

UNIVERSITI SAINS ISLAM MALAYSIA
 جامعة العلوم الإسلامية الماليزية
 ISLAMIC SCIENCE UNIVERSITY OF MALAYSIA

CO-HOSTED BY



**UNIVERSITY
of SAN CARLOS**
 SCIENTIA • VIRTUS • DEVOTIO



**THE 5TH USIM INTERNATIONAL
HEALTH CONFERENCE**

ORGANIZED BY
**FACULTY OF MEDICINE AND HEALTH
SCIENCES**

13-14 SEPTEMBER 2022



**LESSONS FROM THE
PANDEMIC:
RESHAPING MEDICINE &
HEALTHCARE**



**IHEC 2022
ABSTRACT BOOK**

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ORAL PRESENTATION SLOT 1 (A)

Day 1: 13 Sept 2022 (Tuesday), 1430 - 1630

Moderators: Dr. Alina Md Fauzi & Dr. Amin Abdul Rahman

Judges : AP Dr. Norsham Juliana Nordin & Dr Ahmad Izzat Ahmad Tajjudin

No	ID	Presenter	Title
1	OP02	Natasya Abdullah	Development And Validation Of An Instrument To Identify The Source Of Stressors Among Academicians Of Higher Learning Institutions In Malaysia During The COVID-19 Pandemic: A Pilot Study
2	OP05	Kamala Krishnan	Association between Physical Fitness Level and Psychological Health Among Dodgeball Players
3	OP10	Nuurain Amirah M.Razi	Does Burden Mediate the Relationship of Caregiving Demand and Resource with Burnout in Dementia Caregiving? An Application of the Job Demand-Resource (JD-R) Model
4	OP16	Rahayu Othman	The Prevalence And Factors Associated With Perceived Stress Among Senior And Junior Doctor During The COVID-19 Pandemic in Johor District Health Offices
5	OP66	Abu Ubaidah Amir Norazmi	Sports Performance and Cardiorespiratory Fitness After COVID-19 Infection Among Athletes
6	OP68	Tengku Amatullah Madeehah Tengku Mohd	Loneliness Among Older Adults in Rural Village in Negeri Sembilan

ORAL PRESENTATION SLOT 3 (B)

Day 1: 13 Sept 2022 (Tuesday), 1430 - 1630

Moderators: Dr. Halimah Abdul Halim & Dr. Mohamad Hilmi Mohamad Nazarallah

Judges : AP Dr. Nur Fariha bt Mohd Manzor & Dr. Hana Maizuliana Solehan

No	ID	Presenter	Title
1	OP20	Aisyah Rahimi	Trimodality Image Registration for Aortic Valve Diagnosis and Surgical Guidance
2	OP21	Zuliyasmin Zulkifli	Psychological Distress Among Acne Patients and its Association With Functional Disability Index
3	OP22	Diveyaa Sivakumar	Expression of Inhibitory Neurotransmitter GABAA Receptors in Human Dental Pulp: A Potential Role in Dental Nociceptive Signalling
4	OP23	Jamaah Mohd	The Knowledge, Attitude and Practise (KAP) of Overweight and Obesity Among Scaff of Universiti Sains Islam Malaysia (USIM)
5	OP24	Nurul Nadiah Iqbal	Prevalence Of Platelet Dysfunction and Its Association With Urea Level And Other Parameters in Patients With Chronic Kidney Disease
6	OP52	Muhammad Hasan	Correlation Between Risk Factors and the Incidence of Knee Osteoarthritis



الجامعة الإسلامية العالمية ماليزيا

INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA

يُونِبْرِسِيَّتِي: اِسْلَامُ، اِنْبَارًا يَعْجَبًا مِلْدِسِيَّتَا

PSYCHOLOGICAL DISTRESS AMONG ACNE PATIENTS AND ITS ASSOCIATION WITH FUNCTIONAL DISABILITY INDEX

PRESENTER: DR ZULIYASMIN BINTI ZULKIFLI

CO-INVESTIGATORS:

ASST PROF DR SUHAIZA BINTI SAMSUDIN

ASST PROF DR ARTIKA HASSAN

ASST PROF DR RASIMAH BINTI ISMAIL

DR RAJALINGAM A/L RAMALINGAM



INTRODUCTION

Acne vulgaris is the **most common** dermatological condition affecting almost **85%** of people **12-24 years of age**.

(Daniel P. Krowchuck, 2000)

Acne has a **significant psychological impact** and not only a cosmetic problem.

(Eram H, 2019)

Prevalence of acne in Malaysia was **67.5%** among **adolescent (13 - 18 years old)** in two small district secondary schools in Malaysia.

(A. Hanisah, 2009)

Acne associated with high levels of **depression and anxiety symptoms**, significant experienced stressful life events, and low psychological resilience.

(Eser S, 2021)



OBJECTIVE

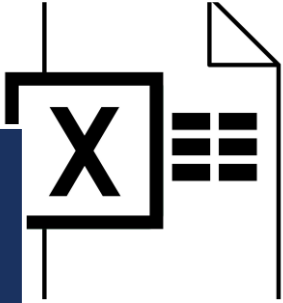


- To assess acne severity, functional disability index and its psychological impact among Acne patients.



METHODOLOGY


Cross sectional study

An icon representing a cross-sectional study, featuring a large 'X' inside a square frame, with a document icon to its right showing a list of items.

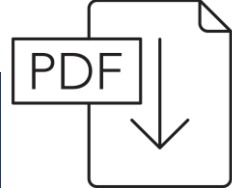
Universal sampling

An icon representing universal sampling, showing a magnifying glass with a blue handle and a red frame, focusing on a stylized human figure.

Acne patients attending Dermatology Clinic

An icon representing a group of people, showing a cluster of stylized human figures in various colors.


CASS, CADI, DASS-21

An icon representing a PDF document, showing a document with a 'PDF' label and a downward arrow.

November 2021-May 2022

An icon representing a clock, showing a circular clock face with hands.

MREC
NMRR-21-1462-
60239(IIR).

An icon representing a scale of justice, showing a balance scale.

COMPREHENSIVE ACNE SEVERITY SCALE (CASS)

- Assessment tool to assess severity of facial acne.
- **Simpler method** to be used in **clinical practice**.

GRADE*		DESCRIPTION
Clear	0	No lesions to barely noticeable ones. Very few scattered comedones and papules.
Almost clear	1	Hardly visible from 2.5 metre away. A few scattered comedones, few small papules and very few pustules.
Mild	2	Easily recognisable; less than half of the affected area is involved. Many comedones, papules and pustules.
Moderate	3	More than half of the affected area is involved. Numerous comedones, papules and pustules.
Severe	4	Entire area is involved. Covered with comedones, numerous pustules and papules, a few nodules and cyst.
Very severe	5	Highly inflammatory acne covering the affected area, with nodules and cyst present.

(Tan JK, 2007)



CARDIFF ACNE DISABILITY INDEX (CADI)

- Validated, self-reported questionnaire.
- English version and translated Bahasa Malaysia version.

Version 2, ID 60239, dated 3 September 2021

APPENDIX B

SULIT / CONFIDENTIAL

No Ruj. / Ref. no : _____

The Cardiff Acne Disability Index

1. As a result of having acne, during the last month have you been aggressive, frustrated or embarrassed?	<input type="checkbox"/> Very much indeed <input type="checkbox"/> A lot <input type="checkbox"/> A little <input type="checkbox"/> Not at all
2. Do you think that having acne during the last month interfered with your daily social life, social events or relationships with members of the opposite sex?	<input type="checkbox"/> Severely, affecting all activities <input type="checkbox"/> Moderately, in most activities <input type="checkbox"/> Occasionally or in only some activities <input type="checkbox"/> Not at all
3. During the last month have you avoided public changing facilities or wearing swimming costumes because of your acne?	<input type="checkbox"/> All of the time <input type="checkbox"/> Most of the time <input type="checkbox"/> Occasionally <input type="checkbox"/> Not at all
4. How would you describe your feelings about the appearance of your skin over the last month?	<input type="checkbox"/> Very depressed and miserable <input type="checkbox"/> Usually concerned <input type="checkbox"/> Occasionally concerned <input type="checkbox"/> Not bothered
5. Please indicate how bad you think your acne is now:	<input type="checkbox"/> The worst it could possibly be <input type="checkbox"/> A major problem <input type="checkbox"/> A minor problem <input type="checkbox"/> Not a problem

(Motley and Finlay, 1992)

© Cardiff Acne Disability Index. R J Motley, A Y Finlay 1992



DEPRESSION ANXIETY STRESS SCALE 21 (DASS-21)

Version 2, ID 60239, dated 3 September 2021

- Screening tool to assess symptoms of depression, anxiety and stress.
- **Validated English and Malay version 21 item version of DASS (DASS-21) is easier to be used in clinical setting**
- **Three sub-scales, namely depression, anxiety and stress.**

(Lovibond, S.H. & Lovibond, P.F. (1995).

Malay DASS-21 (Musa,2007)

APPENDIX C

SULIT / CONFIDENTIAL

No Ruj. / Ref No : ___

DASS21					
Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.					
<i>The rating scale is as follows:</i>					
0 Did not apply to me at all					
1 Applied to me to some degree or some of the time					
2 Applied to me to a considerable degree or a good part of the time					
3 Applied to me very much or most of the time					
1	I found it hard to wind down	0	1	2	3
2	I was aware of the dryness of my mouth	0	1	2	3
3	I couldn't seem to experience any positive feeling at all	0	1	2	3
4	I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3
5	I found it difficult to work up the initiative to do things	0	1	2	3
6	I tended to over-react to situations	0	1	2	3
7	I experienced trembling (e.g. in the hands)	0	1	2	3
8	I felt that I was using a lot of nervous energy	0	1	2	3
9	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
10	I felt that I had nothing to look forward to	0	1	2	3
11	I found myself getting agitated	0	1	2	3
12	I found it difficult to relax	0	1	2	3
13	I felt down-hearted and blue	0	1	2	3
14	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
15	I felt I was close to panic	0	1	2	3



Result

N=163



SOCIODEMOGRAPHIC OF STUDY POPULATION

Gender



Male 39.9%



Female 60.1%

Race



Malay 94.5%



Non-Malay
5.5%

Age



13-23
68.7%

24-33
28.8%

34-43
2.5%



SOCIODEMOGRAPHIC OF STUDY POPULATION (CONT.)

Education



No formal School	Primary school	Secondary school	Tertiary education
1.8%	1.8%	19.6%	76.7%

Employment



Employed	Unemployed
31.9%	68.1%

Income



No income	<RM3000	>RM3000
70.6%	19.0%	10.4%



TABLE I: COMPREHENSIVE ACNE SEVERITY SCALE (CASS) OF STUDY POPULATION

Severity	Frequency (n)	Percentage (%)
Very severe	2	1.2
Severe	32	19.6
Moderate	46	28.2
Mild	50	30.7
Almost clear	29	17.8
Clear	4	2.5



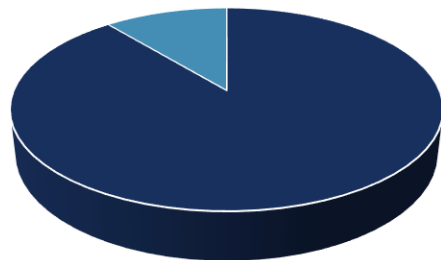
TABLE II: CARDIFF ACNE DISABILITY INDEX (CADI) OF STUDY POPULATION

	Frequency (n)	Percentage (%)
Not impaired	13	8.0
Mildly impaired	66	40.5
Moderate impaired	62	38.0
Severely impaired	22	13.5



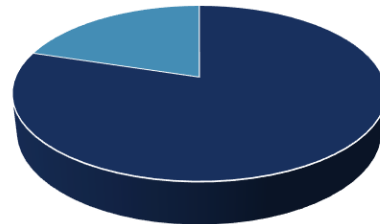
DEPRESSION, ANXIETY, STRESS SCALE (DASS-21)

Depression



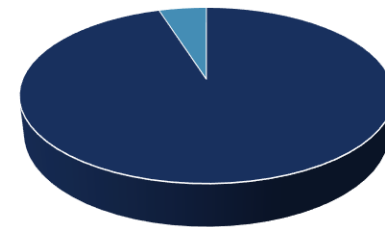
- Normal 89.0% (n=145)
- Depression 11% (n=18)

Anxiety



- Normal 79.8% (n=130)
- Anxiety 20.2% (n=33)

Stress



- Normal 95.1% (n=155)
- Stress 4.9% (n=8)



TABLE III: ASSOCIATION BETWEEN CASS AND CADI

	Not impaired		Mildly impaired		Moderately impaired		Severely impaired		χ^2	P-value
	N	%	N	%	N	%	N	%		
Mild/ moderate/ severe	3	2.3	49	37.7	59	45.4	19	14.6	36.815	< 0.001
Clear/ Almost clear	10	30.3	17	51.5	3	9.1	3	9.1		

* Chi-



TABLE IV: ASSOCIATION BETWEEN CADI AND DASS

	Depression				Anxiety				Stress			
	Yes	No	χ^2	P-value	Yes	No	χ^2	P-value	Yes	No	χ^2	P-value
Not impaired	1 (7.7)	12 (92.3)	12.2 17	0.007	2 (15.4)	11 (84.6)	22. 991	<0.001	0 (0.0)	13 (100.0)	9.8 51	0.034
Mildly impaired	3 (4.5)	63 (95.5)			5 (7.6)	61 (92.4)			2 (3.0)	64 (97.0)		
Moderately impaired	8 (12.9)	54 (87.1)			14 (22.6)	48 (77.4)			2 (3.2)	60 (96.8)		
Severely impaired	7 (31.8)	15 (68.2)			12 (54.5)	10 (45.5)			4 (18.2)	18 (81.8)		

* Chi-s



CONCLUSIONS

- The functional disability index was found to be significantly associated with depression, anxiety and stress.
- The severity of acne also had an impact on the patient's functional disability.
- Clinical management of acne patients should focus not only on the pharmacological treatment but must consider the functional disability status and psychological impact of the disease.



THANK YOU

IHEC 2022 USIM

Sabda Baginda SAW:

إِنَّ اللَّهَ جَمِيلٌ يُحِبُّ الْجَمَالَ

Maksudnya: *Sesungguhnya Allah SWT itu cantik, dan suka akan kecantikan.*

Sahih Muslim

