapan setiap hari, manakala sebanyak 24% remaja tidak mengambil sarapan pagi. Dari segi pengetahuan, hanya 39.5% remaja mengetahui pengambilan makanan seimbang mengikut garis panduan piramid Makanan Malaysia. Hasil purata indeks jisim tubuh (IJT) menunjukkan 44% remaja mempunyai IJT berat dan badan dan 17% mempunyai IJT berat dan berlebihan. Ujian korelasian antara pengetahuan dan amalan menunjukkan hubungan yang lemah dengan nilai (r = -0.043, p = 0.700). Ujian Anova sehala, menunjukkan tiada perbezaan signifikan antara IJT dan pengambilan sarapan pagi, (F = 0.488, p = 0.92). Kesimpulannya, tingkah laku pengambilan sarapan pagi dalam kalangan remaja perlu diberi penekanan dan perhatian supaya dapat meningkatkan status kesihatan remaja amnya dan rakyat Malaysia khasnya. Justeru itu, kerjasama daripada pelbagai pihak dalam memastikan maklumat mengenai pemakanan sihat dapat disampaikan kepada remaja kerana rakyat sihat akan mampu memberi sumbangan kepada pembangunan dan kemakmuran negara.

Kata kunci : sarapan pagi, remaja, kesehatan

INFORMATION-SEEKING BEHAVIOUR ON SEXUAL AND REPRODUCTIVE HEALTH AMONG ADOLESCENTS IN SARAWAK, MALAYSIA

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ABSTRACT

Adolescent need to have accurate information and awareness on sexual and reproductive health that can help them to make responsible decision-making about their sexual behaviour. The aim of this study was to explore how adolescent access to various sources of media in regards to sexual and reproductive health information-seeking behaviour in Sarawak. A cross-sectional study was carried out in three locations in Sarawak namely Kuching, Sibu and Miri with an estimated sample size of 1146, and respondents between aged 16 to 19 years. Multi-stage clustered sampling is applied which is based on sampling frame that listed the districts, sub-district, housing estate, and villages under the jurisdiction of each district office. This process utilized at least 6 stages of sampling processes, from division/district selection until selecting potential respondent from each selected household. Data were collected using self-administered structured questionnaire. The data was then analysed using SPSS version 21. Response rate in this study was N=1086 (95%). Results shows respondents reported ever searched for sexual and reproductive health information in the past 3 months was 43% (n=467). The main reason for searching information on sexual and reproductive health was to increase knowledge and awareness while the type of information that most searched was related to personal healthcare. The three main sources of sexual and reproductive health information reported were through the internet (mean 1.12, SD 1.44), peers (mean 1.08, SD 1.40) and electronic media (mean .96, SD 1.29) respectively. In term of the most trusted source of information on sexual and reproductive health, respondent reported health personnel (mean 1.38, SD 1.68), internet (mean 1.21, SD1.49) and school teacher (mean 1.19, SD 1.50) respectively. In conclusion, respondent prefers internet, peers and electronic media as major source of sexual and reproductive health information as compared to other sources. However, internet was among the most trusted source of sexual and reproductive health information, apart from health personnel and school teacher. These findings suggested the needs to look at the strength of these sources of information regarding sexual and reproductive health information in developing effective health education strategies related to sexual and reproductive health among adolescents in Sarawak.

Keywords : information seeking behaviour, sexual and reproductive health, adolescent
KETAGIHAN TELEFON PINTAR DALAM KALANGAN BELIA UNIVERSITI:
SATU FENOMENA BARU DI MALAYSIA? (durrah@moh.gov.my)

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ABSTRAK
Ketagihan telefon pintar kini menjadi fenomena global kerana turut menyumbang kepada masalah kesihatan fizikal, mental dan psikososial dikalangan belia universiti. Bagaimanapun, kajian berkaitan fenomena ini masih kurang dilakukan di Malaysia. Objetif kajian ialah untuk mengukur taraf penggunaan telefon pintar, memahami perbezaan kajian dan faktor pengukur, pendapatan keluarga dan keadaan penggunaan seharian dalam kalangan belia universiti di seluruh sebuah universiti awam di Kuala Lumpur. Seramai 369 orang belia tahun pertama terlibat dalam kajian ini. *Smartphone Addiction Scale (SAS-M)* versi Bahasa Melayu telah disahkan untuk mengukur taraf kajian telefon pintar, terdiri daripada enam subskala iaitu hubungan berorientasikan ruang, genggang kehidupan seharu, keutamaan, penggunaan yang berlebihan, penglibatan positif dan peningkatan. Analisa deskriptif, ujian T Tidak Bersandar dan Anova Sehala digunakan bagi menjawab objektif kajian. Majoriti (78.3%) mempunyai telefon pintar lebih daripada satu dan 70.0% menggunakan lebih daripada 5 jam sehari. Selain itu, 57.2% menggunakan lebih daripada 2 jam sehari mempunyai pendapatan keluarga kurang daripada RM1000 dan menggunakan lebih daripada 2 jam sehari mencatatkan skor jantina (p>0.05), tetaplah perbezaan dengan pendapat keluarga dan tempoh penggunaan seharian (p<0.05). Belia yang mempunyai pendapatan keluarga kurang daripada RM1000 dan menggunakan lebih daripada 2 jam sehari mencatatkan skor ketagihan telefon pintar yang lebih tinggi. Penelitian ini memberi indikasi bahawa fenomena ketagihan telefon pintar wujud di dalam kalangan belia universiti di Malaysia. Walaupun telefon pintar turut memberi manfaat, penggunaan yang berlebihan tanpa kawalan boleh mengakhikat belia ketajam atau berisiko mengalami kesan negatif terhadap kesihatan. Oleh itu, perhatian dan kerjasama daripada pelbagai pihak amat diperlukan. Program pendidikan kesihatan dan intervensi yang bersesuaian haruslah dilaksanakan bagi menangani kajian telefon pintar seterusnya, memperkasa belia ke arah pengamalan tingkah laku yang lebih sihat.

Kata kunci: ketagihan telefon pintar, belia universiti, kesihatan

DIABETES AMONG YOUTH IN MALAYSIA: SHOULD WE WORRY? (drnoorani@moh.gov.my)

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ABSTRACT
Introduction: Population-based registries worldwide show an increasing incidence of diabetes among youth, with several studies reported an increasing proportion of youth with type 2 diabetes mellitus. In Malaysia, there is scarcity of data on this problem. This study aimed to identify youth at-risk for diabetes in Malaysia. Methods: Data on youth aged 18 to 25 years from the National Health and Morbidity Survey 2015 was analysed. This survey was conducted as a nation-wide community-based survey using stratified random sampling design. Respondents were considered as having diabetes if they were either previously informed by medical personnel as having diabetes or their fasting blood sugar level was 6.1 mmol/L or more. Results: A total of 2733 youth were interviewed during the survey with 2727 youth who responded to the diabetes module; 99.8% response rate. The overall prevalence of diabetes among youth in Malaysia was 5.8% which can be inferred to 220,251 youth. It was noted that 91.4% of those youth were discovered as having diabetes only during the survey. There was no difference in the prevalence by gender, locality, household income or body mass index. Logistic regression analysis revealed that youth at-risk of having diabetes were those of low education level, and those who were also noted as also having hypertension. Discussion and Conclusion: Diabetes among youth in Malaysia is an emerging public health problem. As majority of the cases were undiagnosed, primary and secondary prevention strategies should be strengthened. Further studies are vital to differentiate the type of diabetes; either type 1 or type 2 diabetes, as this will affect the management approach.

SUICIDAL IDEATION AMONG MALAYSIAN ADOLESCENTS: WHAT ARE THE RISK FACTORS? (chan.yy@moh.gov.my)

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Introduction: Suicidal behavior is an important public health problem worldwide. In Malaysia, It has become an urgent concern as the suicide rates among adolescents keep increasing. Suicidal ideation, defined as thoughts, ideas and the desire to commit suicide, is common among young people and is known as a major predictor of future suicide risk. This study aims to determine the prevalence of suicidal ideation among school-going adolescents in Malaysia. Methods: This study was conducted based on 2789 school-going adolescents aged 16-17 years who participated in the Malaysian Adolescent Health Risk Behaviour (MyAHRB) Study in 2013 and responded to the questionnaire on suicidal ideation. Data were collected using self-administered questionnaire. Prevalence and factors related to suicidal ideation were analyzed using univariate and multivariate logistic regression. Results: The overall prevalence of suicidal ideation among adolescents was 6.2%. The prevalence was significantly higher among females than males (7.6% vs 4.7%, P = 0.002). Multivariate analysis revealed that adolescents who were female (aOR = 2.02; 95% CI: 1.40 – 2.92) or Indian ethnic group (aOR = 2.32; 95% CI: 1.35 – 3.98) were more likely to report suicidal ideation. Loneliness (aOR = 2.54; 95% CI: 1.57 – 4.11), anxiety or worry (aOR = 2.70; 95% CI: 1.70 – 4.31), no close friend (aOR = 2.71; 95% CI: 1.43 – 5.14), and lack of supportive peers (aOR = 1.69; 95% CI: 1.15 – 2.47) were found to be positively associated with adolescents’ suicidal ideation. Adolescents who ever had sexual intercourse (aOR = 2.70; 95% CI: 1.48 – 4.92) and having been in a physical fight (aOR = 2.45; 95% CI: 1.62 – 3.70) were also significantly associated with suicidal ideation. Conclusion: This study provides evidence on factors associated with suicidal ideation among adolescent students in Malaysia. Early identification of adolescents who are at risk of suicidal ideation is an important step towards suicide prevention. Targeted mental health and health risk behavioral interventions for high risk adolescents are recommended.

Keywords: Suicidal ideation, suicide, adolescents, MyAHRB, Malaysia
The 11th National Conference for Clinical Research (NCCR 2017) in conjunction with the 5th Regional Asian Clinical Trial Association (REACTA) Forum 2017 was successfully held on 27 - 29 September 2017 at the International Convention Centre in Putrajaya. With the Theme “Precision Medicine-The Future is Now”, this esteemed event was attended by over 500 participants from both local and Asian region.

This conference was supported by the National Clinical Research Centre (NCRC); organised by the Association of Clinical Registries Malaysia (ACRM), Clinical Research Malaysia (CRM), Institute for Medical Research (IMR), University of Malaya (UM), for the first time together with REACTA. Officially opened by the Honourable Minister of Health Malaysia, Datuk Seri Dr S. Subramaniam, NCCR 2017 witnessed the launch of the Malaysian Medical Research Repository (MyMedR) and REACTA Forum. The event introduced MyMedR as an open access website that hosts Malaysian journals and provides easy access to researchers. REACTA, is a collaboration of 4 countries; i.e. Japan, South Korea, Taiwan and Malaysia. It aspires to promote and facilitate clinical research activities in the region.

This three-day event featured keynote address, plenary sessions and symposiums; delivered by 39 speakers from nine countries across the globe. This conference had successfully brought together leaders and global experts in healthcare as well as academicians from various disciplines. The speakers presented the latest developments in precision medicine, including clinical trial developments and research collaborations. The first two days of NCCR 2017 focused on precision medicine in oncology, diagnostics and therapeutics in precision medicine, emerging precision medicine in Asia, current precision medicine impact on individual and community, pharmacogenomic and big data. On the last day of the event, the REACTA Forum focused on the Collaborative Research in Asia and Global Initiatives: Collaboration and Best Practices.

This event also featured exhibitions by the clinical research industries and local institutes. It showcased 182 posters by upcoming, bright and young researchers in the categories of research, audits and case reports.

The NCCR 2017 and REACTA Forum was concluded with the Dr Wu Lien-Teh Research Awards Ceremony. Dr Wu’s descendant Alison Chong presented three Best Poster Awards for each abovementioned categories, along with three Young Investigator Awards. Dr Goh Pik Pin, the Director of NCRC, officially closed the NCCR 2017.
THE EFFECTIVENESS OF DOKTOR MUDA AS PEER EDUCATOR: HEALTH KNOWLEDGE, ATTITUDE AND PRACTICES OF PRIMARY SCHOOL CHILDREN IN MALAYSIA

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Abstract
Doktor Muda (DM) as a school-based programme was established to achieve better health status among schoolchildren. DM is a group of trained school children that met certain criteria as peer educators in order to empower their peers to adopt healthy practices. A multi-centered comparative cross-sectional study between SDM (School with Doktor Muda) and SBDM (School without Doktor Muda) was carried out from January to December 2016 with objective to identify the effectiveness of Doktor Muda as peer educator. A two-stage cluster sampling was applied in this study; first stage was the selection of school and second stage, the selection of school children (matched group). The data was obtained using a guided self-administered questionnaire in Malay language was used to obtain relevant information. Complex sample logistic regression analysis was used in the data analysis.

Results: A total of 21,916 students provided necessary data for eating meal away from home. Overall, 82.2% of adolescents were eating away from home at least once a week. Those who eating meal away from home were more likely to be boys (aOR=1.255, 95% CI=1.134,1.389), living in Northern zone (aOR=2.038, 95% CI=1.511,2.748), Central zone (aOR=1.607, 95% CI=1.178,2.193) and Southern zone (aOR=2.223, 95% CI=1.687,2.929), exceeded the recommended cereals/grains intake (aOR=1.442, 95% CI=1.279,1.626) and meat/poultry intake (aOR=1.304, 95% CI=1.190,1.428).

Conclusions: Eating meal away from home was common among Malaysian adolescents especially among boys and those living in the Western part of Peninsular Malaysia. Further study of other factors associated with eating meal away from home such as parents’ occupation, living areas, and so on is suggested to improve the strategies to promote healthy food choices when eating out among Malaysian adolescents.

Keywords : meal away from home, youth, socio-demography, food group intake, unhealthy eating habit
**EXPOSURE TO SECOND-HAND SMOKE AMONG SECONDARY SCHOOL ADOLESCENTS: FINDINGS FROM THE MALAYSIAN YOUTH HEALTH RISK BEHAVIOR (MyHRB) STUDY**

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1st International Conference on Community Health, UniSZA, Kuala Terengganu, Terengganu, 7 – 9 October 2017

**Introduction:** Exposure to second-hand smoke (SHS) is one of the main causes of morbidity and it has been proven to be associated with an increased likelihood of smoking initiation among adolescents. Nonetheless, evidence on SHS exposure among Malaysian adolescents is scarce and this warranted a detailed investigation in order to address the existing knowledge gaps. Therefore, this write-up aims to demonstrate the magnitude and factors associated with SHS exposure among school-going adolescents in selected secondary schools in Peninsular Malaysia.

**Methodology:** Data was derived from the Malaysian Youth Health Risk Behaviour (MyHRB) study conducted in 2013. A total of 2599 adolescents were recruited into the study using a two-stage proportional-to-size sampling method. Data were obtained from self-administered questionnaires. Descriptive analysis and multivariable logistic regression were performed to determine risk factors/predictors associated with SHS. Results: More than half of the respondents were exposed to SHS during the last one week (56.4%) and SHS exposure was significantly higher among respondents who smoked (94.0% vs 49.9%, p<0.001).

Multivariable analysis revealed that the likelihood of exposure to SHS was higher among those who smoked (aOR 12.90, 95% CI: 8.01-20.4), have at least one parent/guardian who smoked (aOR 5.49, 95% CI: 4.41-6.94) and adolescents of Malay ethnicity (aOR 2.10, 95% CI: 1.68-2.63).

**Conclusion:** Our findings suggested that effectiveness of anti-smoking measures implemented in the recent years to protect adolescents from the health risks of passive smoking were less obvious. Therefore, educational and awareness programmes which emphasise on the negative health impact of SHS exposure among adolescents, particularly among the smoking adults should be intensified indirectly preventing them from initiating smoking.

**Keywords:** Second-hand smoke, school-going adolescents, smoking, MyHRB health risk behavior.

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**FACTORS ASSOCIATED WITH E-CIGARETTE USE AND THE REASONS FOR INITIATION AMONG MALAYSIAN ADOLESCENTS: TOBACCO AND E-CIGARETTE SURVEY AMONG MALAYSIAN ADOLESCENTS (TECMA) 2016**


5th Asia Pacific Conference on Public Health, Riverside Majestic Hotel, Kuching, Sarawak, 10 – 13 Sept 2017

**Introduction:** Electronic cigarette (e-cigarette) is an electronic nicotine delivery system (ENDS) device. It vapourises a liquid consisting propylene glycol, glycerin, flavourings, nicotine and other chemicals. Its use has gained popularity among the younger generation despite its unknown health risks and lack of legislation. The aim of this study was to determine the factors associated with e-cigarette use and the reasons for initiation among adolescents.

**Methods:** Data from the Tobacco and E-cigarette Survey among Malaysian Adolescents (TECMA) 2016, a nationwide cross-sectional survey using a two stage stratified cluster sampling design was used. The target population were school going adolescents aged 10 to 19 years. A self-administered structured questionnaire, which was developed, pre-tested and validated, was used. Descriptive analysis and logistic regressions were used to determine factors associated with e-cigarette use and the reasons for initiation among adolescents.

**Results:** The overall prevalence of adolescent e-cigarette users in Malaysia was 9.2%. Adolescents who were cigarette smokers had greater odds of using e-cigarettes compared to non cigarette smokers (aOR: 12.92; 95% CI: 10.93, 15.28). Similarly, males (aOR: 4.10; 95% CI 3.37, 4.98) were more likely to use e-cigarettes compared to females. Adolescents aged 16-19 years old (aOR: 2.75; 95% CI 2.23, 3.38) had a greater likelihood to use e-cigarettes compared to the others. Main reasons for initiating e-cigarette use were liking the taste and smell (83.6%), wanting to experiment (76.7%), popularity (68.6%) and feeling it is safer than tobacco cigarettes (65.6%).

**Conclusion:** The findings indicate that e-cigarette use was significantly associated with adolescents who were current cigarette smokers, male and those aged 16-19 years old. The main reason for e-cigarette initiation was taste and smell. Therefore, proper legislation and guidelines should be formed and targeting this group by restricting the flavours available and also by imposing a minimum age limit on its sale.

**Keywords:** e-cigarettes, adolescents, TECMA, Malaysia.

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**WHAT IS THE NUTRITIONAL STATUS OF CHILDREN WITH DISABILITY? : A SCOPING REVIEW**

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**Introduction:** Disability is categorised as physical and neurodevelopment disability which includes children with Autism Spectrum Disorder (ASD), Cerebral Palsy (CP), Down Syndrome (DS) and other types of disabilities. The important aspects to indicate overall health status and wellbeing is nutritional status. Therefore this study aim to identify evidence on the nutritional status and to determine tools and indicators to measure nutritional status of children with ASP,CP,DS. **Methodology:** This study was a scoping review and conducted using a framework suggested by Arksey and O’Malley. It contains five stages in order to complete this study. A comprehensive search of primary study, reviews, grey literature and annual reports were done by researchers. Inclusion criteria for the search were articles in English published from 1990-2014 and related to children disabilities aged below 18 years old.

**Results:** A total of 305,268 titles were extracted and from that only 21 articles were selected in the review based on inclusion criteria. Overall, the majority of the studies found that children with CP were at risk of underweight with the prevalence was 22.2% to 78.2%. However children with DS and ASD were tend to be at risk of overweight or obesity. The prevalence of children with DS was 33.5% to 43.5%. The most common nutritional indicator were z-score for weight-for-age, height-for-age, body mass index-for-age, and head circumference-for-age. **Conclusion:** There is emerging evidence on the nutritional status of children with ASD, DS, and CP, although still very limited in Malaysia. It is hoped that these findings will support the planning of future researches and health intervention or programmes for this population.

**Keywords:** Nutritional status, Children, Autism Spectrum Disorders, Cerebral Palsy, Down Syndrome.
ORAL HEALTH AMONG SCHOOLCHILDREN: MOVING FORWARD


Introduction: Childhood oral health has a significant impact on a child’s wellbeing. In Malaysia, oral healthcare is provided since fetal inception, while monitoring of the status begins in school life. Indicators percentages of primary and secondary schoolchildren maintaining orally fit statuses were developed to monitor the continuity of services provided and indirectly mirrored the oral health status of Malaysia’s younger population. Post 20 years, recent performance data revealed a consistent plateau. This flagged a room for improvement in the services offered. Hence, this study aimed at identifying other factors that may contribute to the oral health status among the schoolchildren.

Methodology: A systematic review of literatures was conducted based on PICO keywords developed by the team members. Target population involved schoolchildren aged 6-18 while outcomes looked at conditions such as caries and DMFT. All types of study design were included. Only Malay and English full text articles dated as far back as 20 years ago were accepted. Three databases searched were PubMed, Ovid and grey literatures which were theses done by oral health masters students from the ministry’s library. Total hits from each database were divided among 14 reviewers. Each was assigned an ID and paired in a group. The reviewer independently screened the articles in the first level of screening. Any disagreement was resolved through discussion or, if required, a third reviewer was consulted. About 16.6% of titles and abstract from total hits of PubMed and 49.3% of titles and abstract from total hits of grey literature were accepted. Results: The prevalence of current smokers among youth aged 20-24 years increased from 23.0% (21.3, 24.6) in 1996 to 24.7% (23.2, 26.1) in 2006. Using GATS definition, the prevalence of current smokers among youth aged 15-24 years increased from 16.7% (13.6, 20.3) in 2011 to 19.3% (17.6, 21.0) in 2015. In 2015, among those who smoked cigarette daily, 32.9% had smoked an average of at least 25 cigarettes per day, compared to only 5.6% in 2011. In both surveys, it was noted that majority of them preferred manufactured cigarette. More than half of those youth who had attempted to quit smoking in both surveys. The percentage of those who had visited healthcare providers for the purpose of quitting smoking had reduced from 26.0% in 2011 to only 5.2% in 2015. Conclusion: The findings showed increasing trends of current smokers among youth. More youth had become heavy smokers and less youth had visited healthcare providers for help. The findings indicate that the current strategies were ineffective. More creative and innovative strategies should be employed to attract the youth who planned to quit smoking to seek professional help.

Keywords: oral health, schoolchildren

YOUTH AND TOBACCO: AN ALARMING TREND

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48th Asia Pacific Academic Consortium for Public Health Conference, Teikyo University, Tokyo, Japan, 16 – 19 Sept 2016

Objectives: A trend analysis of tobacco used among youths will guide policy makers in planning of programmes and strategies to curb the problem. This study aims to assess the trend of tobacco used among youths aged 15 to 24 years in Malaysia from 1996 to 2015. Methods: Data from the ‘tobacco consumption’ modules from the National Health and Morbidity Surveys (NHMS) conducted in 1996 and 2006, and data from the Global Adult Tobacco Survey (GATS) 2011 and Mini GATS 2015 using Tobacco Questionnaire Survey was analysed. These population-based surveys were conducted as two-stage stratified sampling design. For NHMS 1996 and 2006, data analysis was based on CDC definition of current smokers which include those who smoked daily or some days in the past one month, whereas GATS 2011 and Mini GATS 2015 defined current smokers as smokers who smokes any tobacco product daily or occasionally, over a very long period of one month or more. Results: The prevalence of current smokers among youth aged 20-24 years increased from 23.0% (21.3, 24.6) in 1996 to 24.7% (23.2, 26.1) in 2006. Using GATS definition, the prevalence of current smokers among youth aged 15-24 years increased from 16.7% (13.6, 20.3) in 2011 to 19.3% (17.6, 21.0) in 2015. In 2015, among those who smoked cigarette daily, 32.9% had smoked an average of at least 25 cigarettes per day, compared to only 5.6% in 2011. In both surveys, it was noted that majority of them preferred manufactured cigarette. More than half of those youth who had attempted to quit smoking in both surveys. The percentage of those who had visited healthcare providers for the purpose of quitting smoking had reduced from 26.0% in 2011 to only 5.2% in 2015. Conclusion: The findings showed increasing trends of current smokers among youth. More youth had become heavy smokers and less youth had visited healthcare providers for help. The findings indicate that the current strategies were ineffective. More creative and innovative strategies should be employed to attract the youth who planned to quit smoking to seek professional help.

Keywords: youth, current smokers, GATS, Malaysia

FACTORS ASSOCIATED WITH DAILY SMOKING AMONG MALAYSIAN ADOLESCENTS - FINDINGS FROM TOBACCO & E-CIGARETTE SURVEY AMONG MALAYSIAN ADOLESCENTS (TECMA)


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1st International Conference on Community Health, UniSZA, Kuala Terengganu, Terengganu, 7 – 9 October 2017

Introduction: Daily smoking among adolescents is a public health problem. Understanding factors associated with daily smoking may help public health policy makers and practitioners in improving strategies to prevent or delay adolescent cigarette smoking. Objective: To identify the prevalence and associated factors of current daily smoking among Malaysian adolescents. Methodology: This study analysed data from the Tobacco and E-Cigarette Survey among Malaysian Adolescent (TECMA) conducted in 2016 targeted school-going adolescents aged 10-19 years old. A cross-sectional population design and two stage stratified cluster sampling was applied. A total of 14832 students from 136 schools were selected in this survey. A complex sampling and Multiple Logistic Regression analysis were applied. Results: The overall prevalence of daily smoking among adolescents was 1.60% (95%CI: 1.2, 2.1), with the highest prevalence in males (3.2%) and secondary school students (2.4%). 13.9% of students who currently smoke took cigarette every day. The multimodel variable showed that adolescents aged above 12 years was 24.4 times more likely to smoke daily compared to those aged below 12 years old (aOR 24.4, 95% CI: 5.9, 99.7). Male adolescents also had 23.3 times higher odds of being daily smokers compared to females (aOR 23.3, 95% CI: 5.7, 95.0). Students who were given more amount of pocket money (RM 2-5) were 2.6 times higher odds of taking cigarette every day (aOR 2.65, 95% CI: 1.17, 6.00). Adolescents who claim that the premise refused to sell tobacco to underage were 43% less likely of being daily smokers (aOR 0.57, 95% CI: 0.40, 0.82). Discussion/Conclusion: Male, secondary school students, those who had more pocket money and not prevented from underage tobacco purchases were at greater risk of becoming daily smokers. It recommended strengthening the laws against cigarette sales to underage person. Also, parents/guardians should monitor their child’s spending.

Keywords: Daily smoking, adolescents, tobacco, cigarette
THE RELATIONSHIP BETWEEN NEGATIVE LIFE EVENTS AND DEPRESSION AMONG STUDENTS OF MORAL REHABILITATION CENTRE SEKOLAH TUNAS BAKTI (normawati@moh.gov.my)

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Introduction: Depression is a mental health problem most frequently experienced by adolescents compared to other mental health problems. Adolescent especially of low social class backgrounds who do not succeed academically and detained in rehabilitation centre actually experienced the negative life events and at risk of depression. This study aims to identify the relationship between negative life events and depression among students of moral rehabilitation centre Sekolah Tunas Bakti (STB).

Methodology: A cross-sectional study using a self-administered questionnaire. The study was conducted in STB Kg.Besi, Kuala Lumpur (boys) and STB Kg.Lereh, Melaka (girls) from July 2014 to November 2014. The questionnaires included the Beck Depression Inventory II (BDI II) and the Adolescent Life Events Questionnaire (ALEQ). Data were analyzed using t-test and correlation.

Results: A total of 171 students STB participated in this study. The number of participants consisted of 114 (67.0%) boys and 57 (33.0%) girls. Participants were aged between 10-14 years (12 students) and 15-19 years (159 students). The results showed that there was no significant differences in depression by gender and age. However, there is a significant relationship between negative life events and depression.

Conclusion/Discussion: In conclusion, this study provides input and increasing understanding of the relationship between negative life events and depression. This invention can be used as guidelines for the STB to manage the risk of depression among students and also develop intervention programs to reduce the level of depression.

DOKTOR MUDA PERCEPTION ON THEIR ROLE OF BEHAVIOURAL CHANGE IN DENGUE PREVENTION (pises@moh.gov.my)

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Introduction: Dengue prevention is the responsibility of all parties. Doktor Muda programme was developed by the Ministry of Health, Malaysia to train a group of pupils to become the agent of health promotion and peer educator in schools in assisting dengue prevention activities. Aim: To explore Doktor Muda’s perception on their role on behavioral change in Dengue prevention among peers in Cheras. Method: This is a qualitative study involving 21 Doktor Muda from year 6 in SK Seri Anggerik and SK Taman Midah 1 using in-depth interviews and semi structured questionnaire. The findings were analyzed based on five main themes; Dengue prevention activities, ability of Doktor Muda to change peers’ behaviour, self-efficacy, future needs and barrier in delivering the activities. Result: There were five groups of Dengue prevention activities most frequently mentioned by subjects: giving advice, cleaning the school compound, organizing performance for peers, implementing health campaigns and interactive activities. Giving advice is most frequently mentioned. They were positive with their ability to change the behavior of their peers and helping the health personnel in communicating dengue prevention messages. All subjects were confidence in delivering health messages. The main barrier in delivering activities was lack of cooperation from their peers. The most mentioned needs were teaching aids, regular training, attractive prizes for competition.

Discussion & Conclusion: Doktor Muda was capable to change the behavior of their peers pertaining to dengue prevention activities. However, they need better teaching aids, regular training, attractive prizes for competition and more public speaking activities in order to improve their self-efficacy and skills in delivering health messages.

Keywords: Doktor Muda, Dengue prevention, behaviors change, self-efficacy
LOW KNOWLEDGE, PRACTICE AND SELF-EFFICACY: EFFECTS ON HAND WASHING DEMONSTRATION SKILL AMONG “DOKTOR MUDA” (pises@moh.gov.my)

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11th Allied Health Scientific Conference, Istana Hotel, 6 – 7 Sept 2016

Introduction : Doktor Muda (DM) is a group of school children trained to be agents for change in motivating and assisting their peers to adopt healthy practices. As competent agents, DM requires good knowledge, positive attitude, high self-efficacy and skill to deliver health messages and function effectively. Aim : To identify the level of knowledge, attitude, practices, self-efficacy and hand washing demonstrating skills. Methods : This is a cross-sectional study conducted in state of Terengganu Malaysia, involving 84 DM year 6. Seven eligible schools were selected using a simple random sampling. Self-administered questionnaire and observation checklist were used in data collection. Pearson Chi-Square and Fisher’s Exact Test was performed to assess the association between knowledge, attitude, practices, self-efficacy and hand washing demonstrating skills. Knowledge, attitude, practice and self-efficacy were assessed based on standard competency score (80%) set by the programme manager. Results : Few respondents had good knowledge (16.7%), practice (23.8%) and moderate self-efficacy (41.7%) in hand washing. However, majority (79.8%) respondents showed positive attitude towards hand washing practices. None of the DM was able to demonstrate all the steps in hand washing demonstration. Forgetfulness (70.2%) and assume hands are not dirty (66.7%) found to hinder hand washing practices. Significant association were found between practices and self-efficacy in hand washing (Pearson Chi-Square, p=0.003). Conclusion : DM with good knowledge, practice, self-efficacy and demonstration skill score were low. Hence, various strategies were needed to improve knowledge, practices, self-efficacy and in hand washing demonstration skill amongst DM to strengthen their role as peer educators and health change agents in school.

Keywords: knowledge, practices, self-efficacy, hand washing, peer educator

HEALTH SEEKING BEHAVIOUR ON SEXUAL AND REPRODUCTIVE HEALTH AMONG ADOLESCENTS IN SAMARAHAN, SARAWAK (albeny@moh.gov.my)

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Introduction : Adolescents involvement in risky sexual behavior are becoming emerging problems in Sarawak in which limited studies focus on issues pertaining to health seeking behaviour (HSB) on sexual and reproductive health (SRH). The purpose of this study is to identify adolescent HSB pertaining to their accessibility to SRH information and adolescent health care services (AHCS). Methods : Data for this presentation is part of pilot study on protective factors and risky sexual behaviour among adolescent in Sarawak. A cross-sectional study was conducted in Samarahan, Sarawak from April until May 2016 among 190 adolescents age between 15 until 19 years old. Multistage clustered sampling was applied which includes sub-district Asajaya and Serian in Samarahan. Data were collected using self-administered questionnaire. Descriptive statistics analysis was employed using SPSS version 21. Results : A total of 190 respondents; 35.4% (n=67) male and 64.6% (n=123) female. Age ranging from 15 to 19 years old (mean 18.3, SD 1.28). Respondents reported had searched for SRH information in the past 3 months were 62.1% (n=118). Three main communication channels of accessing SRH information were through internet (49.6%), friends (40.7%) and print media (35%). Respondents intention to search for SRH information in the next 3 months were 73% (n=138). While 38.1% (n=72) out of total respondents reported had heard the services offered by AHCS clinic but only 24.7% (n=47) admitted had used the services for the past 12 months. Conclusion : Results suggested a need to look into the importance of internet in SRH information seeking and adolescent low accessibility to AHCS.

Keywords: knowledge, practices, self-efficacy, hand washing, peer educator

KNOWLEDGE AND ATTITUDE ON SEXUAL AND REPRODUCTIVE HEALTH AMONG ADOLESCENTS IN SAMARAHAN, SARAWAK (albeny@moh.gov.my)

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Introduction : Risky sexual behavior are becoming emerging problems in Sarawak. Previous studies indicated its negative implications to the well-being of the adolescent population in Malaysia. However, limited studies focus on adolescent’s health behaviour pertaining to sexual and reproductive health (SRH) in Sarawak. The purpose of this study is to identify adolescent’s health behaviour related to their knowledge and attitude on SRH. Methods : Data for this presentation is part of pilot study on protective factors and risky sexual behaviour among adolescents in Sarawak. A cross-sectional study was conducted in Samarahan, Sarawak from April until May 2016 among 190 adolescents age between 15 until 19 years old. Multistage clustered sampling was applied which includes sub-district Asajaya and Serian in Samarahan. Instrument for attitude measured 9 items with 4 scale from not agree to agree while the knowledge on SRH with 10 items with true and false response. Data were collected using self-administered questionnaire. Descriptive statistics analysis was employed using SPSS version 22. Results : A total of 190 respondents; 35.4% (n=67) male and 64.6% (n=123) female involved in this study. Age ranging from 15 to 19 years old (mean 18.3, SD 1.28). A total of 185 respondents response to knowledge items on SRH in which 93.1% (n=177) scored more than 70%. While the result for attitude on SRH among the respondents (n=190) indicated that mean for the 9 items, with the lowest were 2.4 (SD 0.89) ranging to highest 3.02 (SD 0.71). Discussion/Conclusion : Results suggested respondents had high knowledge and positive attitude on SRH.
RELATION OF ACANTHOSIS NIGRICANS STATUS WITH METABOLIC SYNDROME MARKERS IN PRIMARY SCHOOL (MyBFF@SCHOOL) (ruziana@imr.gov.my)

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8th Malaysian Endocrine & Metabolic Society Annual Congress, Hilton Kuala Lumpur, 19 – 21 May 2017

Background: There is a rising trend of overweight and obesity among school aged children. MyBFF@school is an interventional programme introduced as a curricular activity specific for overweight and obese students in Malaysian schools. Acanthosis nigricans (AN) is one of the significant markers for insulin resistance which previous studies have shown to increase the risk of diabetes by 3-5 folds during adulthood. This study investigated the difference of clinical and metabolic profiles among overweight and obese students with AN and without AN.

Research Design and Methods: This study involved 1371 overweight and obese primary school students aged 9 to 11 years according to WHO BMI growth chart. Participants were required to fast overnight for at least 8 hours prior to the assessment. BMI, body fat percentage, waist circumference, pubertal status, and AN were measured by trained medical personnel. Blood profiles were measured for fasting plasma glucose (mmol/l), total cholesterol (mmol/l), triglyceride (mmol/l), high density lipoprotein (HDL) (mmol/l) and low density lipoprotein (LDL) (mmol/l) using Diuris CS-400 automated chemistry analyzer and using reagent purchased from Randox Laboratories. Circumference, pubertal status, and AN were measured by trained medical personnel. Blood profile were measured for fasting plasma glucose (mmol/l), total cholesterol (mmol/l), triglyceride (mmol/l), high density lipoprotein (HDL) (mmol/l) and low density lipoprotein (LDL) (mmol/l) using Diuris CS-400 automated chemistry analyzer and using reagent purchased from Randox Laboratories.

Results: The findings showed that mean BMI, waist circumference and body fat percentage were significantly higher among participants with AN compared to participants absence of AN (BMI 25.3 kg/m2 vs. 22.1 kg/m2 p<0.001; waist circumference 79.4 cm vs. 71.0 cm p<0.001; body fat percentage 40.3 % vs. 35.4 % p<0.001). In addition, participants with AN have significantly reduced mean HDL level (1.11 mmol/l) when compared to the participants absence of AN (1.17 mmol/l).

Conclusion: The data showed that AN was associated with BMI, waist circumference, body fat percentage, and HDL level. To prevent disease progression, it is critical to have early recognition during adolescent stage.

SMOKING AMONG SCHOOL-GOING ADOLESCENTS IN SELECTED SECONDARY SCHOOLS IN PENINSULAR MALAYSIA - FINDINGS FROM THE MALAYSIA ADOLESCENTS HEALTH RISK BEHAVIOUR (MyAHRB) STUDY (limkh@imr.gov.my)

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Introduction: A multitude of studies have revealed that smoking is a learned behaviour during adolescence and reducing the incidence of smoking has been identified as a long-term measure to curb the smoking menace in the Malaysian. The objective of this study was to assess the prevalence and the intra- and interpersonal factors associated with smoking among upper secondary school students in selected schools in Peninsular Malaysia.

Methods: Thirty secondary schools were randomly selected using two-stage proportionate to sampling and upper secondary school students from each selected school were invited to participate in the study. Prevalence and associated factors were assessed using a validated standardised questionnaire. Results: This study revealed that the prevalence of smoking was 14.6%, significantly higher among males compared to females (27.9% vs 3.4%, p<0.001). The majority of smokers initiated smoking during the early adolescent years (60%) and almost half of the respondents bought the cigarette themselves. Multivariable analysis revealed that the following factors increased the likelihood of being a current smoker: being male (adjusted odds ratio (aOR) 21.51; 95% CI 13.10-35.10); always feeling lonely (aOR 2.23, 95% CI 1.21-4.43). On the other hand, respondents with higher religiosity (aOR 0.51, 95% CI 0.15-0.92) and protection (aOR 0.71, 95% CI 0.55-0.92) scores were less likely to smoke. Conclusion: This study showed that the prevalence of smoking among adolescents is still high despite implementation of several anti-smoking measures. More robust measures integrating the factors identified in this study are strongly recommended to curb the smoking menace among adolescents in Malaysia.

Keywords: Adolescence smoking, intrapersonal, interpersonal, school-going adolescents, Peninsular Malaysia

RESPIRATORY OUTCOMES OF CHILDREN AND ADOLESCENTS WITH PERSISTENT SEVERE ALLERGIC ASTHMA TREATED WITH ANTI-IgE (OMALIZUMAB) THERAPY (dmariana@moh.gov.my)

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Background: Severe asthma has many significant consequences with serious respiratory morbidity and increased healthcare expenditures. Omalizumab is an established anti-IgE therapy for add-on treatment of persistent severe allergic asthma. Objective: To evaluate respiratory outcomes at ≥52 weeks of anti-IgE treatment. Methods: A descriptive analysis of children and adolescents aged ≥6 to <18 years old with persistent severe allergic asthma, uncontrolled symptoms despite GINA step 5 (on add-on oral corticosteroid) were added Omalizumab 300mg-600 mg every 2-4 weekly from August 2012 until May 2017 at HRPZ2, Kelantan. Data on asthma control (GINA classification), asthma control test (ACT), spirometry, severe asthma exacerbations and unscheduled healthcare utilization at ≥52 weeks of treatment were obtained. Results: Six patients with equal male to female ratio were analysed. The median age of starting Omalizumab was 11.06 years (IQR: 8.04-13.95) and the median duration of Omalizumab treatment was 2.44 years (IQR: 2.72). The mean total IgE level was 1,959.8 kU/L (SD-1514.3). Despite being treated with high-dose inhaled corticosteroids and long- acting b2-agonists, leukotriene modifiers and oral prednisolone, 83% of patients experienced frequent uncontrolled symptoms in the past year, reduced ACT ≤ 19 and reduced baseline FEV1. At ≥52 weeks of treatment, 83% of them have controlled asthma (GINA classification), asthma control test (ACT) becoming good control (≥ 20), and 100% had FEV1 ≥ 80%. There were significant reductions between 75 to 100% per patient in unscheduled healthcare utilization and severe asthma exacerbation that required hospitalizations at ≥52 weeks of treatment. 67% of them were able to cease oral maintenance steroids. There was no anaphylaxis noted. Conclusion: Omalizumab has been shown to improve asthma control, reduced exacerbation rates and unscheduled healthcare utilization and improvement of FEV1. Omalizumab is effective as add-on therapy in the treatment of children and adolescent with persistent severe allergic asthma.

Keywords: Respiratory outcome, severe allergic asthma, children and adolescents, anti-IgE treatment
DEMOGRAPHIC AND LIFESTYLE FACTORS ASSOCIATED WITH SEXUAL ACTIVITY AMONG ADOLESCENTS IN MALAYSIA

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ABSTRACT
Having a better understanding of the factors associated with sexual behaviour among adolescents is important as it may assist government in lowering the prevalence of teen pregnancy. The objective of the present study is to examine the effects of demographic and lifestyle factors on likelihood of engaging in sexual intercourse with a focus Malaysian adolescents. Using a nationally representative data collected by the Ministry of Health Malaysia, the present study finds that age, self-rated academic performance, parents' marital status, alcohol consumption and cigarette smoking can significantly affect the sexual behaviour among adolescents. The present study concludes by discussing the policy implications of these findings. As a measure towards reducing underage sex, successful policies should be targeted primarily at adolescents who aged more than 16 years self-rate their academic performance as poor, have single parents, and adopt alcohol drinking and cigarette smoking behaviours.

Keywords: Adolescent; demographic factor; intercourse; lifestyle; sex

BACKGROUND: A multitude of studies have revealed that smoking is a learned behaviour during adolescence and efforts to reduce the incidence of smoking has been identified as long-term measures to curb the smoking menace. The objective of this study was to determine the prevalence as well as the intra and inter-personal factors associated with smoking among upper secondary school students in selected schools in Peninsular Malaysia. METHODS: A study was carried out in 2013, which involved a total of 40 secondary schools. They were randomly selected using a two-stage clustering sampling method. Subsequently, all upper secondary school students (aged 16 to 17 years) from each selected school were recruited into the study. Data was collected using a validated standardised questionnaire. RESULTS: This study revealed that the prevalence of smoking was 14.6% (95% CI:13.3-15.9), and it was significantly higher among males compared to females (27.9% vs 2.4%, p<0.001). Majority of smokers initiated smoking during their early adolescent years (60%) and almost half of the respondents bought cigarettes themselves from the store. Multivariable analysis revealed that the following factors increased the likelihood of being a current smoker: being male (aOR 21.51, 95% CI:13.1-35), perceived poor academic achievement (aOR 3.42, 95% CI:1.50-7.37) had one or both parents who smoked (aOR 1.80, 95% CI:1.32-2.45; aOR 6.50, 95 CI:F:1.65-25.65), and always feeling lonely (aOR 2.23, 95% CI:1.21-4.43). In contrast, responders with a higher religiosity score and protection score were less likely to smoke (aOR 0.51, 95% CI:0.15-0.92; aOR 0.71, 95% CI:0.55-0.92). CONCLUSION: This study demonstrated that the prevalence of smoking among Malaysian adolescents of school-going age was high, despite implementation of several anti-smoking measures in Malaysia. More robust measures integrating the factors identified in this study are strongly recommended to curb the smoking epidemic among adolescents in Malaysia.

Keywords: Adolescent smoking, Intrapersonal, Interpersonal, School-going adolescents, Peninsular Malaysia

INTRODUCTION: Awareness for paediatric palliative care has resulted in the impetus for paediatrician-led palliative care services across Malaysia. However, there is paucity of local data on patients receiving hospital-based paediatric palliative care. We aim to review the clinical spectrum of patients referred to these services. METHODS: An observational study of children aged between 0-18 years receiving palliative care at 13 hospitals between 1st January and 31st December 2014 was carried out. RESULTS: There were 315 patients analysed, 90 (28.6%) and 46 (14.6%) were neonates and adolescents respectively. The main ICD-10 diagnostic categories for all patients were identified to be ‘Congenital malformations, deformations and chromosomal abnormalities’ 117 (37.1%), ‘Diseases of nervous system’ 76 (24.1%) and ‘Neoplasms’ 60 (19.0%). At referral 156 (50%) patients had holistic needs assessments. Patients with ‘Diseases of nervous system’ were assessed to have significantly more physical needs than the other two diagnostic categories. Majority of patients who knew of their diagnosis and prognosis were those with malignancy. Over a fifth of referrals were at their terminal admission. Of 144 who died, 111 (77.1%) had advanced care plans. There was bereavement follow-up in 98 (68.1%) patients. CONCLUSION: Patients referred for palliative care have varied diagnoses and needs. To ensure all paediatricians are competent to deliver quality care to all children, further education and training initiatives are imperative.

Keywords: Paediatric, Palliative care, Hospital-based care, Palliative care diagnosis

INTRODUCTION: School based programme known as ‘Doktor Muda’ was established to empower school children using their knowledge and health skills to achieve better health status. ‘Doktor Muda’ (DM) is a group involved a selection of trained school children that met certain criteria as peer educators in order to influence their peers’ attitude and health practices. METHODOLOGY: A cross sectional study was carried out from March 2014 to January 2015. Qualitative data were collected by Focus Group Discussion (FGD) to identify peers perspective towards DM as a health promotion agent using a semi structured open ended questionnaire. The questionnaire was developed according to the relevant themes that identify the ability of DM to influence their peers’ attitude and health practices. RESULTS: The findings showed that majority of participants admitted positive response towards information given by DM in their behavioural beliefs towards health. Majority of the participants agreed DM has succeeded in changing their attitudes toward the importance of health involving were participants’ concern on health. However, some of the participants claimed negative response showed by the peers during dissemination of information by DM and participants’ observations. Verification from the feedback groups regarding individual who influence their personal hygiene practice revealed 45.5% by their ownself, 36.4% by their parents/family and 36.4% by DM respectively. CONCLUSIONS: This study has succeeded in exploring peers’ perspectives on the efficacy of DM as health promotion agent. Strengthening in positive beliefs among peers towards health, influencing positive attitudes to accentuate health and encouraging health practices at a moderate level were established in this study.

keywords: Doktor muda, Peer’s perspective, FGD, Health Promotion Agent.

Global Journal of Health Science; Vol. 9, No. 5; 2017. http://doi.org/10.5339/gjhs.v9n5p1
TRIGLYCERIDE TO HDL-C RATIO IS ASSOCIATED WITH INSULIN RESISTANCE IN OVERWEIGHT AND OBESE CHILDREN

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ABSTRACT

The purpose of this study was to investigate the usefulness of triglyceride to hdl-c ratio (TG:HDL-C) as an insulin resistance (IR) marker for overweight and obese children. A total of 271 blood samples of obese and overweight children aged 9–16 years were analysed for fasting glucose, lipids and insulin. Children were divided into IR and non-insulin resistance, using homeostasis model assessment (HOMA). The children were then stratified by tertiles of TG:HDL-C ratio. The strength between TG:HDL-C ratio and other parameters of IR were quantified using Pearson correlation coefficient (r). Odds ratio was estimated using multiple logistic regression adjusted for age, gender, pubertal stages and IR potential risk factors. Children with IR had significantly higher TG:HDL-C ratio (2.48) (p=0.01). TG:HDL-C ratio was significantly correlated with HOMA-IR (r = 0.104, p<0.005) and waist circumference (r=0.134, p<0.001). Increasing tertiles of TG:HDL-C ratio showed significant increase in mean insulin level (p=0.03), HOMA-IR (p=0.04) and significantly higher number of children with acanthosis nigricans and metabolic syndrome. The odds of having IR was about 2.5 times higher (OR=2.47; 95% CI 1.23, 4.95; p=0.01) for those in the highest tertiles of TG:HDL-C ratio. Hence, TG:HDL-C may be a useful tool to identify high risk individuals.

sci.rep.7,40055;doi:10.1038/srep40055(2017)
PRESCRIBING PATTERN OF ANTIDEPRESSANTS IN CHILDREN AND ADOLESCENTS: FINDINGS FROM THE RESEARCH ON ASIA PSYCHOTROPIC PRESCRIPTION PATTERN

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Objective: Pharmacotherapy of depression in children and adolescents is complex. In the absence of research into the efficacy and safety of antidepressants in this group of patients, their off-label prescription is common. This paper aimed to illustrate the prescription pattern of antidepressants in children and adolescents from major psychiatric centres in Asia. Methods: The Research on Asia Psychotropic Prescription Pattern on Antidepressants worked collaboratively in 2013 to study the prescription pattern of antidepressants in Asia using a unified research protocol and questionnaire. Forty psychiatric centres from 10 Asian countries / regions participated and 2321 antidepressant prescriptions were analysed. Results: A total of 4.7% antidepressant prescriptions were for children and adolescents. Fluoxetine, sertraline, and escitalopram were the most common antidepressants prescribed for children and adolescents. Almost one-third (30.3%) of prescriptions were for diagnoses other than depressive and anxiety disorders. There was less antidepressant polypharmacy and concomitant use of benzodiazepine, but more concomitant use of antipsychotics in children and adolescents compared with adults. Conclusion: Off-label use of antidepressants in children and adolescents was reported by 40 Asian psychiatric institutions that participated in the study. In-service education and regulatory mechanisms should be reinforced to ensure efficacy and safety of antidepressants in children and adolescents.

Key words: Adolescent; Antidepressive agents; Child; Ethnopsychology

East Asian Archives of Psychiatry 2016;26:10-7

SUICIDAL IDEATION AMONG SINGLE, PREGNANT ADOLESCENTS: THE ROLE OF SEXUAL AND RELIGIOUS KNOWLEDGE, ATTITUDES AND PRACTICES

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ABSTRACT: Pregnant adolescents are a high-risk population for suicide. However, a knowledge gap still exists on how sexual and religious knowledge, attitudes and practices (KAP) influence suicidal ideation (SI) in teenage pregnancy. We aim to explore the interplay between psychiatric diagnoses, sociodemographic factors and KAP of sexual and religious issues as risk factors of SI among 114 pregnant Malaysian adolescents from 6 rehabilitation centers and a tertiary hospital. Single sexual partner was an independent predictor of SI, suggesting the role of less sexual experience as a risk factor for SI after controlling for major depression. Participants who were unsure versus those who agreed with the statement that most religions’ viewed sex outside marriage as wrong had a lower risk of SI after controlling for major depression. Pregnant adolescents with a single sexual partner were significantly associated with current SI. Ambivalence towards religious prohibitions on premarital sex may protect against suicidal ideation.

Keywords: Risk factors; Sexual & religious KAP; Suicidal ideation; Teenage pregnancy


PREVALENCE AND RISK FACTORS ASSOCIATED WITH SUICIDAL IDEATION AMONG ADOLESCENTS IN MALAYSIA

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Background: Suicidal ideation, defined as thoughts, ideas and the desire to commit suicide, is becoming a major public health problem among adolescents. Indeed, suicidal ideation is known as a key predictor of future suicide risk. Objective: This study aims to determine the prevalence and risk factors associated with suicidal ideation among adolescents in Malaysia. Methods: This study used data from the 2013 Malaysian adolescent health risk behavior (MyAHRB) study, a cross-sectional school survey conducted in Peninsular Malaysia among school-going adolescents aged 16-17 years (n=2789). Logistic regression analysis was used to determine the risk factors associated with suicidal ideation among Malaysian adolescents. Results: The overall prevalence of suicidal ideation among the adolescents was 6.2%. The prevalence was significantly higher among females than males (7.6% vs. 4.7%; p<0.002). Multivariate regression analysis revealed that adolescents who were females [odds ratio (OR)=2.02; 95% confidence interval (CI): 1.40-2.92] or of Indian ethnicity (OR=2.32; 95% CI: 1.35-3.98) were more likely to report suicidal ideation. Loneliness (OR=2.54; 95% CI: 1.57-4.11), anxiety or worry (OR=2.70; 95% CI: 1.70-4.31), no close friends (OR=2.71; 95% CI: 1.43-5.14), and lack of supportive peers (OR=1.69; 95% CI: 1.15-2.47) were identified as risk factors for adolescents’ suicidal ideation. Adolescents who ever had sexual intercourse (OR=2.70; 95% CI: 1.48-4.92) and had been in a physical fight (OR=2.45; 95% CI: 1.62-3.70) were also reported to have higher risks of suicidal ideation. Conclusion: This study provides evidence on risk factors associated with suicidal ideation among Malaysian adolescents. Targeted mental health and health risk behavioral interventions for high-risk adolescents are recommended.

Keywords: Adolescents, Malaysia, Suicidal ideation, Suicide.
FACTORS ASSOCIATED WITH PARTICIPATION IN PHYSICAL ACTIVITY AMONG ADOLESCENTS IN MALAYSIA
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Background: The rising prevalence of non-communicable diseases (NCDs) has become a serious public health issue. Among the multi-factorial drivers behind NCDs are modifiable health risk factors, most notably, physical inactivity. Objective: In response to the nearly global policy priority of encouraging regular participation in physical activity, the objective of the present study is to examine the factors that determine participation in physical activity among Malaysian adolescents. Methods: Nationally representative data consisting of a large sample size was used. A censored regression model was developed to estimate the likelihood of participation and time spent on physical activity. Results: There are significant relationships between physical activity and gender, ethnicity, self-rated academic performance, maternal education, household size and time spent on physical activity. Conclusion: The present study provides new insights into the factors affecting physical activity participation among adolescents. Specifically, self-rated excellent academic performance, household size and physical education can increase the likelihood of being physically active. Evidence of the present study implies that policy makers should pay special attention to females, Chinese, adolescents with self-rated poor academic performance and adolescents who have low maternal education.

Keywords: Adolescent, determinant, health, physical activity, student


ABDOMINAL TUBERCULOSIS MANIFESTED AS TUBERCULOSIS OF THE URACHAL SINUS IN AN ADOLESCENT AND THE ROLE OF LAPAROSCOPY IN THE MANAGEMENT: A RARE CASE REPORT
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Background: Abdominal tuberculosis (TB) is an uncommon affliction in adolescence. It is usually associated with pulmonary tuberculosis. The disease is caused by lymphohaematogenous spread after primary infection in the lung or ingestion of infected sputum and has a typically protean and nonspecific presentation. The occurrence of TB in an urachal remnant is probably from the contiguous spread of an abdominal focus or mesenteric lymph node. Urachal TB is a rare entity, with only two reported cases in the literature. We report here a case of clinically silent pulmonary and abdominal TB that manifested in the infection of an urachal sinus and highlight the role of laparoscopy in its diagnosis and treatment. Case presentation: A 14-year-old boy presented to our institution with peri-umbilical swelling and purulent discharge from his umbilicus for 2 weeks duration. There were no radiological, microbiological or clinical evidences of TB in the initial presentation, though he had close social contact with someone who had TB. A computed tomography scan of the abdomen confirmed the diagnosis of an urachal abscess. An incision and drainage procedure was performed followed by a course of antibiotics. A scheduled laparoscopic approach later showed that the peritoneum and serosal surface of the small and large intestines were studded with nodules of variable sizes, in addition to the urachal sinus. The histology of the resected tissues (urachal sinus and nodules) was consistent of TB infection. He recovered fully after completing 6 months of anti-tuberculous therapy. Conclusion: This report highlights a rare case of TB urachal abscess in an adolescent boy, the difficulties in the diagnosis of abdominal tuberculosis, the need to consider TB as a cause of urachal infection in endemic areas and the use of laparoscopy in both diagnosis and treatment.

Keywords: Tuberculosis, Urachal sinus, Urachal abscess, Infection, Laparoscopy


RELIABILITY AND VALIDITY OF THE PHYSICAL ACTIVITY QUESTIONNAIRE FOR OLDER CHILDREN (PAQ-C) IN MALAY LANGUAGE
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Introduction: Physical activity assessment in children is the first step in assessing the relationship between activity and health, as well as the determinants of childhood physical activity and changes in activity level. Physical Activity Questionnaire for Older Children (PAQ-C) is self-administered questionnaire to assess physical activity among older children. The objective of this study was to determine the validity and reliability of Physical Activity Questionnaire for Older Children in Malay language PAQ-C(M). Methodology: The validation study was done among 73 students aged 10 to 17 years old. The PAQ-C was translated into Malay language using forward and backward translation. The evaluation of the psychometric properties included internal consistency, test-retest reliability and criterion validity. Reliability of PAQ-C(M) was determined using Cronbach alpha and intra-class correlation coefficient (ICC). The PAQ-C(M) was administered twice in one week interval to assess test-retest reliability. Criterion validity was assessed between PAQ-C(M) and 3 Day Physical Activity Recall (3DPAR). Results: The internal consistency of PAQ-C(M) assessment calculated in this study was α = 0.75 and α = 0.77 for assessments one and two, respectively. The ICC between individual items of PAQ-C(M) was 0.59 to 0.91 indicating moderate to good correlation. The Spearman correlation coefficients between PAQ-C(M) and 3DPAR was acceptable (r=0.60, p<0.01). Conclusion: In conclusion, the findings of this study suggest that the PAQ-C(M) has moderate to good reliability and validity in assessing physical activity among older children and adolescents. Future validation of PAQ-C(M) against different measures such as accelerometer is recommended.

Keywords: Physical Activity Questionnaire for Older Children (PAQ-C), (PAQ-C) reliability, (PAQ-C) validity, PAQ-C Malay language

BACKGROUND: Smoking is a learnt behavior during adolescence and understanding the factor/s associated with smoking will assist in identifying suitable measures in combating the rising prevalence of smoking among adolescents. This research aimed to identify the factor/s associated with smoking among form four students in Kota Tinggi, Johor. Multistage sampling was used to select a representative sample of students in 2008 and data were collected using a self-administered validated questionnaire. This study revealed that the overall smoking prevalence was 19.0% with a significantly higher proportion of male smokers (35.8%) as compared to females (3.15%). Adolescents who were male (aOR 6.6, 95%CI 2.61-16.4), those who had peer/s who smoked (aOR 4.03, 95% CI 1.31-12.4), and those who studied in rural areas and Felda Settlements (aOR 4.59, 95 CI 1.11-18.0; aOR 9.42, 95%CI 3.91-29.1) were more likely to smoke in the past one week. On the other hand, adolescents with better knowledge on the hazards of smoking and negative attitudes towards smoking were less likely to smoke (aOR 0.51, 95%CI 0.37-0.72; aOR 0.67, 95%CI 0.46-0.99). Future promotional and interventional programmes on smoking should be considered and the above identified risk factors integrated to reduce smoking prevalence among students of school-going ages in Kota Tinggi, Johor.

Keywords: Adolescent smoking, weekly smoker, intrapersonal, interpersonal, Johor

PREVALENCE OF SEXUAL ACTIVITY IN OLDER MALAYSIAN ADOLESCENTS AND ASSOCIATED FACTORS

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Background: Unprotected sexual activity predisposes adolescents to serious consequences later in life. This study aimed to identify the risks and protective factors associated with sexual activity in Malaysian adolescents aged 18 to 19 years. Methods: Data from a health screening program among adolescents conducted in 2010 were analyzed. A total of 21,438 unmarried adolescents responded to this topic using a self-administered non-anonymous validated questionnaire. Results: Among the participants, 54.5% were males and 45.5% were females. Ethnicities included 66.2% Malays, 20.7% Chinese, 7.2% Indians and 5.9% other ethnicities. Most of the respondents (97.1%) reported having a secondary level of education. The overall prevalence of sexual activity in older adolescents was 6.4% (8.9% among males and 3.6% among females). In a multivariate logistic regression model, sexual activity was positively associated with pornographic viewing (adjusted odds ratio [aOR]: 2.55; 95% confidence interval [CI]: 2.01-3.22), risky behavior (aOR: 2.62; 95%CI: 2.11-3.25), anti-social behavior (aOR: 2.44, 95% CI: 2.06-2.90), female (aOR: 2.24, 95% CI: 1.76-2.85), history of abuse (aOR: 1.81; 95% CI: 1.46-2.24), low religiosity (aOR: 1.71; 95% CI: 1.30-2.26) and masturbation (aOR: 1.34; 95% CI: 1.07-1.68). Conclusions: A comprehensive intervention program should be developed to target this at-risk group to prevent the spread of sexually transmitted diseases and criminal abortion.

Keywords: Sexual activity, risky behavior, pornographic viewing, Malaysian, adolescents

NUTRITIONAL STATUS OF CHILDREN WITH AUTISM SPECTRUM DISORDERS, CEREBRAL PALSY AND DOWN SYNDROME: A SCOPING REVIEW

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Introduction: Autism Spectrum Disorders (ASD), Down Syndrome (DS) and Cerebral Palsy (CP) are the most common disabilities among children. Nutritional status assessment is important as these children are at risk of underweight, overweight or obesity. Therefore, the objectives of this review were to identify evidence on the prevalence of nutritional status of children with DS, CP and ASD, and to determine tools and indicators to measure the nutritional status of these children. Methods: This scoping review was conducted using a framework suggested by Arksey and O’Malley. A comprehensive search was performed to identify published and unpublished works, reviews, grey literature and reports. Inclusion criteria for the search were articles in English published from 1990 to 2014 and related to children with ASD, DS and CP. Titles, abstract, and keywords for eligibility were examined independently by the researchers. Results: A total of 305,268 titles were extracted from electronic database and other resources. Based on the inclusion criteria, 21 articles were selected for review. The prevalence of overweight or obese children with DS ranged from 33.5% to 43.5%. The prevalence of underweight children with CP was 22.2% to 76.2%. Children with ASD at a younger age were more likely to be overweight or obese compared with normal developing children. The common nutritional indicators used were z-scores for weight-for-age, height-for-age, body mass index-for-age, and head circumference-for-age. Conclusions: Overall, there is emerging evidence on the nutritional status of children with ASD, DS and CP although this is still very limited in developing countries including Malaysia. The evidence shows that children with CP were at risk of being underweight, while children with DS and ASD were at risk of being overweight or obese.

Keywords: Nutritional status; children; autism spectrum disorders; cerebral palsy; down syndrome