INTERNATIONAL MUSLIM MENTAL HEALTH CONFERENCE

3 – 6 JULY 2018

INTERNATIONAL MUSLIM Mental Health Conference 2018

"Diversity in Mental Health: Addressing Different Populations & Backgrounds"

PROCEEDING

3-6 JULY 2018
TNCPI Universiti Putra Malaysia

16 CPD points MMA & CPD for Registered Counselor
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MENTAL HEALTH OF CHILDREN IN THE UNLIMITED WI-FI WORLD

Jed Magen
Michigan State University

Associate Professor Dr Jed Magen, DO, MS, is associate professor and chair in the Department of Psychiatry at Michigan State University. He is a child and adolescent psychiatrist and writes on graduate medical education financing, a subject on which he is a national resource for psychiatry educators and chairs. He is part of a research group studying neuropsychiatric consequences of cerebral malaria in the African country of Malawi. He is specifically interested in impulsive and disruptive behaviors as it relates to cerebral malaria. He works with other faculty members to improve mental health treatment in Muslim communities in Michigan. Dr. Jed Magen graduated from the College of Osteopathic Medicine and Surgery in Des Moines, Iowa, and did a rotating internship at Botsford General Hospital in Farmington Hills, Michigan. Dr. Magen was a commissioned officer in the United States Public Health Service serving with the Indian Health Service for three years. He did a general psychiatry residency and a child and adolescent psychiatry fellowship at the University of Michigan, where he was chief resident in child and adolescent psychiatry and then departmental chief resident. He did a research fellowship at the Institute for Social Research at the University of Michigan. He is board certified in general and child and adolescent psychiatry by the American Board of Psychiatry and Neurology and the American Osteopathic Board of Neurology and Psychiatry.

He is a past president of the American Osteopathic College of Neurologists and Psychiatrists and of the Michigan Psychiatric Society. He was a member of the Executive Council of the American Association of Directors of Psychiatry Residency Training and is an appointed member of the Council of Academic Societies of the Association of American Medical Colleges. He completed a Master of Science degree in Medical Management at the University of Texas, Dallas School of Management in 2003. He is an expert in the area of funding of graduate medical education in the United States. He is a part of a research group studying neuropsychiatric outcomes of cerebral malaria in children in Africa.
CULTURALLY-APPROPRIATE CARE FOR MUSLIM MENTAL HEALTH

Farha Z. Abbasi, MD
Michigan State University

Dr. Farha Z. Abbasi, MD is an Assistant Professor in the Department of Psychiatry at Michigan State University and Staff Psychiatrist at the University's student health center. She emigrated from Pakistan and settled in the United States in the year 2000 with her husband and three daughters. In January of 2009, Dr. Abbasi was awarded the American Psychiatric Association SAMSHA Minority Fellowship. She used the grant money to create awareness about cultural competency, to redefine it as not just tolerance for others but rather acceptance. Her areas of interest are cultural psychiatry and teaching medical students how to provide culturally appropriate care to Muslim patients. She works directly with the Muslim American community to encourage integration rather than isolation from mainstream society. Dr. Abbasi recently received the Pioneer Award from the Michigan All Pakistan Physicians of North America.

In addition to her efforts to build bridges between cultures, Dr. Abbasi's work as a psychiatrist has led her to publicly address the barriers that stigmatize and silence mental health issues within the Islamic community. She has established the Muslim Mental Health Conference and is the managing editor for Journal of Muslim Mental Health being hosted at Michigan State University. She works relentlessly and tirelessly towards one goal: learning to coexist and go beyond our differences to reach the common point of peace and prosperity.
THE PUBLIC SERVICE EXIT POLICY ASSESSMENT MODULES: THE ROLE OF PSYCHOLOGICAL COUNSELLING TO MAKE IT A FAIR DEAL

Ruziati Mior Ahamad Ariffin
Public Service Department, Malaysia

ABSTRACT

The Public Service is of vital national interest. How well it performs and how efficiently it operates are of critical importance to the lives of every citizen and the well-being of the community as a whole. A high performance Public Service is increasingly recognised as a critical ingredient in international competitiveness, as well as an essential requirement for addressing the complex social needs of modern communities. The introduction of the exit policy for underperforming civil servants, in support of having a high performance Public Service, is a fair policy and well supported by a psychological apparatus that respects the right of the employees in question. The Psychological Innovation and Invention of Integrated Behaviour Modification Technique Module’ or PSYNNOVA offers' through a series of counselling platforms, will give the targeted officers a room for improvements, a second chance. This is in tandem with respecting individual rights as well as the right of the organization. This consideration on the possibilities that government employees could recover from any demotivation with the correct prescription reduced the blame on public policies placing hard results on civil servants affecting their mental health and eventually the health of the organization. Discussion on the role of counselling in any stage of employment resonates that all resources in the public service really need maintenance and renewal.

Datuk Dr Ruziati Mior Ahamad Ariffin is the Director of Psychology Management Division, Public Service Department of Malaysia. She graduated her PhD in Arts and Social Sciences (Psychology) in University of Malaya. And she has been leading the Psychology Management Division since 2017. She leads the Exit Policy Assessment Modules to be used for all the public officers in Malaysia.
EMPIRICAL EVIDENCE BASED MAQASID AS-SHARIAH DISCERNMENT COUNSELING (MASDIC) FOR AMBIVALENT MUSLIM COUPLES

Siti Aishah Hassan

Universiti Putra Malaysia

Introduction: This paper presents Maqasid al-Shariah Discernment Counseling (MasDiC™) model that integrates four key principles of maqasid al-shariah (objectives of Islamic law) and the conventional discernment counseling. MasDiC™ is meant to help Muslim married couples who are ambivalent (one leaning in and another leaning out of marriage) to choose either of the tracks: (1) stay as it is in their marriage, (2) reconcile and improve their marital interaction and satisfaction and (3) divorce in a peaceful way and then work on individual and children development. The counselor role is to help client make a decision for betterment of the whole family system and to protect the necessity needs of individual. A flowchart is provided to help illustrate the counseling process from intake interview to final decision is made. This model was developed based on Islamic psycho-spiritual systemic theoretical foundation. Method: The study was design according to mix-method research. There were nine phases of empirical study conducted for developing, testing and delivering the model. First, was a cross-sectional study among married individuals (n= 600). Second, was an in-depth interview study among counselors/family consultant of Islamic religious department and mediators form shariah court (n=22) from all states of Peninsular Malaysia. Third, fourth and fifth was randomized control trials study among married couples (n= 120 couples). Sixth, was case study (n=14) among ambivalent couples. Seventh was in-depth interview study (n=35) domestic and international licensed professional counselors. Eights was in-depth interview study (n=33) and 9th was a focus group study (n=25) among licensed counselor and religious family consultant. Key findings: Among Muslim in Malaysia, findings shows moderate level of marital satisfaction. Among women there was a significant relationship with marital dissatisfaction, intention to seek divorce and willingness to seek for professional counseling help. Counselors and family consultants of all over the states consistently informed the divorce process is much easier when husband file for divorce and for some states divorce certificate may be produced less than 6 hours. They were lacked in training for couple counseling and need trainings to upgrade their skills and competency. Married couples improved their marital satisfaction significantly after 4 months of Islamic-marital psycho-spiritual intervention and the effectiveness of treatment maintain in the follow-up. Out of 10 ambivalent couples who
gone through MasDiC™, one couple choose track 1, six couples choose track 2 and three couple choose track 3 as final decision. All counselors and religious family consultant indicated the necessity and usefulness of MaSDic training. Private practice counselors are more willing to pay for training while the government officer expected to be paid by the employer for their trainings. Conclusion. The efficacy of MasDiC™ is supported with empirical evidence and Islamic theoretical foundation. Future study for replication with other population Muslims couple is suggested.

Assoc. Prof. Dr. Siti Aishah Hassan is a lecturer in the Department of Counselor Education and Counseling Psychology, Faculty of Educational Studies, UPM. She is actively involved in various research projects, especially those related to Marital, Couple and Family Counseling and Islamic psycho-spiritual approaches. She has more than 100 paper published and presented, 40 of them are in SCOPUS and ISI indexed journals. Co-organizing with Michigan State University, Dr. Siti Aishah has collaborated with various NGOs, universities and government agencies for International Muslim Mental Health Conference July 3-6, 2018. She also was a co-chair for the 1st International Conference Family Therapy in UPM August 8-9, 2017. With an expert of Marital, Couple and Family Counseling form International Association Marital and Family Counseling (IAFMC), in 2015 she had organized and chaired a workshop. She has provided consultation on Structural Equation Modeling (SEM-AMOS) to several governmental and private agencies including Ministry of Education, Ministry of Human Resource and Public Service Department. As family counseling content expert, she has been consulted by Malaysia Board of Counselor, Ministry of Women, Family and Community Development; LPPKN and ILIM. Publically, she has appeared on several TV programs in ASTRO, RTM and in newspapers and magazine, and also for community public lectures at schools and masjids. Dr. Siti Aishah has been an active advocate for counseling profession and society development through her involvement in ten local and international non-profit organizations. She is currently the President for Association of Muslima for Nature and Advocacy (AMNA) and a board member of MyMFT.

As the Director and Founder of PUAS Sdn. Bhd., since 2015, she has successfully put research into practice on her empirically tested counseling models and intervention under the incentive of Innohub UPM. PUAS Sdn. Bhd is dedicated to conduct trainings in Malaysia and abroad for family and couple consultants from Department of Religious Affairs, the First Responder for family crisis and the specialized family counselors on Islamic systemic theories and practices. The copyright protected Maqasid As-Shariah Discernment Counseling (MaSDiCTM) Workshop Module and Hierarchy of Love in Habluminannas Workshop Module are the two sagas of her engagement in research, consultation and counseling services. The sagas are exclusively and solely conducted and distributed by PUAS Sdn. Bhd.
MENTAL HEALTH AND OUR WAY OF LIFE

Halim Naeem

United State of America

This is a workshop in educating Muslim individuals about issues of mental health within our communities in today’s day and age. We will be discussing cultural taboos, the contrast of culture, religion and medicine, and Islam’s teaching on mental illness. This workshop will aim to reconnect Mental Health to our Islamic Way of Life. Mental Health is Sunnah and it is a prerequisite to many acts of the Sunnah (such as prayer).

Halim Naeem began his activism as a teen conducting camp counseling for youth. He would later found the Ann Arbor Youth group where he became president for two years. He then founded The Michigan Muslim Youth Council, the largest alliance of Muslim Youth groups in America. This would make him a significant pillar for the Muslim Youth movement in Michigan since the year 2000. He attended the University of Michigan and heavily involved with the Muslim Student Association and later the Black Student Union. He established and leave a contribution of the "inner city high school recruitment" which focused on inner city Muslim youth to provide them with experiences and resources about college. After college, he was accepted into Western Michigan University's doctoral program in Counseling Psychology. Within a year of moving to Kalamazoo, MI he became the vice president of the Bilal Islamic Center for seven years. After moving back to Detroit, MI Dr. Naeem became a member of the Board of Trustees and the Chair of the Executive Committee at the Muslim Center Detroit, the largest predominately Black Muslim masjid in Michigan. He is a practicing psychotherapist and president of his own private practice, Naeem and Associates in Livonia, MI. He specializes in Brain Health, ADD/ADHD, psychological assessment, masculinity and behavioral issues among adolescents and young adults. He works with individuals, couples, and families. He has also developed the first Islamically rooted masculine development model: The Love & Mercy. Dr. Halim Naeem is a leader in the Mental Health Movement. He has several publications including the book: "(Like Glue: The Little Book of Marriage Advice We Should Have Stuck to from the Beginning)." Dr. Naeem has sat on multiple boards of organizations ranging from Civic Engagement, Educational, Religious, and Professional Mental Health.
THE BIOPSYCHOSOCIOSPIRITUAL MODEL
Mohamed Hatta Shaharom

ABSTRACT

In health and in therapy (treatment), the holistic paradigm of life is essential. It takes into account all the four domains of life, i.e. the bio-physical, psychological, social and spiritual. The bio-physical self interacts directly with the physical and ecological aspects of life. Its harmony and balance with the environment is essential. The psychological self comprises two main components: the cognition (knowing) and the emotion (feeling). In popular culture, these two components can be arguably referred (respectively) to the mind and the heart. For a normal individual to survive, the cognition must be at the level of sanity. Beyond sanity, maturity is needed before success in life can be achieved and maintained. The struggle to overcome failures need psychological and spiritual strength and perseverance. As regards the emotion, there must be sincerity before one reaches the level of tranquillity in the heart. The social being interacts with society near or far. The nearest are of course family members and friends, while the community, country (nation state) and the world are the wider circles of the social milieu. The challenges of society influence the wellbeing or ill-health of any individual. The spiritual aspect of life does not only concern religious people. Even to non-religious, agnostic and atheistic individuals, spirituality does exist in their lives. It is the spirituality that is not associated with religiosity or religions – but the spirituality that is linked to the finer characteristics of life and the enhancement of human values. For believers and the initiated, the concept of the soul is acceptable; and it is in the realm of the spiritual. The soul is a creation of God that exists in the different phases of human existence: i. Realm of the spirits; ii. Earthly life; iii. Death and the day of reckoning; and iv. The hereafter. There are among believers who say that the soul or the spirit cannot be subjected to empirical enquiry. Other believers opine that it could be the subject of evidence-based research (and evidence-based medicine) since its manifestations are for all to see.
Professor Dr Mohamed Hatta Shaharom has been an academician since 1984, serving in three universities: Universiti Kebangsaan Malaysia (UKM), Cyberjaya University College of Medical Sciences (CUCMS), and Islamic University of Malaysia, Cyberjaya. He was trained in undergraduate medicine in Cairo University, Egypt; in postgraduate psychiatry in UKM; and in forensic psychiatry at Monash University, Australia. His scientific papers and books published in both English and Malay are on psychiatry, Islamic medicine, humanitarian journeys, and socio-political commentaries. He is a member of the Medical and Health Sciences Cluster, Malaysian National Council of Professors. Dr Hatta has helped found the Islamic Medical Association of Malaysia (IMAM), Pertubuhan Jamaah Islah Malaysia (JIM), Pertubuhan IKRAM Malaysia (IKRAM), and the Malaysian Society of Psychospiritual Therapy; and has been active in the humanitarian groups MERCY Malaysia and Aqsa Syarif. He was a member of a Royal Commission of Inquiry and is now a member of the Consultancy and Prevention of Corruption Panel, Malaysian Anti-Corruption Commission. He chairs the Board of Directors of the Medic IG TEC Sdn Bhd, a wholly owned subsidiary of Medic IG Holdings Sdn Bhd.
OBESITY AND MENTAL HEALTH
Rahmatullah Khan
Universiti Pendidikan Sultan Idris

ABSTRACT
Obesity, the worldwide epidemic with mental illness addressing a double epidemic. The prevalence of obesity with association of mental illness growing day by day in Western, Asian and particularly Islamic Countries. The current narrative review of studies focused intervention, cross-sectional and longitudinal studies that addressing prevalence of obesity and mental illness association. While potential treatment studies also examined. Reviewed studies suggest that Malaysia has been rated as the highest among Asian countries for obesity and Pakistan is the 9th highest ranking country out of 188 in terms of the global burden of obesity. The possible causes of obesity are lack of physical activity, disturbed eating behavior, unhealthy diet, body image disturbance and lack of self-control. Further, most available research determined obesity and mental illness association and found that obesity significantly associated with anxiety, depression, ADHD, eating disorders, body image dissatisfaction, low self-esteem and sleeping problems among male and female. Finally, preliminary evidence suggests that cognitive behavior therapy (CBT), physical activity, diet plan and bariatric surgery are effective treatment for obesity but psycho-physical or combined intervention significantly more effective treatment for obesity.

Professor Dr. Rahmatullah Khan is a Professor at the Sultan Idris Education University. He was elected as a Senate member and helped the University set up the Department of Psychology and Counseling and develop a Bachelor of Psychology program in 2010; Masters of Science (Psychology) and the PhD program in Psychology. Recently he and the School of Medical Sciences, USM developed the USM-UPSI Joint Degree programs: Master of Psychology (Clinical), Doctor of Psychology (Clinical Psychology and the Doctor of Psychology (Clinical Neuropsychology). The M Psych program will start in September 2018. He is a Visiting Consultant Clinical Psychologist at the Damansara Specialist Hospital since 2009 and also a member of the Advanced Laparoscopy & Diabesity Surgical Center team. In addition to the clinical work, Prof. Rahmatullah has research interests in obesity, incest and sex offenders.
ISLAMIC PSYCHO-SPIRITUAL THERAPY FOR POST-TRAUMATIC STRESS DISORDER (IPSP): PRINCIPLES AND PRACTICE

Rafidah Bahari
Cyberjaya University College of Medical Sciences

ABSTRACT

In the aftermath of traumatic events, psychological sequelae are common. It is estimated that 7.4% of Malaysians involved in motor vehicle accidents develop posttraumatic stress disorder (PTSD). While spontaneous recovery is possible, chronic suffering and progression to other psychiatric conditions are frequent. Limited resources and socio-cultural barriers prevent affected individuals in our community to receive the normally prescribed psychologically based interventions for this condition. Hence, a more culturally sensitive intervention incorporating psycho-spiritual approach is a better solution to this problem. Objective: This paper describes the theoretical bases of the newly developed Islamic Psycho-Spiritual Therapy for PTSD (IPSP) and how it can be used in practice. Methods: PTSD is a complex condition whereby the aetiology depends on a multitude of biological, psychological, social, cultural and spiritual factors. Hence, its treatment also needs to be encompassing. The IPSP is a comprehensive treatment integrating the different approaches. It consists of four components which addresses stigma, symptom control and affective regulation, processing of traumatic memory and maintaining wellness.

Dr. Rafidah Bahari is as an Assistant Professor of Psychiatry at Cyberjaya University College of Medical Sciences (CUCMS) and Visiting Consultant Psychiatrist at An Nur Hasanah Specialist Hospital, Bandar Baru Bangi. Having spent most of her medical training in Northern Ireland, Dr Bahari has developed a special interest in research into posttraumatic stress disorder (PTSD). Her experiences serving in humanitarian mission in Pakistan, Nepal and Malaysia had reinforced this interest further. Working in Malaysia, Dr Bahari acquired a new interest in psycho-spiritual interventions. She has written several articles in scientific journals on PTSD and psycho-spiritual interventions and presented her ideas at both regional and international conferences.
RELATIONSHIP BETWEEN FAITH HEALER & PSEUDOSCIENCE WITH ADHERENCE TO MENTAL HEALTH MEDICAL TREATMENT

Muhammad Najib Mohamad Alwi
Cyberjaya University College of Medical Sciences (CUCMS)

ABSTRACT

In the modern world, there are a lot of challenges faced by the mental health profession in their efforts to treat mental illness. The biggest obstacles for many decades have been misconceptions about mental illness per se, the way they are treated, over-reliant on faith healer as first line treatment provider for mental illness, and more recently, the emergence of the pseudoscientific "treatments" for mental illnesses. The latter have served to weaken the perceived value and reliability of the mental health scientific community. In the same vein, mental illness often runs a chronic course and requires long-term treatment. Hence, customarily, there is a natural tendency to find a quick fix that might provide quick and less stigmatising options of treatment. This renders treatment offered by faith healers, and quack and pseudoscientific opportunists to be more enticing albeit not necessarily cheaper. The best solution is for mental health professionals to consistently practice evidence-based medicine and to keep abreast with the latest clinical practice guidelines available, while spending some precious time correcting clients' misconceptions regarding the medical treatment of mental illness. Muslim mental health practitioners have a very important role in this by providing a bridge and balance between religious and cultural beliefs, and modern medicine.

Associate Professor Dr. Muhammad Najib bin Mohamad Alwi is the Director of the Research Resources Centre (RRC) at Cyberjaya University College of Medical Sciences (CUCMS). Dr. Najib lectures on various topics in Psychiatry, Research Methodology, and Evidence Based Medicine at various faculties in CUCMS and outside the university. He is also a Visiting Consultant Psychiatrist at An Nur Specialist Hospital, Bangi and Al Islam Specialist Hospital, Kuala Lumpur. He has been involved in numerous training workshops especially on Cognitive Remediation Therapy and Psychodynamic Psychotherapy. He has also been involved in several humanitarian missions locally and internationally and is actively involved in the teaching of Disaster Relief Medicine especially in the psychosocial aspects of disaster and Disaster Simulation Exercises. His main research interests are in cognitive rehabilitation for mental illness, psychological aspects of disaster and evidence based practice in complementary treatments.
ANXIETY CASES AMONG MUSLIM PATIENTS: PERCEPTIONS & MANAGEMENT

Jamilah Hanum Abdul Khaiyom
International Islamic University Malaysia

ABSTRACT

Cognitive Behaviour Therapy (CBT) is one of the treatment of choice in treating patients with Anxiety Disorders (AD) in Malaysia. Current study aims to discuss the perceptions and management of AD among Muslim patients through the adapted Cognitive Behavioural Model. The adaptation of CBT here involves the integration of Malay cultural elements and Islamic rituals. Two cases of Social Anxiety Disorder and Panic Disorder will be discussed. The participants of the study were all Muslims, Malays, either students or staff at one of the public university in Klang Valley, Malaysia. They received the Adapted-CBT from a trained CBT therapist at the psychology clinic in the university. The CBT sessions received range between eight to twelve 1-hour session, face-to-face, and individually. Pre-treatment assessments, middle-treatment assessments, and post-treatment assessments were conducted. Results show reductions in anxiety symptoms, negative thoughts, and comorbid symptoms of depression. Whereas, quality of life was increased at the end of the treatment. Participants also qualitatively reported positive changes in their understanding on Islam. Some of the participants reported the techniques used in the therapy assist them in enhancing their spiritual journey. The results indicate promising improvements among the participants. Hence, the module of Adapted-CBT is hoped to be published.

Dr Jamilah Hanum Abdul Khaiyom is an Assistant Professor and a Clinical Psychologist at the Department of Psychology, Kulliyyah of Islamic Revealed Knowledge & Human Science, International Islamic University Malaysia (IIUM). She teaches and supervise students on subjects related to psychological assessment and abnormal/clinical psychology. She also practices her clinical skills and provides psychological services for client with mental health problems at Psychological Services Unit in the department. She is regularly invited by numerous organizations to give talk and conduct workshops in her area of specialization (i.e., Cognitive Behaviour Therapy, Relaxation Training, and Stress, Anxiety, and Depression).
ATTITUDE TOWARDS COUNSELLING AMONG COLLEGE STUDENTS, STIGMA AND GENDER IN ARAB CONTEXT, A SYSTEMATIC REVIEW OF LITERATURE

Ahmed Kamel AlHorany
Umm Al Qura University (UQU), Mecca, Saudi Arabia

ABSTRACT

Researchers have found that many people in the Arab world do not seek help from psychologists and counselors because of negative help-seeking attitudes. This article is a systematic review study, which explores the factors affected Attitude towards counselling among individuals living in the Arab region. Besides that, this study is derived according to the definitions of attitudes toward psychological seeking help, various factors affecting the attitudes, and suggestions to deal with the obstacles. Electronic database was used to search appropriate reading materials and a total of 15 journals were found. This article presents a systematic review of 15 journals that are the results of some inclusive and exclusion criteria. Culture, Stigma, fear of self-disclosing, Traditional healing methods, practitioners themselves, and economic burdens are still considered major barriers and discussed systematically. Finally, with conclusion we then suggest for future interventional study.

Dr Ahmed Kamel AlHorany graduated from Universiti Putra Malaysia in 2012. He is an Assistant Professor of Counselling Department at Umm Alqura University. He is teaching Counseling Psychology classes such as Guidance and Counseling, theories of counseling, and school counseling, as well as other courses for Psychology.
ISLAMOPHOBIA AND ISLAM AS THE RELIGION OF THE FEDERATION IN MALAYSIA: AN EXTENSION EDUCATION INTELLECTUAL DISCOURSE

Ismi Arif Ismail, Zatul Himmah Adnan, Dzuhaillmi Dahalan, Nobaya Ahmad Nurul Akhtar Kamarudin, Asnarulkhadi Abu Samah, Dahlia Zawawi & Haslinda Abdullah
Universiti Putra Malaysia

ABSTRACT
The position of Islam as the religion of the Federation in Malaysia has gone through an interesting evolutionary process within the political, administrative, governance, legal and sociocultural contexts. Being a nation made up of ‘unity in diversity’ effort across diverse ethnic groups and simultaneously acknowledging Islam as the religion of the Federation, Malaysia obviously has weathered through the positive and negative challenges articulated by Islamophobic critics, interfaith advocators, intellectuals, politician, media masters and so forth. These retorts that circle around religious, cultural and political discourses directly and indirectly affected on the perception, wellbeing and the mental health of Malaysian society. Based on a nationwide study conducted in Malaysia, this paper presents Malaysians’ perception on Islam as the religion of the Federation, their views on their freedom to practice their belief systems, their views towards the Islamophobic incidents that led to Islamophobia in Malaysia and how it affected on their wellbeing and mental health as well as suggestions to stakeholders on how to amicably address this phenomenon.

Assoc. Prof. Dr. Ismi Arif Ismail is the Deputy Dean (Research and Graduate Studies), Faculty of Educational Studies, Universiti Putra Malaysia. He has been widely published, as author or co-author of a book, book chapters, monographs, proceedings, and scores of scholarly papers, abstracts and related materials in areas such as continuing education, extension education, leadership, youth development and human resource development. Dr. Ismi received a bachelor’s degree in TESL (Hons) from National University of Malaysia in 1993, a master’s degree in Extension Education from UPM in 1999 and a doctorate in Continuing Education from the University of Warwick, United Kingdom in 2005.
INTEGRATED ISLAMIC APPROACH IN COGNITIVE BEHAVIOURAL THERAPY: CASE STUDIES

Firdaus Mukhtar
Universiti Putra Malaysia

ABSTRACT

Integration Islamic principle in Cognitive Behavior Therapy (CBT) is not new. Decision to insert element of Islamic's perspectives usually is the choice of patient. The power of therapist to impose such element is discussed. Discussion and implementation on Islamic principles and practices are monitored closely; case by case. In this presentation, 3 cases (2 individual cases and 1 from group CBT) were analysed using Strength, Weaknesses, Opportunity and Threaten (SWOT) format. The first case is a patient with Panic Disorder in which the application of cognitive strategies were using Islamic evidences, on the other hand, the second case on a patient with Bipolar Disorder used more on behavioural strategies from Islamic practice shown better improvement. Meanwhile, the last case study was using a group of patients with Major Depressive Disorders who attended group CBT. In conclusion, the suitability of cases, challenges to both therapist and patients, and future recommendation are discussed.

Associate Professor Dr Firdaus Mukhtar, is a Clinical Psychologist and the Head Department of Psychiatry, Universiti Putra Malaysia. Her research focuses on CBT and emotional disorders, mechanism of treatment change, psychological and biological processes of change in therapy, and cultural expressions of psychopathology. She was appointed as peer-reviewers for both local and international journals. She has more than 35 publications in journals and 9 books and has trained CBT skills to various types of groups such as both psychiatric and medical illness patients, medical doctors, FMS and Psychiatry Specialist, counsellors and community at large. She holds position as a Subject matter Expert to both government and private sectors. She was nominated as President-elect for Asian Cognitive Behavior Therapy (CBT) Association (2018-2021) and was the first Secretary for Malaysian Society of Clinical Psychology. World Health Organization has appointed Dr Firdaus as CBT Expert Panel to conduct and develop CBT manual and training to all Family Medicine Specialist in the country. The highest spark in her career was when she was awarded as Young Women Scientist Award by Loreal Malaysia and Outstanding Reviewer Award by Elsevier due to her excellent contribution in clinical and research on CBT.
ABSTRACT
Religious belief is one of the important aspects of the role of culture in caregiving. Previous research indicated that a strong religious belief in the healing power of God is a factor affecting family caregivers’ perceptions about curing their mentally ill relatives and these beliefs were more strongly expressed by Muslim families. There has been limited amount of research focusing on Muslim families’ mental health concerns, yet some emerging evidence suggests that the family caregiver’s experience of caregiving may vary according to whether they are living in urban or rural areas and with cultural beliefs about mental illness especially in developing countries like Malaysia. The purpose of this article is to describe the experience of the help-seeking process and cultural coping strategy utilised by Muslim families in dealing with mental health issues. A purposive sample of 16 family caregivers was interviewed to explore their caregiving experiences. All the data were transcribed and analysed using the qualitative framework-analysis technique. The findings of this study showed that some Muslim families still believe in supernatural and mystical factors when describing their relatives’ mental illness. They believed that their relatives had being exposed to black magic and an issue of taboo. Even though, all family caregivers accepted the medical treatment and they also stressed the important of religious coping in managing caregiving experiences to their mentally ill family members. All these findings provide a better understanding of the interaction between culture and mental health help-seeking process to cope with the stress of caregiving. Mental health professionals should give more attention to Muslim families’ needs and differences as well as treating them in their own right.

Dr. Mohd Suhaimi Bin Mohamad is a senior lecturer in School of Psychology & Human Development, Faculty of Social Sciences and Humanities, UKM. An experienced social work lecturer with a strong interest in researching mental health and social work practices. Fully-committed to helping and advocating mental health service users. Always eager to share more experiences from marginalised community regardless of the religion and ethnicity.
ABSTRACT

Revert Muslims might have community and familial support, but the majority had risked losing family or friends in the process of embracing Islam. This experience had sometimes posed mental strain on the individual. This article will discuss on examples of mental strain that had been faced by revert Muslims and will suggest therapies from the Islamic perspective. The data was collected from literatures relating to this topic. Field data had also been collected from interviews of five respondents, three Malaysian counselors who had experiences dealing with Revert Muslim clients and two Revert Muslims. The result showed that some Revert Muslims were facing depression, anxiety and inferiority complex. There were some Muslim counselors who had applied Islamic therapies such as Islamic CBT and Quranic Soul Therapy while counseling their Revert Muslim clients.

Dr Norazlina Zakaria is a lecturer at Kulliyyah Usuluddin, Universiti Islam Antarabangsa Sultan Abdul Halim Muadzam Shah (UniSHAMS) formerly known as Kolej Universiti Insaniah, Kedah, Malaysia. She obtained her bachelor degree in Islamic Studies and Arabic Language, major in Islamic Theology and Philosophy from Al-Azhar University, Egypt. She received her Master degree in Islamic Philosophy from Cairo University, Egypt. She wrote her Master dissertation entitled The Buddhist Mysticism in Contemporary Malaysia: A Critical Study upon the al-Quran and the al-Sunnah. When pursuing her PhD studies at Universiti Sains Malaysia and writing her thesis entitled a Comparison of The Recognition of Islamic and Christian Counseling in Malaysia, she started to get involve with Islamic counseling movements and activities. In addition to her research activities in Islamic Theology, Comparative Religion and Religious Counseling, she had been also actively participating in da’wah programs. She is now a committee member of Pertubuhan Nur Fitrah, a non-governmental organization focusing on charity and da’wah activities.
MALAYSIAN MENTAL HEALTH ASSOCIATION AND ITS EXPERIENCES

Nurhijjah Mat Zin
Malaysian Mental Health Association (MMHA)

ABSTRACT

MMHA was established in 1968 as a NGO body, at the initiative of the University Hospital Psychiatric Department. In the early days, MMHA was focused on daycare services to provide support and help in the recovery of patients with mental illness discharged from the hospital. Since then, MMHA has moved on to public and caregiver education, consultation, home care, caregiver respite and advocacy. It has also introduced Illness Management and Recovery and WRAP (Wellness Recovery Action Plan) approach in empowering Persons with Mental Illness (PWMI) to help themselves in the recovery process, in reducing relapses, and in integrating them back to the society. In 2017, MMHA received a total of 424 enquiries - psychotic illness (29.4%), Depression (19.8%), Bipolar (8.4%), OCD (1.9%), (10.5%) other issues such as marriage/relationship, bullied and legal issues and 30.1% were unsure of their problem. Between 2011 to 2017, 156 clients were enrolled into the day psychosocial rehabilitation programmes of which 70% were diagnosed with schizophrenia. Half the clients (50.6%) went back to work, continue with their studies or were able to engage in meaningful activities. Many people are not aware of what MMHA does, and hence do not take advantage of our facilities and services.

Nurhijjah Mat Zin is the Chief of Mental Health Rehabilitation Officer & Counsellor with 15 years experiences in Mental Health Rehabilitation at Malaysian Mental Health Association (MMHA) since Jun 2003. She was a part time tele-counsellor at Kuala Lumpur City Hall (DBKL) from 2002-2006, Trained in NAMI ‘Family to Family Programme’. She is also the Speaker for Public Awareness talks/ conference at Universities, colleges and Organisations and MMHA Caregivers Education Programme. She also Organised Family-to Family Link Programme for MMHA, now known as CEP.
GENDER DYSPHORIA IN MUSLIM POPULATION

Rafidah Hanim Mokhtar
Universiti Sains Islam Malaysia

ABSTRACT

By definition, gender dysphoria involves a conflict between a person's physical or assigned gender and the gender with which he/she/they identify. It constitutes a new diagnostic class in the American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), replacing the DSM-IV diagnosis of gender identity disorder. In Muslim population such as Malaysia and Indonesia, gender dysphoria is a common phenomenon despite Islamic rulings which prohibits both cross-dressing and sex change. In Malaysia transgenders are known as Mak Nyah while in Indonesia, they are identified as Waria (a combination of wanita and pria) or banci and carry the connotation of “a woman’s soul in a man’s body”. There were reportedly 100,000 transgenders in Malaysia and 70-80% of them are Malay and Muslims. The exact numbers in Indonesia are not known. This paper will discuss on the similarities and differences between transgenders in both Muslim countries, from the aspects of cultural, social and legal. The health impact assessments and religious approach are also unique for each country.

Professor Dr Rafidah Hanim Mokhtar is a lecturer in Physiology at Universiti Sains Islam Malaysia. Dr Rafidah develops great interest in gender physiology and chooses to focus on studies of transgenderism when she joined USIM in 2010, in line with niche of the university that is Integration of Revealed Knowledge (Naqli) And Rational Science (Aqli) in academic and research. She is currently the Head of LGBT Research Academy, Institut Pengurusan dan Penyelidikan Fatwa Sedunia USIM. She has been working closely with Family Health Development Division, Ministry of Health Malaysia and non-government organizations that involve transgender such as Persatuan Insaf Pahang. She was appointed as one of the panelists to review the draft of gender health issues guideline for Health Clinics by FHDD, Ministry of Health and helps NGOs in designing health and religion input for Muslim transgenders who are willing to change their high risk behaviour lifestyle. Dr Rafidah Hanim was also consulted by The Centre for Human Rights Research and Advocacy in matters pertaining to health advocacies of LGBT and minority’s rights. Dr Rafidah actively writes in newspapers and news portals on the subject matter and has been invited as panelist on television and radio.
SPIRITUAL NEUROSCIENCE: CONNECTING THE DOTS OF NEUROSCIENCE, SPIRITUALITY, AND RELIGION: A MULTIPERSPECTIVE APPROACH AND ITS CLINICAL IMPLICATIONS
Taufiq Fredrik Pasiak
Universitas Sam Ratulangi Manado, Indonesia

ABSTRACT
Neuroscience is a highly growing field. Spiritual neuroscience is part of neuroscience that connecting the brain, spirituality and religion. Spiritual neuroscience is a form of integration of the spirituality, religion, and scientific studies with a multidimensional approach, and a field that brings new perspectives to neuroscience and theology. Connecting religion-spirituality, neuroscience, and health is important because nearly all institutions of medical education in the world have included EBM in their curricula. However, in its implementation, the patient value aspect – including components of preferences and belief systems - which is one of three aspects of EBM is not yet completely understood. Unfortunately, this need is too slowly responded to cause inconvenience and even rejection among the medical community. In fact, in many places, such as the college’s college of medicine in the United States, spirituality and religion have become part of the medical curriculum. Evidence-based medicine (EBM) also indirectly accommodates this spirituality and religiosity through the pillars of patient preferences and belief systems, along with two other pillars of clinical expertise and best evidence. A large amount of research has contributed to the relationship between spirituality and religion with health. A literature review is needed as an approach aiming to connecting the dot among neuroscience, religion-spirituality, and health, to become an integrate and clinically beneficial disciplines that is spiritual neuroscience.

Dr Taufiq Fredrik Pasiak is the Head of Anatomy and Histology Department, Sam Ratulangi University, School of Medicine, Manado. He is also the Head of The Center for Brain and Social Behavior Study, LPPM Sam Ratulangi University, Manado. He is also General Secretary Indonesia Neuroscience Society Surabaya. Indonesia. He is the Chairman of Sintesa Indonesia - Applied Neuroscience in Human Transformation Jakarta Indonesia. He is a Lecturer, Researcher, Spiritual Neuroscientist at Sam Ratulangi University, School of Medicine, Manado, North Sulawesi, Indonesia. Besides his current positions his is the Founder and Senior Consultant of Center for
Neuroscience, Health and Spirituality (CNET) of Sunan Kalijaga Islamic State University, Yogyakarta and Faculty Member of Neuroscience and Spiritual Study Group of Sam Ratulangi University Manado. He is also speaker for Indonesian Government, State Government, Privat Sectors, Multinational Companies in the field of Neuroscience, Self Control and Brain; Therapeutic Communication; Brain, Health, and Spirituality; and Psychospiritual Resilience. He proposed two important methods for neuroscience assessment: ALISSA: a method for brain optimalization (2011) and Indonesia Spiritual Health Assessment (ISHA) (2012) that used in several institutions in Indonesia. Now he is proposing Cognitive Transcendence Strategy (CTS) (2017-), a novel method of neuroscience-spirituality-health integrative approach for mindset and behaviour improvement based on neuroscience. He was also an author of several National Best-Seller Books, such as: IQ/EQ/SQ Revolution: Between Neuroscience and Al-Quran (2002), Management of Intelligence (2006), Brain Management for Self Improvement (2007), Unlimited Potency of the Brain (2009), God in Human Brain (2012).
BEYOND STIGMA: INTERTWINED BETWEEN CULTURE AND RELIGIOSITY IN DEALING WITH MENTAL HEALTH PROBLEM AMONG MALAY MUSLIMS
Asrenee Abdul Razak
Universiti Sains Malaysia

ABSTRACT
Existing evidences demonstrate that the professional mental health help is limited among the Malay Muslims. While stigma is one of the strong attribution to the hindrance of seeking professional mental health help, other factors such as cultural and contextual factors that shaped Malay Muslims’ pathway into mental health services are profound across the entire help-seeking pathway, from problem identification to the choice of treatment providers. A conceptual framework is presented suggesting that the intertwined between identity of being Muslim and Malay culture affect the Malay Muslims help seeking behaviours. Religion not only provides a distinct setting for identity of a Malay but also the beliefs and practices in healing and illness, therefore their help seeking behaviours. Intertwined with Malys cultural elements, the help seeking behaviours varies from shaman or traditional healer and spiritual healer to self-help based on their understanding on the root causes of the illness. The professional mental health services would be the last option when the others have failed. It is then suggested that to remove the barrier to professional mental health services, it should be beyond destigmatizing action but also to be sensitive with psycho-spiritual needs and be equipped with cultural understanding hence cultural competence.

Assoc. Prof. Dr. Asrenee Ab Razak is a consultant psychiatrist at Hospital USM and a head in the Department of Psychiatry, USM. In addition to her duties at USM, she is an External Examiner for postgraduate studies, be a part of National Post Graduate Studies in Psychiatry Committee. She published a number of scientific papers related to social and clinical psychiatry, women’s mental health, elderly and cross discipline research, simultaneously being responsible for numerous tasks as academician. She has a deep interest on social psychiatry, particularly the determinants of health and illness, therefore her current work is focusing on cultural and social aspects of mental health. Her publications have provided some light on how the sociocultural and environmental factors have impacted not only on individual but also the society. She is also active in educating and promoting good mental health among elderly and women through participation in the various NGOs and university community service activities.
THE STANCE OF MUSLIM MENTAL HEALTH PROFESSIONALS IN UNDERSTANDING & MANAGING GENDER DYSPHORIA

Zul Azlin Razali
Universiti Sains Islam Malaysia

ABSTRACT
Transgenders are individuals who transiently or persistently identify with a gender different from their natal or anatomical gender. Prevalence of male-to-female transgenders is higher than that of the female-to-male transgenders. Previous studies in Malaysia indicated that majority of the transgenders were Malay Muslims. More popularly known as *Mak Nyahs*, these male-to-female face discriminations in education, employment, and healthcare. Issues of transgender create polemics in legal arena, human rights platform, medical science and religious discourse. In the midst of the enthusiasm to promote human rights of marginalized populations, sometimes science was not appraised accordingly and appropriately. Gender dysphoria is the related diagnosis in psychiatry and the mainstream treatment is gender affirmation therapy. The absence of solid biological causative factors of gender dysphoria renders some clinician the reluctance to go that path of treatment. To change radically and irreversibly the physical structure for a psychological condition, for some psychiatrists, a bit too far. To 'do no harm' or to reduce the stress of a gender dysphoric person, psychiatrists especially those with certain religious values, are in dilemma.

Dr Zul Azlin Razali is a Psychiatrist and Senior Medical Lecturer, Faculty of Medicine and Health Science, Universiti Sains Islam Malaysia. He does not believe in the dichotomy of Islamic medicine and modern medicine. Islam is all-encompassing and it does not need labelling to justify its presence. In his years of practice in psychiatric service, he embraces biological-psychological-social-spiritual approach in understanding and treating patients. He is locally trained, for MBBS (IIUM) and Doctor of Psychiatry (UKM). He thinks it is equally important to write academically in a peer-reviewed prestigious journal and in a least known magazine. He finds it equally self-fulfilling in giving talks in an international scientific conference and in a local *suraux*. Motivated by the courage of certain people, he founded a non-profit organization to deal with various forms of addictions (Green Crescent Malaysia).
BRAIN REWARD AND MELODIC RECITATION OF THE HOLY QUR’AN: INSIGHTS FROM NEUROSCIENCE PERSPECTIVE

Muzaimi Mustapha
Universiti Sains Malaysia

ABSTRACT

Abstract: Common stressors of modern lifestyles are drawing interests among general public towards the use of holistic and complimentary forms of wellness therapy, such as that of meditative practices and musical treats, in order to mitigate the bodily effect of stress. This growing interest is partly triggered by accumulating recent evidence-based neuroscientific findings that implicate specific brain areas, especially those related to the brain reward circuitry. This had provided supportive neural linkage on the brain reward circuit previously observed in studies of biologically rewarding stimuli. However, such neural associations with the rhythmic recitation of the Holy Qur’an among Muslims (termed as ‘Qur’anic chills’) remain unexplored. Postulating from these conceptual and neuroscientific foundations, our research in the area lend some insights to uncover the neural representation for the ‘Qur’anic chills’, using synchronous brain recording using 306-channel magnetoencephalography (MEG) and 61-channel electroencephalography (EEG), and compares brainwave signals from a panel of auditory stimuli from Qur’anic and non-Quranic rhythms.

Associate Professor Dr Muzami Mustapha is attached at Medical Neuroscience, Universiti Sains Malaysia (USM), School of Medical Sciences. He had also been involved in numerous clinical trials and hold professional memberships with the Royal Society of Medicine (UK), Association of British Neurologists, British Neuroscience Association and Society of Neuroscience (USA). He is currently the Chair, Basic Neuroscience Council and Vice President, Malaysian Society of Neurosciences, Associate Fellow of the Academy of Sciences Malaysia and Council Member of the Federation of Asia-Oceanian Neuroscience Societies. He is a co-founder and current Programme Coordinator for USM mixed-mode graduate studies, the Integrated Neuroscience Programme. His scholarly area of interests include brain rewards circuitry; neurocognition (including Quran and the brain research); cerebrovascular; neurodegeneration; and University-Community educational neuroscience engagement.
LGBT: THE ROLE OF MUSLIM DOCTORS

Samsul Draman
International Islamic University Malaysia (IIUM)

ABSTRACT
Lesbian, Gay, Bisexual, and Transgender population has been increasing. They have been discriminated in religious settings due to sexual orientation and gender identity. Medical treatment for LGBT-related health issues has advanced. Modern medicine usually focuses on biological aspects of the community, i.e. prevention, diagnosis, and treatment of sexually transmitted diseases such as HIV and hepatitis, hormone use, etc. Authorities usually educate them about these matters. However there are no effort to help them spiritually. So as Muslim physicians our treatment should be more comprehensive and patient-centered. We use integrative medicine, combination Islamic and Modern medicine. Since the LGBT community are usually unaware of religious matters, our Islamic medicine will focus on Taharah (cleansing), Solat (prayers), and other spiritual rituals. Alhamdulilah, many of them feel enlightened and have changed their lifestyle, particularly make-to-female transsexuals. It must be noted that this change is voluntary and there is no element of force. The patients start a new life. The end result is more effective and satisfying than treating the biological diseases alone. We have set up the Non-Governmental Organisation (Persatuan Insaf Pahang) to cater their welfare. Getting proper employment is another big challenges as the general public still discriminate this community, and many other reasons. As a result the LGBT community remains jobless and they tend to have no choice but to go back to their previous lifestyle and even work as sex workers.

Assoc Prof Dr Samsul Draman is a senior lecturer at Department of Family Medicine, International Islamic University Malaysia (IIUM) Kuantan for almost 15 years. Previously working in Hospital Kota Bharu, Ministry of Health for 8 years. Area of interest is in men’s health particularly on Lesbian Gay Bisexual Transgender. However trangender is more close to him. He was awarded best lecturer award in 2014 in conjunction with Quality Day of IIUM. Besides that, he also involved in smoking research group especially in vape study amounting RM1.5 million grant from Ministry of Health. He is the founder of Persatuan Insaf Pahang which cater for transexuals in Kuantan Malaysia. He is also the advisor for Drug intervention in Community Malaysia and Director for Academic Al Irsyad Balok (APIB) Kuantan.
QURANIC RECITATION FOR DEPRESSION & ANXIETY: PRESENT LITERATURE AND FUTURE

Ahmad Nabil Md Rosli

International Islamic University of Malaysia (IIUM)

ABSTRACT

Spiritual therapy is not new in our community. There is a considerable evidence to support the use of spiritual practices such as yoga, meditation, and mindfulness in treating negative psychological symptoms or mental disorders. In accordance with this, researchers have been investigating the positive effect of Quranic recitation on the medical and psychiatric patients. This review aims to systematically explore the effect of Quranic recitation on depressive and anxiety symptoms. The strengths and limitations of these studies will be discussed.

Dr Ahmad Nabil Md Rosli is an Assistant Professor in Kulliyyah of Medicine, International Islamic University Malaysia. He is actively involved in research and possessed 3 Research Initiative Grant Scheme (RIGS); (1) A Mixed Method: Depression and Associated Factors among Transgender Male to Female In Kuantan, Pahang. (2) Psychiatric morbidity, religiosity and illness perception among attendees of Darussyifa Islamic faith healing center (3) Exploring Literacy On Depression Among A Sample Of Malaysian Secondary School Adolescents Using A Vignette based Questionnaire.
MENTAL HEALTH OF MUSLIM UNMARRIED TEENAGE PREGNANCY

Siti Nur Arwina Samsudin
Mohd Nasir Masroom
Wan Mohd Azam Wan Mohd Yunus
Universiti Teknologi Malaysia

ABSTRACT

Unmarried pregnant teenagers are said to have various psychological disorders such as loss of self-confidence, emotional stress, fear, anxiety, depression and suicidal intentions. Additionally, the negative view of society causes them to be denied and humiliated by neighbours and even family members. Therefore, the study aims to identify the state of mental health among them, and also to deeply explore their emotional and psychological states. This study has been using phenomenological qualitative designs. A total of four residents in a rehabilitation center in Johor Bahru were selected through a purposive sampling method. Semi-structured interviews have been conducted. The interview data were transcribed and analyzed using a thematic content analysis method. The findings show that their mental health level is in various condition. They also have signs of emotional disturbance such as depression, loneliness, poor sleep, dry mouth, fast sweating, uncontrolled emotion, appetite, headache, anxiety, negative thinking and lifeless. In addition, they also face unstable emotional and psychological states such as sadness, anger, fear, shock, stress and feel guilty of embarrassing families. However, some of them still can accept the situation. Conclusion: This study provides an overview of respondents mental health conditions. Therefore, appropriate methods should be sought for use in addressing their emotional and psychological state.

Dr. Mohd Nasir Masroom is a Senior Lecturer, Department of Human Resource Development, Faculty of Management University Technology of Malaysia. His teaching and research mainly focused on psychology, especially Islamic Psychology. His study findings were presented at various national and international conferences, published in journals, book chapters as well as proceedings.
WHEN AN ‘ASPERGER’ INTERACTS:  
A SYSTEMIC FAMILY THERAPY PERSPECTIVE

Maimunah Mosli

PPIS Family Therapy Institute Singapore

ABSTRACT

Living with illness and diagnosis can affect not only the individual’s self or idea of self. It shapes the way the individual interact with illness and how that interaction is equally shaping the families and their overall interaction. Why should we pay attention to how individuals and families are interacting around illness or diagnosis? What does prioritizing do to the family and their way of coping with and about the illness and diagnosis? Systemic family therapy, in making the journey through postmodernism, has become very interested in speculating on what count’s as ‘knowledge’ and on the practice of ‘knowing’. The shift has been away from ontological and epistemological explanations to a second order cybernetics epistemology involving reflexive epistemological knowing as a process rather than an end product. “With Maturana (1991), suggesting that every family member is a ‘scientist’, he speaks of the passion in human beings to attempt to understand, relate part of a system, but points out that we can only generate explanation (descriptions) of workings within the limits of our area of structural determinism”. Gail Simons (2004). This is a case study presentation of a family therapy session with a father diagnosed with Asperger, together with his family. This workshop will showcase the different interaction patterns and how the interaction patterns are patterning how they patterned each other in the family with the diagnosis and how that diagnosis shape distance and closeness for him, a father with Asperger.

Maimunah Mosli is currently the Principal Family Therapist leading the Family Therapy Institute PPIS. She has been working in PPIS for the last 16 years. She obtained her Bachelor’s Degree in Social Work with Honors from Curtin University, Perth Western Australia in 2003. While pursuing her degree, she worked with the Muslim Women Support Centre of Western Australia where the bulk of her work includes helping Muslim Immigrants who sought refuge by coming to Australia.
Couple with her experience and interest in helping Malay Muslim Families, Maimunah obtained her masters in Family Systemic Psychotherapy awarded by Middlesex University and Institute of Family Therapy (UK) in 2008. She too obtained her Diploma in Clinical Supervision from Counseling and Care centre in 2010.

Being the first Muslim family psychotherapist in Singapore and after completing her Masters, Maimunah continued to be passionate about cultural sensitive practices and has been an active member of Association of Family Therapy (Singapore) since 2008. In 2010, she was instrumentally involved in organizing the ‘Generating Conversation’ conference in 2010. Her believe in collaborative work saw her once again being involved in organizing a conference in collaboration with Singapore Association of Counsellors and Association of Marital and Family Therapy, where she now serves as President of the association. A signature conference was organized where the association humbly hosted international speakers for their Context Conference in 2015.

Her passion for working on women’s empowerment issue was seen in her contribution to a response to CEDAW by being a member of the Committee of Empowering Muslim Women of PPIS. She now is a member of the Fathers Action Network Her work with less privilege individuals and families has grown in her contribution and active involvement with the efforts by Dads For Live movement in Singapore. This clearly portrays her ability to work across gender and culture.

A highly reflexive therapist and clinical supervisor, Maimunah now provides both individual and group supervision to a team of social workers at PPIS using systemic ideas. Her years of experience particularly interest in cross cultural practices have made her opinions matter in the field of family therapy. Her constant network with other trainers and specialists in the family therapy field provides her with the constant up-keeping and know-how knowledge of the sector’s development.

The development of Family Therapy Institute PPIS is a witness to her commitment towards the growth of family therapy in Asia. This is further evident in her involvement with Asian Academy of Family Therapy based in Hong Kong where she was appointed as Honorary Member in 2015, a member of International Committee and the Chief Editor of the Asian Academy of Family Therapy E-Magazine and now a member of the International Bateson Institute in Sweden.
ABORTION FOR MENTAL HEALTH REASONS: CAN IT BE CULTURALLY AND RELIGIOUSLY SENSITIVE?

Umi Adzlin Silim
Hospital Kuala Lumpur, Malaysia

ABSTRACT

There is a great variation within Muslim-majority countries in access towards abortion for unintended pregnancies; a complex problem related to issues of teenage pregnancies, unsafe abortion, infanticide, child abuse and neglect. Managing it have been an extremely sensitive dilemma within Muslim community. In Malaysia, ‘abortion’ is illegal except for a narrow exception: when a medical doctor has the opinion that the pregnancy is a threat to the woman’s life; or causing injury to her mental or physical health. Unclear definition of ‘mental health injury’ had created controversies in the implementation. We established a multi-disciplinary working group of psychiatrists, obstetricians, family physicians, clinical psychologists, counselors, social workers, public health providers, legal advisors and multi-faith representatives to develop a culturally-sensitive clinical guideline. We searched for evidences from literature review and had an expert group discussion on clinical, legal, cultural and religious perspectives. Harmonization of multidimensional perspectives was the approach taken towards defining mental health injury and outlining mental health indications for abortions. Recommendations in the guideline were fundamentally formulated based on the medical model where abortions are indicated only for severe untreated conditions. This was supported by range of evidences showing increased risks of mental health problems in women with unintended pregnancies, but these rates were similar whether they aborted or continued the pregnancies. Poorer post-abortion mental health was associated with presence of conflict with religious or cultural beliefs. ‘Mental health injury’ was finally defined as conditions severe enough to cause threats to mother’s life: such as severe schizophrenia or learning difficulties with risks of self-neglect or harm; or severe suicidal risks. It may be indicated for risk of severe post-traumatic stress disorders usually following rape or incest. Abortion is not indicated for psychological distress from socioeconomic reasons; or for ‘normal’ psychological reactions towards
unintended pregnancies. The most important component of managing unintended pregnancies is providing socio-culturally sensitive support for women to continue her pregnancy by a psycho-social-spiritual rehabilitation towards empowering them for an independent living. Clinical judgement for mental health reasons for abortion using medical model; Islamic jurisdiction and the country’s legal provision were, interestingly, not contradicting but in harmony.

Dr Umi Adzlin Silim serves as a psychiatrist in the Ministry of Health Malaysia after she received her Master of Medicine (Psychiatry) from Universiti Kebangsaan Malaysia. She completed her Subspecialty Fellowship in Consultation-Liaison (CL) Psychiatry and Women’s Mental Health; during which she was professionally enriched by working experiences in various hospital settings with CL services in Malaysia; as well as a year working experiences with the CL team in St. Vincent’s Hospital, Melbourne and the Perinatal Mental Health team in Austin Hospital, Heidelberg via the Postgraduate Overseas Specialist Training (POST) Program, University of Melbourne.

She is currently leading the CL Psychiatry Unit in Hospital Kuala Lumpur, providing CL service to 2,300 beds of the Malaysia’s largest hospital. She is dedicated in developing specialized mental health services for women, from setting up specialized women’s clinic including Vaginismus Clinic and piloting perinatal mental health collaborative model of care. She is also involved in developing guideline for psychospiritual care in Hospital Kuala Lumpur; and for the new postgraduate psychiatry curriculum. She is actively involved in national research projects on postnatal depression, cultural adaptation of a recovery-based program and developing national guidelines related to women’s mental health such as Termination of Pregnancy Guidelines, and Major Depression in Pregnancy and Postpartum. She is very passionate about delivering education and training on topics related to CL psychiatry, perinatal mental health, motivational interviewing and health coaching. She has presented her ideas internationally and in several publications.
THE IMPORTANCE OF FAMILY SUPPORT FOR PSYCHOLOGICAL WELL-BEING OF NEWLY PEOPLE WITH DISABILITY IN MALAYSIA

Nor Wahiza Abdul Wahat  
Siti Aishah Hassan  
Jeffrey Lawrence D’ Silva  
Noraini Mohamed  
*Universiti Putra Malaysia*

**ABSTRACT**

Being newly disabled is not an easy situation to confront with. It definitely requires mental and emotional strength on the part of newly disabled persons. Nevertheless, the supportive role of their family members is widely reported in previous studies. Thus, this paper shall report the unique experience of family members (spouse or parent/s) explored in a progressing qualitative study on self-acceptance of physical people with disabilities in Malaysia. Constant comparative analysis was conducted to generate themes and sub-themes from the transcribed verbatim. One of the important findings is the role of spirituality in building mental health for newly disabled family member. The finding of this study is very helpful to guide many families in dealing with their family members who newly experienced disability.

*Dr. Nor Wahiza Abdul Wahat* is a senior lecturer at the Department of Professional Development and Continuing Education, Faculty of Educational Studies, Universiti Putra Malaysia. She is also the Head of Laboratory, Laboratory of Youth Citizenship and Leadership Studies at the Institute of Social Science Studies, UPM. Her teaching and research mainly focused on organizational psychology, leadership, managing training and development, career development, as well as human resource development and people with disabilities. Her study findings were presented at various national and international conferences, published in journals, books, book chapters as well as proceedings. Dr. Nor Wahiza actively leads various development programs and community projects based on participative action research approach, including those in empowering people with disabilities.
IS BONDING & ATTACHMENT POSSIBLE WHEN THE BABY IS UNWANTED?

Jed Magen
Michigan State University

ABSTRACT
Bonding is a term popularized by Klaus and Kennel more than 40 years ago. Klaus and Kennell describe the tie of mother to her baby as bonding and the tie of baby to mother as attachment and the hours after birth as a “sensitive” period for the development of attachment/bonding. They later stepped back from this description of a sensitive period and described a more general process. Others have described attachment as a long-term process of developing a dyadic relationship between the infant and primary caregiver that is bilateral and subject to a variety of interventions. Thus a restatement of the title is: Is it possible for a parent to develop a healthy relationship with a child who is originally not wanted? In order to answer this question in any meaningful way, we will review the process of development for both caregiver and infant. Importantly, early behavior does not predict later behavior very well. Why this is so involves “discontinuities” in development and the developing science of epigenetic mechanisms in development. With this as a foundation, we will turn to discussing various strategies for intervention in “at risk” and problematic settings. In addition to neurobiology, culture also plays a huge part in development and in how appropriate an intervention is in a particular cultural setting. Finally, it is important to ponder how interventions are organized and if a single kind of intervention is useful, or should there be multiple kinds of interventions? If so, what is the cost and how can a variety of interventions be delivered in a cost effective way?

Associate Professor Dr Jed Magen, DO, MS, is associate professor and chair in the Department of Psychiatry at Michigan State University. Dr. Jed Magen graduated from the College of Osteopathic Medicine and Surgery in Des Moines, Iowa, and did a rotating internship at Botsford General Hospital in Farmington Hills, Michigan. Dr. Magen was a commissioned officer in the United States Public Health Service serving with the Indian Health Service for three years. He did a general psychiatry residency and a child and adolescent psychiatry fellowship at the University of Michigan, where he was chief resident in child and adolescent psychiatry and then departmental chief resident.
MUSLIM SCHOLAR ROLES IN PROMOTING PEACE: A REACTION POST TRUMP’S WIN

Yusmarhaini Yusof
Universiti Utara Malaysia
Sharifah Fatimah Syed-Ahmad
Prince Sultan University, Riyadh, Kingdom of Saudi Arabia

ABSTRACT

Media reported that Trump’s presidency campaign increases hate-crimes and Muslims becoming targets. With evidences that President Trump used anti-Muslims rhetoric in his electoral campaign, coupled with the popularity of video sharing and viewing on social media, this study explores Muslim shared videos, specifically Muslims scholars’ videos posted on YouTube, within a week of Trump’s presidential win. The YouTube search returned 166 videos, and the manual screening identified 9 videos with Muslim scholars.

Muslim scholars, also known as Imams, can help Muslims be aware and understand the situations they are facing, as well as rally the Muslim community. Thematic analysis found scholars presenting reasons for Trump winning the election, issues of unity and social justice, as well as how Muslims can cope with the challenge. Scholars urged Muslims to trust Allah in this challenging time and used Quranic verses within their talks. Seven of the nine scholars referred to the Quran, and in total, they referred to 50 Quranic verses from 23 chapters. Most of the scholars referred to the Al-Imran chapter and this is the most discussed chapter. The most referred to verse, also from Al-Imran chapter, mentioned Allah’s power in giving or taking away power from a leader (Quran 3:26). The scholars referred to verses about Allah’s power and verses commanding people to be patient to show Muslims how to cope in challenging time.

The analysis implies that Muslim scholars can be positive first responders to calm and assist Muslims in time of crisis. The study implications indicate the role of Imam in uniting community. It also implies their relevance in working with social workers to create better mental health or community interventions. The used of social media as an
outreach is in-line with the current trend of using new media, particularly to gain a wide coverage and reach-out to distress community who might face challenges if they were to meet face-to-face.

**Dr Yusmarhaini Yusof** is a Senior Lecturer in Social Work, School of Applied Psychology, Social Work and Policy, College of Arts and Sciences, Universiti Utara Malaysia, 06010 Sintok, Kedah, Malaysia. Her background is in social work, specializing in mental health and interpersonal practice. Yusmarhaini’s interest in mental health issues expanded from her social work training in an outpatient child and family mental health centre in Ann Arbor, Michigan. She then had the opportunity to pursue her doctoral degree in Bristol, UK researching on therapists’ attachment styles and therapeutic alliance. In 2016, Yusmarhaini was a visiting scholar in Durham University, UK in which she investigated and researched on attachment and alliance to produce a book manuscript on attachment, alliance and the self. Yusmarhaini’s research interests include sustainability, mental health and social justice issues, disability in higher education, Islam and the new media, and teaching pedagogy.

**Dr Sharifah Fatimah Syed-Ahmad** is an Assistant Professor and Associate Chair at the Department of Marketing, Prince Sultan University, Kingdom of Saudi Arabia. Her research interest on Muslims started during her PhD at the University of Western Australia, where she studied Muslim and Arab destination images within social media. Sharifah's main research experience came from her doctoral and consultancy work on Internet Marketing. She had previously taught at the premier university in Malaysia, University of Malaya. Her research interests revolve around Internet marketing, social media, Muslims, tourism, and teaching pedagogy.
POSITIVE PARENTING FOR MUSLIMS: BENEFITS OF THERAPY TO BUILD RESILIENCE AND STRENGTHEN CONNECTIONS

Karen Jennifer Golden
Monash University Malaysia

ABSTRACT
Previous literature highlighted the importance of parenting interventions being tailored for specific cultures. Despite research demonstrating the importance of the religious and social context, few studies have explored this topic among Muslims. Responding to this gap, this presentation will review the research literature on positive psychology and positive psychology interventions, focusing on applications for positive parenting in Muslim communities in Western and non-Western settings. The benefits of therapy and parenting programs for building individual and family resilience as well as strengthening family connections will be discussed. Clinical and research suggestions also will be given with the aim to improve evidence-based research and practice.

Dr. Karen Jennifer Golden is a Senior Lecturer and Psychology Honours Program Coordinator, Department of Psychology, Jeffrey Cheah School of Medicine and Health Sciences, Monash University Malaysia. She holds an active license to practice as a psychologist from the California Board of Psychology and she also has been licensed as a clinical psychologist in the United Arab Emirates. She has lectured and served as a consultant internationally. Dr. Golden has over 20 years of clinical work experience with diverse patients. She possesses expertise in individual, group, child, and family psychotherapy as well as psychological assessment. Her research interests include positive psychology, Muslim mental health, parenting/family well-being, special needs education, neurodevelopmental disorders (autism spectrum disorder), and cross-cultural psychology. She is also interested in research in applied psychology fields within clinical and counseling psychology as well as forensic and health psychology. Dr. Golden co-founded in 2015 the International Parenting Consortium (IPC), an affiliation of like-minded professionals and parents envisioning a society with successful, strong and happy families. The mission is to be a catalyst to network professionals and help families around the world to connect, uplift, inspire, and empower all of its synergetic members to ensure the consistent development and improvement of their quality of life to make their ideal family a reality.
ADDICTION AMONG MUSLIM POPULATIONS
Hamizan bin Haidzir
National Anti-drugs Agency, Malaysia

ABSTRACT
Substance abuse is a complex and multifactorial health disorder with social causes and consequences affecting every demographic group around the world. Muslim population is no exception. Being highly stigmatizing, substance abuse and addiction among Muslim populations is difficult to study. This brief review will broadly summarize global drug problem and some of the challenges faced. It will then examine extent of substance abuse and addiction among Muslim populations, risk factors, prevention efforts as well as available treatments. Drugs and addiction in scripture, how the early Muslim generation dealt with the problem as well as models on drug addiction from an Islamic theological perspective will also be explored. Finally, the paper will conclude with recommendations for future research on substance abuse among Muslim populations and a suggestion to explore one model based on Islamic principles.

Hamizan bin Haidzir completed his Bachelor of Science with a concentration in Psychology from the University of the State of New York in 1997. Later he pursued his Master degree in Human Resource Development at University Putra Malaysia from 2010 to 2012. He has been working with the National Anti-drugs Agency, Malaysia since 2003 in different capacities including in the areas of prevention and treatment. Currently he serves as the Head of International Affairs. He is also certified as an International Certified Addiction Professional Level II (ICAP II), a credential issued by the International Center for Credentialing and Education of Addiction Professionals (ICCE). Having keen interest in Islamic approach to addressing drug problem, he is currently pursuing his doctoral degree in extension education at University Putra Malaysia.
SEEKING COUNSELING HELP: 
THE INFLUENCE OF PARENTING STYLES

Zaida Nor Zainudin
Syukriyah Yahaya
Siti Aishah Hassan
Yusni Mohamad Yusop
Universiti Putra Malaysia

ABSTRACT
Parenting style is very important in developing child’s personality as well as influencing the child’s cognitive and emotional growth. However, the styles that parents adopt can lead to child’s difficulty in sharing personal issues. Counsellors in school are the best persons to go to for discussing issues and problems but some of the students seems reluctant in seeking counselling services. This study is to see the relationships between parenting style and attitude towards seeking help among teenagers. This quantitative study includes statistical descriptive analyses and statistical inference analysis. 273 respondents aged 13 to 14 years old are involved in this study. The instruments used are Parental Authority Questionnaire and Attitudes Towards Seeking Professional Psychological Help Scale (ATSPPHS). The results show that there is significant relationship between authorarian parenting style with seeking help attitude (r= .340, p< .01). Permissive parenting style shows moderate relationships with seeking help attitude (r= .417, p< .01). Authoritative parenting style shows weak relationship with the seeking help attitude (r= .294, p< .05). And the findings show that there is a moderate relationship of parenting style and attitude in seeking help (r= .382, p<.01).This study can give input to counsellors on to outreach more clients, and to understand why clients feel reluctant in self-disclosure during sessions.

Dr Zaida Nor Zainudin is a Senior Lecturer, Department of Counsellor Education and Counselling Psychology, Faculty of Educational Studies, University Putra Malaysia. Her teaching and research mainly focused on psychology, counselling, ethics in counselling, as well as computer usage in counselling. Her interests are cyber-counselling, youth, personality and parenting. Her study findings were presented at various national and international conferences, published in journals, book chapters as well as proceedings.
RUQYAH IN PSYCHIATRY

Zul Azlin Razali
Universiti Sains Islam Malaysia

ABSTRACT

Muslim faith healers are often sought by the Malaysian as an avenue to psychological distress. This is influenced by multi-cultural beliefs which sometimes associate evil spirits as the cause of physical and psychological ailments. Following the announcement of Traditional and Complementary Medicine Act 2013, Muslim faith healers are slowly gaining grounds to make their practice mainstream. One of the major characteristics of Muslim faith healers is the strong inclination to attribute mental illnesses to Jinn possession (demonic possession). Unlike other traditional healers, Muslim faith healers’ primary mode of treatment is Ruqyah, an incantation or generally considered as ‘du’a or prayers. When seven local Muslim faith healers were interviewed, the following qualitative analysis revealed four dominant themes: understanding of psychiatric illnesses and treatments, diagnostic ability and intervention competence, patients’ referral, and integrating “ruqyah” into mainstream psychiatry. It was found that the respondents had limited knowledge of psychiatric illnesses and treatments, focusing on “ruqyah” as the main mechanism and intervention in treating psychiatric illnesses. Recognizing the important role played by Muslim faith healers in the treatment of psychiatric illness in Malaysia, collaboration between them and fellow psychiatrists are deemed highly necessary. This would have the potential to reduce the stigmatization of mental illness and should indeed be the way forward.

Dr Zul Azlin Razali is a Psychiatrist and Senior Medical Lecturer, Faculty of Medicine and Health Science, Universiti Sains Islam Malaysia. He does not believe in the dichotomy of Islamic medicine and modern medicine. Islam is all-encompassing and it does not need labelling to justify its presence. In his years of practice in psychiatric service, he embraces biological-psychological-social-spiritual approach in understanding and treating patients. He is locally trained, for MBBS (IIUM) and Doctor of Psychiatry (UKM). He thinks it is equally important to write academically in a peer-reviewed prestigious journal and in a least known magazine. He finds it equally self-fulfilling in giving talks in an international scientific conference and in a local surau. Motivated by the courage of certain people, he founded a non-profit organization to deal with various forms of addictions (Green Crescent Malaysia).
THE EFFECT OF ISLAMIC HEALING GARDEN ON STRESS & ECOPSYCHOLOGY AMONG UNIVERSITY STUDENT

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ABSTRACT

Exposure to outdoor natural green has been shown to improve psychological and physiological distress. Similarly, religious-based spiritual meditations have demonstrated potential evidence-based clinical applications and psychiatric benefits. The present study aimed to evaluate the conjoint effects of natural outdoor environment and Islamic dhikr meditation on the psychological and biological distress. This was a randomized, four-site and parallel-group field study involving a total of 149 Muslim university students. Questionnaires were used to assess psychophysiological well-being at baseline and after 45 min of exposure, while blood pressure, pulse rate and levels of cortisol and amylase in the saliva were used as biological markers of stress. The findings suggested that exposure to natural green or dhikr meditation alone can lower stress levels among the study participants, while combining nature exposure and dhikr meditation showed additive benefits only in the psychological testing. It is hoped that the present study could be useful reference for improving ones' psychological and physical well-being. However, future studies are needed to give more insights into how the different types of dhikr meditation, repeated or longer exposures to meditative-practice of dhikr indoor or outdoor can influence ones' well-being.

Keywords: Islamic meditation; dhikr; nature; profile of mood states, cortisol, alpha amylase
Professor Dr. Samsilah Roslan is a professor at the Faculty of Educational Studies, Universiti Putra Malaysia. She is actively involved in numerous research projects, especially those related to the potential development of children and youth. As an expert in applied psychology, Professor Dr Samsilah Roslan specializes in the application of psychosocial profiling in creating efficient and productive educational, social and work environment. Her work involves identifying factors, developing structural psychosocial profile models for various groups and suggesting the best intervention, programme or blueprint towards enhancement of learners' potentials, successful group dynamics and congruent work environment. She has worked with various categories of learners including those with special needs to document their psychosocial profiles and test the efficiency of psychosocial-based interventions to improve learning, behaviour, psychological well-being and socialisation. Her most notable work being the effectiveness of differentiated learning approach in helping diverse groups of learners attain their educational goals. She has worked with California Association for the Gifted to conduct trainings for Malaysian teachers on the differentiated learning methodology and Kyushu Institute of Technology to develop and research on the experimental concept of community therapy and fusion lab.

Another area where she has implemented psychosocial profiling is in the challenging task of developing university innovations into commercialisable products. Realizing that the most common issue is the failure of people from very diverse background and work culture to discuss and work together, she has implemented psychosocial profiling and personality-environment congruency concepts to provide conducive and facilitative platforms for researchers, industries, intellectual property lawyers, venture capitalists and technopreneurs to find common interests and work as a team to develop the technology development blueprint and technology transfer plans and execute them. Professor Dr Samsilah is also involved in training technology transfer professionals in Malaysia and OIC countries under various initiatives and programmes including those funded by Islamic Development Bank and WIPO.
A SYSTEMATIC REVIEW OF PSYCHOSOCIAL INTERVENTIONS FOR PARENTS AND CHILDREN WITH INTELLECTUAL DISABILITIES IN LAMICS: BENEFITS & CULTURAL ADAPTATION

Dessy Susanty Syamsu¹
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ABSTRACT
A systematic review of psychosocial interventions for parents and their children with intellectual disabilities in low- and middle-income countries in different cultural contexts: Benefits and cultural adaptations

Abstract Background
This review aims to appraise studies, describe cultural adaptations of psychosocial interventions and their benefits for parents and their children with intellectual disabilities in low-middle income countries (LMICs). Method
The systematic electronic databases and manual search of reference lists were conducted by using specific terms related to intellectual disabilities and psychological interventions in LMICs. The quality of selected studies and cultural adaptations in the interventions are analysed according to Effective Public Health Practice Project and Bernal’s framework. Results
Eleven studies of psychosocial interventions focused on parental wellbeing and parenting skills training were included. The interventions were beneficial for parents in reducing the risk of stress and depression, and increasing coping strategies and perceptions of positive family functioning. Parenting skills training has benefits in improving parent-child interactions and child development. However, these benefits need to be interpreted cautiously because of methodological shortcomings. Cultural adaptations have been made in most of the reviewed studies. Nevertheless, not all dimensions were adequately adapted. Conclusions
The solid conclusions from the findings are difficult to draw because a few available promising studies were found to have shortcomings. The substantial work needs to be done to scale up cultural sensitive psychological interventions, in a move towards more robust research and implementation practices.
Keywords: Children with Intellectual disabilities, psychosocial interventions, parent training, low-middle income countries.

Dessy Susanty Syamsu is a National Consultant for Integrated Child Social Welfare, UNICEF Indonesia. She is also a clinical psychologist by training, with more than 13 years of experience in working with International Non-Government Organizations in Indonesia, Timor Leste and South Sudan. She specializes in mental health and psychosocial well-being, as well as monitoring and evaluation, also in linking psychosocial and mental health programs with child protection, nutrition, education, HIV and AIDS, and livelihood program. She has intensive experience in developing, implementing and evaluating community-based programs in emergency and development context including managing qualitative and quantitative research. Particularly in quantitative research, she has experience in coordinating randomized controlled trial in conflict-affected areas with limited resources. Children living in a variety of disaster and poverty affected settings have been a particular focus of much of her work.
RUQYAH: FROM THE PERSPECTIVE OF PHYSICIAN

Dr Mohd Azmani Sahar
Universiti Sains Islam Malaysia

ABSTRACT

Ruqyah Shariah is the recitation of Qur'an, seeking of refuge, remembrance and supplications that are used as a means of treating diseases either physical or spiritual. It is commonly known as a solution to treat only spiritual condition which related to jinns possession. Nonetheless all diseases came from Allah therefore in any medical condition reciting du’a (ruqyah shariah), medicine and modern medicine procedures are all permissible means that Allah created and Allah control as Allah wills. “And whatever favor is (bestowed) on you it is from Allah; then when evil afflicts you, to Him do you cry for aid” An-Nahl versus 53. There are two common sources of ruqyah; from the Holy Al Quran and Hadith/ Sunnah. In the past ten years, ruqyah shariah grew rapidly with the implementation of a mass ruqyah by some Muslim groups. Thus, up to date, understanding on ruqyah shariah amongst public and muslim practitioners are still vague. In order to uphold ruqyah hand in hand with the practice of modern medicine, more evidence-based medicine should be discussed and brought forward. Future academic discussion among scholars from various related fields should include public perceptions towards faith intervention in treating illness.

Dr Mohd Azmani Sahar has a broad background in emergency medicine, with personal interest in ruqyah shariah. His work experience are among others in Hospital Raja Perempuan Zainab II Kota Bharu, Hospital Tengku Ampuan Rahimah Klang, University Malaya Medical Center and Hospital Tuanku Jaafar Seremban. He was formerly the Head of Department of Trauma and Emergency Medicine in Hospital Tuanku Ampuan Najihah Kuala Pilah. After more than ten years with Ministry of Health he decided to be part of academics and have high motivation to teach medical scholars. Currently he is a medical lecturer in Universiti Sains Islam Malaysia and serves as an emergency physician at Ampang Hospital. He obtained his medical degree from Universiti Kebangsaan Malaysia and Master of Emergency Medicine from University Malaya. To date, he actively participate in various research involving disaster management and medical devices. In addition to his multiple contribution in academic journal papers, he has authored books and chapters in book that are related to emergency medicine. Recent focus of his researches include pre-hospital care, non-communicable diseases and ruqyah shariah.
CULTURAL COMPETENCY AND MUSLIM YOUTH
Balkozar Adam
University of Missouri, Columbia

ABSTRACT
The purpose of this presentation is to increase clinician’s awareness of the use of the Cultural Formulation Interview in Child and Adolescent Psychiatry in the assessment and the treatment of Muslim children and adolescents. This will be a literature review on the use of the Cultural Formulation Interview with psychiatric patients. Culture factors affect all aspects of mental health. In order for the clinician to provide culturally sensitive care, understanding the culture of the Muslim patient is critical. It is essential for effective diagnosis, assessment, and management of patients. Culture includes language, ethnicity, religion, gender, family structure, rituals/customs, moral, and the legal systems. The DSM-IV introduced the outline for Cultural Formulation as a framework for conducting culture formulation. The DSM-5 updated the outline and added the Cultural Formulation Interview. The Cultural Formulation Interview is a set of 16 questions that clinicians may use to obtain information during a mental health assessment about the impact of culture on key aspects of the individual’s clinical presentation and care. It is an operationalized tool to help us determine the impact of culture, race, ethnicity, and religion on our patients. It is quickly becoming the most popular evidence-based tool for cultural assessment. The idea is for the patient to voice his/her own narrative of illness. It can be used with all patients. It also helps tailor appropriate treatment options. At the end of the presentation, the participants will learn best practices in effective assessment and treatment by using the Culture Formulation and Culture Formulation Interview.

Dr Balkozar Adam, MD is an Assistant Professor in University of Missouri, Columbia. She is a board certified psychiatrist in Columbia, Missouri. She is currently licensed to practice medicine in Missouri. Her specialization is to diagnose and treat mental illness, such as depression, anxiety disorders, substance abuse, and schizophrenia. Most psychiatrists rely on a mix of medications and psychotherapy. And her subspecialties is child and adolescent psychiatry.
APPs FOR MAKING FRIENDS: DESTROYING OR IMPROVING
MENTAL HEALTH?
Lili Nurliyana Abdullah
Universiti Putra Malaysia

ABSTRACT
The advancement of mobile technology allows Internet access through smartphones widely. Along with the growing of usage of smartphones and internet access worldwide, a variety of making friends applications (apps) using the global positional system (GPS) have been launched tremendously. These apps provide a more convenient and accessible way for people to meet friends and potential sexual partners as well. Adding to that, most of the apps are free to download and use. In big cities that are filled with young and transient populations, the idea of using technology to connect with new friends is gaining steam. We can say that friendships are now making their way into the virtual world. People are using the apps to build community. It has become their lifeline to know that they are not alone. They cannot meet in a physical space so they are using the apps to connect with others. People do not all actually like to go to a physical place and spend money to meet people. These apps have given these people the choice. There are group of people are apprehensive about using friendship apps. This may due, to an expectation that we should know how to make friends the "old-fashioned way". Research acknowledged that friendship apps use can be bad for users' mental health. The studies have found that spending time on them passively consuming information can leave people feeling worse and destroying how society works, although most of the apps claimed their mission were to bring the world closer together. The research also claims that mobile phones have redefined modern relationship, making people "alone together" and increasing the teen depression. The specific objective of this topic is to explore the association between the use of making friends apps and the mental health.

Dr Lili Nurliyana Abdullah is an Assistant Professor in the, Faculty of Computer Science and Information Technology at Universiti Putra Malaysia. She oversee computer science in a complex research and development environment, make professional and community contributions, be recognized as excellence for teaching and learning with technology, manage and collaborate with multiple partnership between national and international agencies and community and administer resources efficiently.
WALKING THROUGH GRIEF A MUSLIM WAY?
Kaseh Abu Bakar
Universiti Kebangsaan Malaysia

ABSTRACT
Grief is the thoughts and feelings that one experiences following the affliction or loss of someone or something significant. In this presentation, the speaker shares her own experience of grief and bereavement following her husband’s death, and her coping strategies as a Muslim living in a Muslim community. She raises concerns about the mental well-being of grievers, particularly widows and orphans. This presentation critically discusses how societal and cultural responses can actually exacerbate or appease the grief state of grievers.

Associate Professor Dr. Kaseh Abu Bakar is a lecturer in Center for Middle East and Nusantara, Universiti Kebangsaan Malaysia. Her expertise is in Teaching Arabic As Foreign Language, Language Testing, Arabic Linguistics and Grammar and Measurement in Social Sciences.
EMOTIONAL INTELLIGENCE AND AGGRESSIVE BEHAVIOUR AMONG SCHOOL STUDENTS IN MALAYSIA

Nik Rosila Nik Yaacob
Rashidah Md Hasan
Najeemah Md Yusof
University Sains Malaysia

Abstract: The aim of this study is to determine the correlation between emotional intelligence and aggressive behavior among school students in Malaysia. A total of 472 secondary school students were randomly selected as participants in this research. The instrument in this study were exerted from Baron EQ-I:YV (2000) and Buss & Perry (1991) for emotional intelligence (EQ) and aggressive behavior (AQ) respectively. Data was analyzed by using SPSS version 22. Pearson correlation is used to analyze the relationship between emotional intelligence and aggressive behavior and t-test is applied to identify the differences between gender and EQ and AQ. Result shows there are no significant differences between gender and EQ and AQ. The result also shows there is a significant negative correlation between EQ and AQ.

Keywords: emotional intelligence, school students, aggressive behavior
THE RELATIONSHIP BETWEEN PARENTAL STRESS, COPING, AND DEPRESSION AMONG MALAY MOTHERS OF CHILDREN WITH ADHD IN KLANG VALLEY

Qarem Mohamed Mustafa
Azlin Alwi
Intan Aidura Alias
International Islamic University Malaysia

Abstract: Research has shown that becoming parents may come with its occasional stresses, especially when parenting special needs children. One possible negative outcome due to high parental stress is an increase in depressive symptoms. However, the use of coping strategies could moderate the relationship between parental stress and depressive symptoms. This study examines the relationship between parental stress, coping, and depressive symptoms among mothers of children with attention-deficit hyperactivity disorder (ADHD). A total of 94 Malay mothers from Klang Valley, Malaysia, with a mean age of 39.67 (SD) participated in the study. The measures used in this study were Parental Stress Inventory-Short Form (PSI-SF), Brief-COPE, and Centre of Epidemiological Study-Depression (CES-D). The findings in this study showed a significant positive relationship between parental stress and depressive symptoms \( r = .327, p < .01 \) and between age of the child with the use of problem focused coping \( r = .277, p < .01 \). A significant negative relationship was found between problem focused coping and depressive symptoms \( r = -.648, p < .01 \). However, both coping strategies (i.e., problem-focused and emotion-focused) were not a significant moderator for the relationship between parental stress and depressive symptoms. The findings partially support the application of the Transactional Model of Stress on the population of mothers of children with ADHD. Practical implications of the findings were also discussed.

Keywords: mothers, ADHD, stress, coping strategies, depressive symptoms
INTRA AND INTER-PSYCHE CONFLICTS AND MODEL FOR DIAGNOSIS OF JINN POSSESSION
Hamidi Abdul Rahman
PISANG, United Kingdom

ABSTRACT
A jinn possession model derived from the Islamic belief is discussed. Jinn have the ability to enter human body and the presence of one or more jinn psyche inside a human body creates a condition known as jinn possession. Jinn have their own psyches and the presence of jinn inside a human body can cause conflicts between the jinn psyche and the human psyche. Inter-psyche conflicts refer to conflicts between the jinn psyche and the human psyche or between jinn psyches. Intra-psyche conflicts refer to conflicts within the human psyche. The severity of jinn possession can be classified based on the impact of the inter-psyche conflicts between the jinn psyche and the human psyche. Ruqyah is a popular and transparent intervention for jinn possession. Through the recitation of selected verses of the Quran, a patient with jinn possession may exhibit one or more negative reactions such as vomiting, unconsciousness or feeling hot. Case studies were conducted on 5 patients who were diagnosed with various mental disorders. Ruqyah was recited on them and thermal images of their bodies taken before and after ruqyah were compared. Results indicated that the 5 patients had shown increase in temperature after ruqyah, suggesting the possibility of underlying jinn possession for some cases of mental disorders. Wahid Abdul Salam Baly and Haron Din, experts in the field of jinn possession, listed 17 and 27 symptoms respectively as models for the diagnosis of jinn possession. The merged symptoms were analysed using Exploratory Factor Analysis on 572 subjects who reacted during ruqyah. Preliminary results produced a set of symptoms that can be used as a model for the development of an instrument for the diagnosis of jinn possession. Upon development, the instrument can be used to identify possible cases of jinn possession amongst patients with mental disorder.

Dr Hamidi Abdul Rahman is the President of Professional Islamic Support and Nurture Group PISANG (PISANG), a ruqyah organisation based in the UK. He is also the President of Melayu UK (Malay community association in UK) and the Chairman of DMDI UK (Malay and Islamic World UK).
ADOLESCENT RELIGIOSITY, SELF-CONTROL, AND EXTERNALIZING PROBLEM BEHAVIOR OF MUSLIM ADOLESCENTS IN APPROVED SCHOOLS IN MALAYSIA

Nursyuhaiddah Mohd Kadri  
Nor Sheereen Zulkefly  
Rozumah Baharudin  
Zarinah Arshat  
Zanariah Ismail  
Universiti Putra Malaysia

Abstract: Early onset of externalizing problem behaviour may increase the likelihood of extensive maladaptation in future life. Recently, there has been a growing research undertaken on the role of religiosity on externalizing behaviour among Muslim adolescents. However, the mechanism underlying this relationship is still poorly understood. This study sets out to examine the relationships between adolescent religiosity, self-control, and externalizing behaviours (rule-breaking and aggressive behaviour) of at-risk Muslim adolescents. Questionnaire assessments of adolescent religiosity, self-control, rule-breaking behaviour, and aggressive behaviour were collected from 427 Muslim adolescents aged between 13 to 18 years old in eight Approved Schools in Malaysia. Structural equation modelling analysis indicated adolescent religiosity was negatively associated with externalizing behaviour, both directly and indirectly. The indirect association was mediated by self-control. This study suggests that greater adolescent religiosity was associated with higher self-control, which in turn lowers both rule-breaking and aggressive behaviour. The results highlight the important role of religiosity and self-control in preventing externalizing behaviour among Muslim adolescents. Further step towards designing preventative strategy may need to consider integrating both Islamic-based program and self-control input to enhance mental health and behavioural adjustment of Muslim adolescents.

Keywords: adolescent, religiosity, self-control, externalizing
PATERNAL ATTACHMENT, NEGATIVE LIFE EVENTS, AUTOMATIC THOUGHTS AND DEPRESSIVE SYMPTOMS OF ADOLESCENTS IN PENINSULAR MALAYSIA

Amira Najihah Yahya
Nor Sheereen Zulkefly
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Abstract: Depressive symptoms are major public health issues with significantly increasing rates during adolescence. Specific factors and mechanisms associated with depressive symptoms still need to be identified. The present study aimed to examine direct relationships between paternal attachment and negative life events (NLE) to depressive symptoms. Indirect effect of automatic thoughts on the relationships was also examined. A sample of 1030 adolescents aged between 13 and 19 years (mean=15.36) was recruited using probability proportional to size cluster sampling from selected states in Peninsular Malaysia to complete self-report measures on the study variables. Structural equation modelling indicated that paternal attachment in terms of secure, approachability and anxious fearful were directly associated to depressive symptoms. Broadly, increases in secure and approachability attachments followed by decreases in depressive symptoms. Adolescents who experienced anxious fearful attachment seemed to be more vulnerable to depressive symptoms. Moreover, results from mediation analyses revealed that automatic thoughts mediated the effect of two attachment variables (i.e., anxious fearful and responsiveness) and NLE to depressive symptoms. These findings shed light on the concurrent effects of attachment and life events on depressive symptoms, providing evidence on how to reduce depressive symptoms among adolescents. The current study also expands knowledge on the role of automatic thoughts as potentially relevant mediator. Intervention and prevention programs aimed at preventing adolescents from the deleterious effects of depressive symptoms should involve both parents and adolescents in order to promote optimal attachment relationships and minimize depressive cognitions in adolescents.

Keywords: Paternal Attachment, Negative Life Events, Automatic Thoughts, Depressive Symptoms
THE ROLE OF NEGATIVE AUTOMATIC THOUGHTS AS MEDIATOR ON THE RELATIONSHIP BETWEEN MATERNAL ATTACHMENT AND DEPRESSIVE SYMPTOMS AMONG LATE ADOLESCENTS OF PAKISTAN

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Abstract: Negative automatic thoughts refer to an individual's subconscious thought in response to stimuli that are irrational and self-defeating. Individuals who are depressed tend to have biased negative automatic thoughts which are associated with depressive symptoms. Therefore, there is a need to refine our understanding on what contributes to the development of depressive symptoms in adolescents. The present study examines the mediating role of negative automatic thoughts on maternal attachment and depressive symptoms among late adolescents in Pakistan. This cross sectional study focuses on 936 (males=423, females=513) students aged between 17 and 19 year-old selected via multistage cluster sampling technique. Respondents answered self-report questionnaires measuring maternal attachment, depressive symptoms, and negative automatic thoughts. Structural equation modelling was used to assess whether negative automatic thoughts mediated the linkages between maternal attachment and depressive symptoms. Results showed that 61.2% of adolescents have secure maternal attachment, 39.3% have negative automatic thoughts, and 5.6% experience severe depressive symptoms. Correlational analysis found that maternal attachment was negatively related to depressive symptoms and negative automatic thoughts, whereas depressive symptoms were positively related to negative automatic thoughts. Structural analysis revealed that negative automatic thoughts partially mediated the relationship between maternal attachment and depressive symptoms among late adolescents. Findings suggest that those with insecure maternal attachment relationships are more prone to have negative automatic thoughts, which subsequently leads to the development of depressive symptoms. Findings highlight the importance of secure attachment to mothers and positive automatic thoughts in combating depressive symptoms, thus ensuring a healthy psychological development for adolescents.

Keywords: Maternal attachment, depressive symptoms, negative automatic thoughts, late adolescents
‘IF GOD GIVES US ILLNESS, IT’S NOT BECAUSE GOD DON’T LOVE US’: A QUALITY OF LIFE EXPERIENCE AMONG THE MULTI-CULTURAL COMMUNITY IN MALAYSIA WITH CORONARY HEART DISEASES

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Abstract: Coronary heart diseases brings about significant clinical and economic burden globally. Current qualitative study conducted to explore the quality of life (QoL) experience of living with Coronary heart diseases specifically among the heart failure patients in Malaysia. Methods: Nineteen hospitalized patients (>18 years) with heart failure with ability to understand Malaysia or English language were recruited using purposive sampling, and face to face semi-structured interviewed were conducted after granted consent. Then, the interviews were audio taped and transcribed verbatim for interpretative phenomenological analysis. Results: All heart failure patients shared similar core constructs that affected their level of QoL. These constructs emerged as four main themes which include physical, psychological, socioeconomic and spiritual wellbeing. In this Multi-cultural community, components of spirituality such as treatment beliefs were identified as crucial factors in QoL among the heart failure patients. Conclusion: Four main constructs of QoL were identified: physical, psychological, spiritual and socioeconomic well-being. These constructs are crucially to be considered by health professionals who are currently working with heart failure patients of multiple ethnicities prior to treatment management to achieve cost-effective treatment management and outcomes.

Keywords: multi-cultural community, illness, coronary heart diseases
ASSOCIATION OF RELIGIOSITY AND COGNITIVE IMPAIRMENT AMONG PATIENTS ON HEMODIALYSIS: A CROSS-SECTIONAL STUDY

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Abstract: Cognitive impairment is one of the most common complications in patients on hemodialysis. Religiosity has been found to have a positive effect and minimized these problems. To study religiosity and other associated factors with cognitive impairment among hemodialysis patients in Hospital Kuala Lumpur. This is a cross-sectional study involving 110 hemodialysis patients in Hospital Kuala Lumpur. The samples were recruited through universal sampling. The assessments were done during the first two hours of hemodialysis. The patients were assessed with Malay Montreal Cognitive Assessment (Malay MOCA) and Duke University Religious Index Malay (DUREL-M). Descriptive analysis was performed, followed by multiple logistic regression analysis. This study found that 48.2% of patients had cognitive impairment. 42.7% of patients had low Organizational Religious Activities (ORA) while 74.5% had High Non-organizational Religious Activities (NORA) and 78% has high Intrinsic Religiosity (IR). Relationship between components of religiosity and cognitive impairment include; high ORA (OR= 0.67; CI=0.32-1.44; p=0.31), high NORA (OR=0.75; CI=0.32-1.77; p=0.11) and high IR (OR= 1.11; CI=0.44-2.73; p=0.84). Other factors that are associated with cognitive impairment were low education level (OR=7.714; 95% CI= 2.954-20.147) and unemployment (OR= 3.299, 95% CI=1.443-7.541). Cognitive impairment is prevalent in hemodialysis patients; they are significantly associated with unemployment and low education level. Both high ORA and high NORA was found to be protective against cognitive impairment while high IR had slight risk of cognitive impairment. Routine screening, multidisciplinary management and enhancing religiosity of hemodialysis patients are important preventive measures.

Keywords: religiosity, cognitive impairment, hemodialysis
“IN MY PURSUIT TO BE CLOSER TO GOD .. I HAVE ENCOUNTERED SCRUPULOSITY”: A CASE REPORT

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Abstract: Scrupulosity is a presentation of obsessive-compulsive disorder (OCD) characterized by religious or moral fears. Among the many possible reasons that scrupulosity may be challenging for therapist to intervene is that scrupulous individuals may view their symptoms as the domain of religion, not mental health. On the other hand, religious beliefs and practices can affect the content of obsessions and compulsions in religiously minded people with OCD. This case report illustrates how to approach individual with spiritual concerns mixed with lifelong obsessive compulsive disorder (OCD) in the context of a life-threatening illness. A case of 44 year old, single, female and a Medical Personnel presented with persistent intrusive thoughts about cleanliness and contamination mainly around religious theme such as ablution and prayer. She had also been diagnosed with Multiple Myeloma since past few years and had second relapse at the point of first contact with therapist. In her pursuit to be closer to God, she has been experiencing recurrent intrusive thoughts extremely against Muslim faith which has caused intense doubt about validity of her prayer. Gradually her symptoms worsened to affect her ablution where she was disturbed by her thoughts and has to either stop or repeat the ablution. She was also constantly disturbed by contamination thoughts that require reassurance from others each time she performed her cleaning. Her mood also started to be affected where she was feeling depressed with disturbed sleep, tiredness and poor concentrations.

Management and Outcome: The core fear within her scrupulosity is related to fear of sinning and was severe. Therefore, her psycho-spiritual distress was addressed through a combination of biological, psychological and spiritual approach. She was on a moderate dosage of SSRIs and on the psychological approach, Exposure and Response Prevention (EX/RP), a form of Cognitive Behaviour Therapy, has been a gold standard of treatment for OCD). However, in this context, its implementation for religious patients with scrupulosity necessitates subtle modifications. Therefore, the EX/RP protocol developed by Huppert et al. (2007) was adopted which also includes a spiritual component in this approach. Seven sessions was conducted which includes assessment, psychoeducation, overcorrection and accepting the scrupulosity, involvement of religious person, relapse prevention and maintenance of gains. The OCD symptom was well controlled after 7 sessions with full acceptance of her medical conditions. She had also taken a stronger and braver psycho-spiritual stance that in the service of God, it is not supposed to lead to suffering, but to a sense of peace, connection and fulfillment.

Discussion: This case report has illustrated and emphasized the need to approach the scrupulous religious patient with nuance and respect. The goal should be toward better and healthier religious functioning. The combination of bio psycho-spiritual approach and the adaptation of EX/RP approach using the patient own values enhances the therapeutic alliance. Whereby the therapist adopted a therapeutic stance that OCD attaches itself to the individual most important core values, but is not caused by those values.

Keywords: Obsessive-Compulsive Disorder, scrupulosity, life-threatening illness, exposure-response prevention
THE SIGNIFICANT TERMINOLOGY OF WASWAS: CONSIDERATION ON OBSESSIVE-COMPULSIVE DISORDER (OCD)

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Abstract: The term waswas was used five times in the Quran and seven times in Kutub Tis’ah. Its interpretations given by exegetes and scholars in Islamic studies are various and one of them is related to obsessive-compulsive disorder (OCD). This is a study of the term waswas with the specific goal to identify its elements that are in parallel with a modern understanding of OCD. This is a qualitative study which employs content and document analysis of selected Islamic exegesis of the al-Quran, Hadith and traditional scholar opinions focusing on three aspects of OCD: obsession, compulsive behavior and causes. Al-Quran and Hadith is the final miracle that encompasses geographical and generational limits. Even though OCD seems to be a diagnosis of modern days, its essences were mentioned in the great Al-Quran.

Keywords: Waswas, Obsessive-compulsive disorder (OCD), al-Quran, Hadith
ISLAMIC COGNITIVE RESTRUCTURING FOR POSTTRAUMATIC STRESS DISORDER

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Abstract: Psychological consequences of traumatic events are often overlooked by both medical professionals and patients themselves. Post-traumatic stress disorder (PTSD) is the most serious condition in the spectrum of trauma- and stressor-related disorders and may result in physical and mental illness as well as social and occupational dysfunction if left untreated. In the Malaysian Muslim population, stigma against mental illness frequently deter individuals suffering from psychological trauma from presenting to mental health services. These people prefer the use of spiritual and religious healing approaches for their post-traumatic stress symptoms. To describe Islamic cognitive restructuring techniques employed by motor vehicle accident victims for post-traumatic stress. An exploratory qualitative study involving 9 Muslim motor vehicle accident victims was conducted from May to September 2015. Subjects were interviewed in-depth using semi-structured interview schedules. These interviews were recorded, transcribed verbatim and analyzed with the aid of Atlas.ti software. Psychological intervention such as cognitive restructuring is an effective technique to overcome post-traumatic stress. In this study, our subjects employs cognitive restructuring with predominantly Islamic content. Almost half of the subjects believe that God will not create hardship if it is not have goodness in the hardship itself. Other subjects approach cognitive restructuring by being thankful for the small test of hardship compared to other people with worse fate. Islamic cognitive restructuring is a useful technique to manage posttraumatic stress symptoms. Further research is needed to determine the effectiveness of this approach.

Keywords: cognitive restructuring, post-traumatic disorder
INNOVATION IN MENTAL HEALTH SCREENING

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ABSTRACT
The purpose of this presentation is to introduce an innovation in mental health screening using mobile technology application. The trend of mobile mental health application, online self care and assessment has been introduced in various population especially teenagers and adults due to accessibility to the technology and literacy in social media and mobile applications. This usage of free application will be beneficial for counselor, psychologist, psychiatrist accessing their client mental health status as an pre assessment for further decision treatment in counseling, psychology and clinical setting. The feasibility and convenient features in the application helps the individuals with hesitation to seek for mental health professional aware about their mental wellbeing and needs to take further action. Hence, the awareness will reduce self-stigma of avoiding professional help and reduce prolong symptom, and improving recovery process. The usage of the mobile application is also beneficial for researcher to collect data and providing instant feedback to the respondent. As compared to paper and pen approach, scoring process is more efficient with privacy of respondent. Other benefits such as time efficiency, eco friendly, flexibility and user friendly will be presented. At the end of the presentation, the participants will experience practical usage of the application in practical setting.

Kamariah Derasol is a Senior Counselor at Counseling Division in University Putra Malaysia with 21 years of counseling college and university students. She is a board certified counselor in Malaysia Counseling Board. She is currently pursuing her PhD studies in Counseling and Guidance. Her specialization is university student mental health, stress management, coping skills, and underprivileged students. Her research outcome is coping skills training module for university students asnaf.
CHALLENGES AND SUPPORT SYSTEM FOR TAHFIZ STUDENTS IN MALAYSIA

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Abstract: Tahfiz education is one of the mainstream education systems offered in Malaysia. Therefore, tahfiz students are a group of students deserved a critical discussion and scholarly studies on their learning process. Previous studies have reported some problems on achievement among tahfiz students. Therefore, this study was conducted to explore the challenges and the support system needed to support the students’ learning process. This study used a qualitative approach with interviews as a means of data collection. Interviews were conducted on teachers and tahfiz students in the selected schools. The findings show that there are some forms of challenges faced by the students that can hinder the achievement of their memorization. The forms of the challenges are internal and external challenges. The internal challenge is referred to remain istiqamah with memorizing activities and various difficulty levels in memorization process. The external challenge is referred to an environmental challenge that comprises technological challenges, peers and family members. Meanwhile, the support system for the tahfiz students covers the support of parents, tahfiz teachers and school climate. This study has important implications to various stakeholders such as parents, teachers, schools and as well as the students. Stakeholders should focus on the challenge and support system so that tahfiz students will improve their achievement. Consequently, neglecting these challenges and support systems will jeopardize the achievement of students’ memorization and disturb their learning process.

Keywords: challenges, support system, tahfiz students
SCHOOL COUNSELING SERVICES FOR GIFTED AND TALENTED STUDENTS: A SYSTEMATIC REVIEW OF LITERATURE

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Abstract: Gifted and talented students are different from the other normal students. They are students with special needs. Special attention is needed for these students due to their high cognitive ability and their socio-emotional conditions. As such, school counseling services are vital for the overall and holistic development to attend to the needs of this population. There are empirical literatures suggested the current counseling conventions adopted by school counselors to attend to the needs of these students. Some of the literatures show shortcomings and ineffectiveness of the services to the gifted and talented students. The lack of effective interventions and approaches targeted to the students hinders the understanding on the importance of counseling services to the students. Meanwhile, the amount of empirical studies conducted on the counseling services for the students are also limited. Hence, this systematic review of literature is done to explore the school counseling services for gifted and talented students. Based on inclusion and exclusion criteria, 10 articles were selected and reviewed. Findings from different journal sources conducted in different countries were assimilated to attain better understanding of the relevance of school counseling services to gifted and talented students. The role of the school counselors and the challenges in the school counseling services were also identified from the articles. The implications of this review were also being discussed.

Keywords: School counseling services, School counselors, Gifted and talented students
EXPLORING SIX MUSLIM TEACHERS’ COPING STRATEGIES IN OVERCOMING MENTAL ILLNESS

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Abstract: The main purpose of this qualitative research was to explore Muslim Malaysian teachers’ perspective of both mental illness and well-being. The study aimed to understand the teachers’ coping strategies in overcoming mental illness and the relationship between spiritual practices and mental well-being. Six Muslim Malaysian teachers were involved in this study. All of them were teachers at the government public schools and they had experienced mental illnesses during their career. The six teachers were interviewed using semi-structure interview protocol. The interviews took place at different times and settings. Content and inductive analysis was used to interpret data for all participants. Findings of this study showed four themes, namely medical treatment, religion, family and societal support, and positivity were dominant. The four subthemes emerged from the religion theme were prayers, reading the Qur’an, protective factor, and diseases of the heart. These subthemes showed the relationship between spiritual practices and mental well-being. Finally, the study revealed the importance of seeking professional help, getting appropriate medical treatment, and engaging in various spiritual practices such as performing the five daily prayers, zikr, salawat shifa,’ and reading the Qu’ran in bringing the feeling of peace and calmness in these Muslim teachers’ lives, hence helping them to cope and become productive teachers.

Keywords: Mental health, Mental well-being, Muslim teachers, Spiritual practices
WORK STRESS AND COPING STRATEGIES: A CROSS-CULTURAL COMPARISON BETWEEN MALAYSIAN AND INDONESIAN ACADEMICIANS

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Abstract: Generally, lecturers or educational workforces in universities is a group of workers that requires to perform a difficult task as they have to improve performance in four aspects which are performing education and teaching, conducting research, performing dedication to communities, and supportive elements of lectures’s activities. In order to maintain and fulfil this role, all the staffs in the universities especially the academicians required to play more dynamic role in the provision of education. Nevertheless, this makes the academicians experienced stress that will negatively influenced the productivity, well-being, health and morale. However, although numerous studies regarding work stress and coping strategies have been identified, there are only few concerning on cross-cultural comparison in Asia regions. Hence, this study aimed to investigate the level of work stress and coping strategies by doing a cross-cultural comparison between Malaysian and Indonesian academicians in private universities. The variables were measured by using Faculty of Stress Index (FSI) and COPE Inventory and the researcher conducted an online survey to 314 academicians from private universities within Malaysia (Selangor and Kuala Lumpur) and Indonesia (Jakarta and Bandung). The study applied One-way ANOVA to identify the difference in level of work stress and coping strategies among Malaysian and Indonesian academicians. The result depicted that there is significant difference in the level of work stress and coping strategies for both Malaysian and Indonesian academicians. This study also indicates that there are similarities and differences in coping strategies adopted by Malaysian and Indonesian academicians. In this study, academicians from both countries were found to be highly engaged in stress. Thus, the coping strategies that are found to be significant are Mental disengagement, Religious coping, Behavioral disengagement, Use of instrumental social support, Humor, Suppression of competing activities, and Planning.

Keywords: work stress, coping strategies, academicians
ROLE OF TVET LECTURERS’ SELF-EFFICACY TOWARDS STUDENTS’ PERFORMANCE

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Abstract: Self-efficacy in classroom management is considered to be one of the most important skills of an effective lecturer. Researches have shown that self-efficacy in classroom management is directly related to better students’ performance. This study was conducted to find out the role of lecturers’ self-efficacy in classroom management towards students’ performance. A total of 99 TVET lecturers and 373 final year degree student were involved in the study. Quantitative approach and correlational analysis was considered to be most suitable to achieve the main objective of the study. Teacher interpersonal self-efficacy scale was used to measure self-efficacy of lecturers and GPA was used to measure students’ performance. Findings revealed that high level of self-efficacy is related to students’ performance. It was concluded that every lecturer need to enhance their self-efficacy in classroom management in order to maximize students’ performance and lecturers’ own well-being.

Keywords: TVET lecturer, Self-efficacy in classroom management, Student performance.
LOOKING FOR EMPIRICAL EVIDENCES BEHIND EVERYTHING THAT ALLAH ALMIGHTY PREFERS IN MARRIAGE OF MUSLIM HUSBANDS AND WIVES

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Abstract: Islam as a perfect religion to glorify human beings and realize the happiness of human life in the world and the hereafter by turning to every creature the rules that must be obeyed in various conditions. The perfection of Islam in the context of marriage is seen in the availability of Shariyyah rules governing and maintaining relationship between Muslim men and women into a sacred, noble, and honorable relationship. The current study examined the empirical evidence of religious influence-operationally defined as anything favored by Allah Almighty in marriage-in marital satisfaction of Muslim husbands and wives. In this study we predicted Muslim husbands and wives with very high level of marital satisfaction will demonstrate higher scores on everything recommended and preferred by Allah Almighty in marriage than Muslim husbands and wives with very low marital satisfaction levels. The study involved 39 Muslim husbands and wives with very low marital satisfaction scores and 49 Muslim husbands and wives with very high marital satisfaction scores. Both groups of respondents were administered the Marriage Scale on Islamic Perspective (SPPI; Salim & Kurniawan, 2014) which revealed everything that is recommended and preferred by Allah Almighty in Islamic marriage. The results of the analysis shows that there is significant difference at the 0.05 significant level between the two groups of respondents (t(43.308) = -9.555, p= 0.000) and the effect size estimation (r=0.823) shows the influence of everything recommended and preferred by Allah Almighty to marital satisfaction included in the large effect category.

Keywords: evidences, marriage, Muslims, satisfactions
RATIONAL IN LOVE AND ASSOCIATION WITH MENTAL HEALTH

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Abstract: Love is among the causes of problems that contribute to mental and psychological problems. The degree of rationality in romance is related to religious knowledge, attitudes and practices for individuals who are Muslims. The study of 699 Malaysian student respondents found that there was a significant relationship between rationality in love and understanding of the concept of love in Islam. The findings of this study are also discussed from a mental health perspective to see the contribution of this field in addressing the health problems arising from psychological and religious problems. The proposed Love Intervention program is expected to assist medical practitioners to address the problems faced by both the patient and the staff.

Keywords: rational, love, mental health, religious
ADOPTIVE MOTHER-BABY DYAD: HOW BREASTFEEDING IMPACTS THEIR MENTAL HEALTH?

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Abstract: Breastfeeding is not an easy thing especially to the mother who took the adopted child. Several factors need to be taken in order to maintain lactation stability and ensure mental health. The aim of this study is to examine the success factors of induced lactation among adoptive mothers. This study used a qualitative research design. A total of 12 non-puerperal Muslim females who had successfully nursed their foster children following induced lactation methods participating in the study. Methods of data collection was semi-structured interviews and focus group discussions. Data were analyzed using QSR NVivo software version 10 using the technique of content analysis, analysis of word-based and code-based analysis. Data analysis discovered that factors driving the success of the adoptive nursing are divided into two categories; internal factors and external factors. Internal factors includes the probation and appreciation; the knowledge; the attitude and spirit; and responsibility. The findings showed that the integration of internal will increase the successful rate of the induced lactation process. The rising awareness as well as strong desire to adoptive nursing among foster families reveal that the needs of more rigorous research and publications focusing on this matter. This contribution helps to boost the flourishing of the practice of adoptive nursing particularly among Muslim community. This study adds to the literature that management of induced lactation process is not solely depends on medication and stimulation techniques but also includes the internal and external factors. Therefore, this paper illustrates several case of adoptive nursing among non-puerperal females in order to prove their accomplishment.

Keywords: adoptive mother, dyad, breastfeeding, mental health
REVISITING THE PSYCHOSOCIAL RISK FACTORS FOR DEPRESSION AMONG MUSLIM MARRIED WOMEN WITH CHILDREN IN MALAYSIA

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Abstract: Patterns of depression are clearly associated with psychosocial circumstances, including poor income, marital status, number of young children, unemployed, low education, insecure attachment styles, unsupportive close relationships, stressful life events, poor in emotion regulation, and external shame. In this study, 996 Muslim married women with children residing in the urban area of Kuala Lumpur, Malaysia agreed to participate in this study. Using a doorstep technique, the participants were asked to complete a set of standardized questionnaires. This study examines the extent to which each of selected factors associated with depression. The results suggest that for these married women with children with high in external shame, at least one stressful life events, poor income, unemployment, suppression, and ambivalent attachment are vulnerable to depression. The results of this study suggest a need for a more detailed examination of vulnerability factors in depression. Furthermore, the role of external shame may be essential to be investigated for future research.

Keywords: Mental Illness, Emotion Regulation, Attachment, Risk Factors, Malaysia
THERAPEUTIC ASSESSMENT: THE COLLABORATION OF PSYCHIATRIC ASSESSMENT AND ISLAMIC SPIRITUAL HEALING IN MALAYSIA

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Abstract: Muslims in psychological distress generally seek treatment from Islamic spiritual healers before presenting to psychiatric services. The delay in acquiring a psychiatric assessment and treatment may result in suboptimal recovery, impaired functioning and serious complications. Spiritual therapy is regarded as an important component for patients diagnosed with a psychiatric disorder to achieve full recovery. Thus, the collaboration between psychiatrists and Islamic spiritual healers is deemed highly beneficial. Mental Illness Awareness and Support Association (MIASA) has initiated a unique session called the Therapeutic Assessment in which psychiatrists and Islamic spiritual healers (ustazah) sit together in a session to assess individuals with psychological symptoms. The program began in August 2017 and to date 26 patients were successfully assessed and treated. The sessions are carried out by appointments every fortnightly. To date, there are three psychiatrists and one ustazah involved in the program. Both parties interview the patients together and later discuss their findings and provide a diagnosis and propose a suitable treatment plan. The psychiatrist provide supportive psychotherapy and refer the patients to the nearest psychiatric facilities if further treatment is indicated. The role of ustazah is to investigate for any underlying supernatural causes and to treat them with “ruqyah which is a method referring to recitation of Quranic verses and/or sayings of Prophet Muhammad (PBUH). Both the psychiatrist and the ustazah conduct the session professionally and exhibit mutual respect for one another. The patients symptoms are able to be assessed early and their access to treatment is expedited. They also benefit from the holistic approach in which they receive opinion and treatment from both the psycho-social and spiritual domain. It is hoped that Therapeutic Assessment can be replicated elsewhere to enhance the early detection and treatment of psychiatric disorders as well as reduce the level of stigma in the general population.

Keywords: collaboration, psychiatric assessment, islamic spiritual healing
ROLE OF SPIRITUALITY IN NURTURING MENTAL HEALTH AND HEALING MENTAL ILLNESS: AN ISLAMIC OUTLOOK

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Abstract: Anxiety disorder has been linked to deficient attentional control and sleep problems in young adults. This study was aimed to investigate the possible effects of trampoline exercise on attentional control and daytime sleepiness among young adults with anxiety disorder. This single-blinded randomized controlled trial involved 40 young adults with anxiety disorder. Prior to the trial, all the participants were screened for eligibility using Beck Anxiety Inventory and Physical Activity Readiness Questionnaire. Participants were randomly assigned into an experimental group (n=20) and control group (n=20). Experimental group was submitted to trampoline exercise for 4 weeks. All participants in both the groups received deep breathing exercise. Attentional control and daytime sleepiness of the participants were evaluated using Attentional Control Scale and Epworth Sleepiness Scale respectively. The experimental group showed statistically significant improvement in Attentional Control Scale (p=0.009) and Epworth Sleepiness Scale (p=0.005) compared to control group. Trampoline training resulted in reduction in daytime sleepiness and improvement in attentional control after 4 weeks of trial, highlighting the potential of utilizing trampoline exercise training as an adjunct to established clinical treatment.

Keywords: spirituality, mental health, healing, trampoline exercise
SPIRITUAL READINESS: A STUDY OF RESILIENCY OF TSUNAMI SURVIVORS IN ACEH, INDONESIA

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Abstract: The current research sought to explore the lived experience of tsunami survivors in Aceh towards the devastating impacts. The study investigated on how their experience was gradually transformed into recovery and resiliency from their own perspectives. The study focused on spiritual readiness of tsunami survivors as their mental and physical resiliency. The study investigated the survivors’ positive physical and mental well-beings as results of the recovery and resiliency. An in-depth and semi-structured interview was conducted to seven survivors. The research exposed three main findings; (1) Survivors developed coping strategies through their spiritual readiness as their self-strengths. It was found that spiritual readiness of the tsunami survivors served as the protective component to improve strengths living with adversity. (2) Survivors enhanced their resilience through their social oriented religious obligations. It was found that their internal capacity to recover from devastating trauma is the impact of spiritual readiness. (3) Survivors increased their strengths to enhance resiliency through the values of the religion. It was found that the survivors’ process of recovery is rooted in the adherence of the values. The research concluded that survivors developed life coping mechanisms to deplete devastating trauma and transformed their lives through personal enrichment methods for recovery and resiliency due to their spiritual readiness.

Keywords: spiritual, tsunami, survivors, readiness
POSITIVE ISLAMIC PSYCHOLOGY: A NEW INTEGRATED ISLAMIC PSYCHOLOGICAL MODEL TO HEAL THE UMMAH

Abdul Aziz Azimullah

Abstract: Positive Islamic psychology: a new integrated Islamic Psychological model to heal the ummah in the 21st century. It is the study of human self which includes the soul/spirit, and its transcendent nature. Nevertheless, modern psychology has removed all connections with the metaphysical concept of the human self. This paper is a summary of Positive Islamic Psychology (PIP) model. It is a new transcendent model to heal the ummah to achieve peace, happiness, and success in the 21st century. PIP represents a breathtaking attempt to approach psychology from Islamic perspectives in the light of traditional Islamic metaphysics and contemporary psychological research, knowledge, and application. The author believes that psychology is one of the fields of human sciences that could be revolutionized by integrating inputs from both the scientific and Islamic perspectives. This can be done by reviewing the framework for the understanding of the true nature of human existence. This includes the inherent potentials and the observable traits of the human self in the light of the teachings of the Holy Quran, the Prophetic traditions, and the latest scientific discoveries. Similarly, the author rejected the behaviorist school of psychology that reduces all human intrinsic nature to mere physical existence based on atheistic materials science. Positive Islamic Psychology presents a new framework that integrates the human self at spiritual, emotional, mental and physical realms. This integrates holistic approach can be the basis to transform the world in the 21st century to heal the ummah and achieve peace, happiness, and success for all.

Keywords: Islamic psychology, metaphysical, human self
THE ROLE OF NURSI’S RISALE-I NUR IN PSYCHOLOGICAL WELLBEING

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Abstract: This study analyses the role of Bediuzzaman Said Nursi’s (1877-1960) collection of works called Risale-i Nur from the linguistic and psychological perspectives. Nursi is an influential Muslim scholar and thinker of the late Ottoman and Modern Turkey who has influenced his audience to implement positive actions. Nursi influences his audience through his persuasive discourse which is rich in metaphorical language that gives a positive impact on them. This metaphorical approach is known in Islamic social science methodology as “tamthîl.” However, studies on Nursi’s thoughts and writings that arouse millions of people within and outside Turkey for psychological wellbeing are scarce. Therefore, this study focuses on how Nursi persuades his audience in the positive direction that leads to psychological wellbeing through spiritual effects. This study uses a qualitative research method based on an explanatory case study to analyse how Nursi’s audience emerged and developed rapidly through his Risale-i Nur. The focus is narrowed down to analysing Nursi’s metaphorical linguistic expressions from his conceptualisation of life based on Lakoff and Johnson’s (1980) Conceptual Metaphor theory. Nursi’s expressions that induce positive emotions are analysed based on the method of Risale-i Nur from the Quran by inserting Seligman’s (2011) positive psychological wellbeing theory. This interdisciplinary study reveals the role of Risale-i Nur in influencing audience spiritually for a psychological wellbeing. This study contributes to the importance of language and persuasion for positive changes and it is expected to benefit speakers, writers and researchers who are analysing similar discourse.

KEYWORDS: Bediuzzaman Said Nursi, metaphorical linguistic expressions, tamthîl, psychological wellbeing
ALLIED HEALTH PERSONNEL’S COMPETENCY IN MANAGING CLIENTS PRESENTING WITH PSYCHIATRIC DISORDER IN THE EMERGENCY DEPARTMENT

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Abstract: General Hospital`s Emergency Departments (ED) are increasingly becoming a focus point, for individuals presenting with mental health problems. However, frontline ED allied health personnel often lack competency, to effectively triage and manage clients presenting with a myriad of psychiatric issues. Evidence based best care practice attest that, remedial training for ED allied health personnel improves psychiatric triage competency and care delivery. However, designing succinct and pragmatic training, prerequisites baseline assessment of strengths and deficits. Objective of the study is to assess ED allied health personnel `s perceived competencies in providing care for clients presenting with psychiatric concerns. Method: This study is a quantitative, cross-sectional survey design. The study protocol was approved by the Ethics committee of the researcher`s institute, University Malaysia Sabah (JK.Etika 2/16(1) and Ministry of Health Malaysia (NMRR 16-596-29873). One hundred and forty-six ED allied health personnel were recruited from two tertiary general hospital in Kota Kinabalu by purposive sampling. The instrument used in this study, to assess perceived competency, is a validated, reliable tool (α = 0.92). Collected data were analyzed using descriptive statistics, and logistic regressions to identify the associated factors. Findings: showed an overall low total mean 2.52, scored from a Likert scale of 1-5 of perceived competency among ED allied health personnel, in caring for clients presenting with psychiatric problems. Other, findings indicate, low perceive competence in risk assessment and poor perceived ability to provide immediate intervention for clients presenting with acute psychiatric conditions. Conclusion: As ED`s of general hospitals continue to be a focus point for clients with psychiatric disorders seeking help, specific competency gaps found in this study among ED allied health personnel need to be addressed and remedied through pragmatic refresher training.

Keywords: Allied Health Personnel, Competency Psychiatric Triage
"I AM NEITHER THERE NOR HERE" RESOLUTIONS OF CONTEXT BASED RELIGIOUS IDENTITY CONFLICTS: THE CASE OF TURKISH YOUTH

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Abstract: Through the last two decades rise of Islamophobia in the global context has been creating particular challenges for the Muslim youth in the process of constructing their religious identity. Furthermore, Turkish Muslim youth has been facing with Turkey’s ongoing religious-secular polarization at the local context. This study explores the religious identity conflicts experienced by Turkish youth as a result of conflictual socio-political context, and their conflict resolution strategies. Data were collected from 34 Turkish university students through a semi-structured interview protocol regarding their religious identity development. Using the grounded theory approach the qualitative analysis focused on the religious based identity conflicts in relation to conflictual social context and ways of resolutions. The findings suggest that resolution strategies individuals adopt in dealing with context-based conflicts represents their ways of negotiation and adaptation to the conflictual socio-political context. Notwithstanding, adopting constructive (positive) strategies could be characterized in the forms of less threatened and more secure identity expressions, thus, could contribute to the overall individual well-being and inner peace, as well as peace at the societal level.

Keywords: Islamophobia, global, religious, youth
Abstract: Atheism is a belief system that rejects the existence of the god and it has existed since the era of the Prophet Noah. With the advancement of information technology today, advocates of this belief are more aggressive in defending their stand against all the beliefs that certify the existence of the god. They attempt to highlight and disseminate their belief to all people; and more than that, they aggressively attack Islam in the social media especially Facebook. This study analyses their discussion on religion from two aspects; the first is the logic that consists of fact and logical fallacy; the second is emotion that is divided into insults, insinuating, meddling and questioning. Hence, this study concentrates one of pages Facebook that focusing on discussions related to atheism namely Facebook “Warung Atheist”. Data were collected for 4 months from August to November 2017 and analysis was done using content analysis. The findings show that they use a lot of emotional approaches in expressing their dissatisfaction with divine concepts and religious issues, especially with Islam. At the same time, a few users of the site give the view supported by the fact while some others use logical fallacy when they make their own conclusions on certain issue which are far from the reality.

Keywords: Atheism, New Atheis, Facebook Interaction, Facebook Warung Atheist
THE ASSOCIATION OF PARENTAL/GUARDIAN FACTORS WITH INTERNET ADDICTION AMONG MALAYSIAN ADOLESCENTS

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Norzawati Yoep
Faizah Paiwai
Noor Aliza Lodz
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Abstract: Internet addiction is an emerging public health issue. Parental/guardian (PG) factors may have played an important role in addictive internet use among adolescents. This study aims to investigate the association of parental/guardian (PG) factors with internet addiction among Malaysian adolescents. We used data from the national school-based survey conducted in 2017. Secondary schools were randomly selected using two stage stratified cluster sampling design. An anonymous self-administered questionnaire was utilized among respondents who gave their consents. Internet addiction was assessed using the Malay Version Internet Addiction Test (MVIAT). PG supervision, connectedness, bonding and respect for privacy were assessed using five-point Likert Scale. Descriptive analysis and logistic regression test were conducted and p-value <0.05 was considered as statistically significant. Results: The overall response rate for this survey was 89.2% and 27,479 respondents completed the questionnaire. Malays comprised 68.1% of the respondent's ethnicity. The prevalence of internet addiction was significantly higher among adolescents who were not having PG supervision [30.1% (95% CI: 28.7, 31.4)] and PG connectedness [30.1% (95% CI: 28.5, 31.7)] compared to their counterparts. Adolescents who were not having PG supervision, PG respect for privacy and PG connectedness were more likely to have internet addiction after controlling the socio-demographic variables; (aOR: 1.39; 95% CI: 1.27, 1.52), (aOR: 1.23; 95% CI: 1.16, 1.31), (aOR: 1.09; 95% CI: 1.02, 1.16), respectively. Conclusion: Poor adolescent-parent relationships such as lack of PG supervision, respect for privacy and connectedness were associated with a higher likelihood of internet addiction among adolescents. Family-based interventions to improve parent-child relationships are essential to prevent internet addiction among adolescents.

Keywords: Parental/guardian factors, internet addiction, Malaysia, adolescent.
IS A GAY REALLY GAY?
A PSYCHOTHERAPY EXPERIENCE WITH A GAY MUSLIM

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Abstract: Since 1974, Diagnostic and Statistical Manual of Mental Disorders (DSM) has consistently excluded homosexuality from mental disorders. Now DSM V reclassified it under gender dysphoria nomenclature. This change has brought a new concept of psychotherapeutic approach, that instead of shift of sex orientation was first addressed to cure homosexuality, psychiatrists are urged to look closely at the distress caused by the acceptance of the community and the patients themselves about their sex and gender. Islam sees sex as something human and not taboo, although in its discussion it must be ethical and not meant for jest nor erotic exploitation. Islam strictly prohibits sodomy and homosexual behaviors, because sex is not only recreational, but also procreational. One of the stresses experienced by gay patients is the prohibition of expressing this homosexual behavior. They are also worried about the stigma of the people around him. As many as 39% of cases of gender dysphoria have comorbidities with lifetime anxiety and depression, and as many as 42% of cases are accompanied by personality disorders. These lifetime disorders show that gender dysphoria is just a resultant or by-product of the disorders. By understanding this, psychiatrists can be more holistic in doing therapy to their patients.

Keywords: Gender dysphoria, Lifetime disorders, Psychotherapy, Muslim.
INDONESIAN CHARACTER OF EDUCATION ON ADAB PERSPECTIVE

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Abstract: Character education as the key to the success of an education conducted by a nation. The decline of the nation because society and its officials do not have good character in social interaction. Corruption, Drugs, Giddlings, and other deviant behavior will be more if there is no character education in accordance with the noble ideals of the nation's founders. Educational character of each nation has a different perspective with other nations (read the West) in giving meaning. The Indonesian nation must have its own concept of the meaning of character education in accordance with the ideology of the nation without adopting the meaning of character education from other nations that have different cultures, customs and conditions. Indonesia as a Muslim majority country needs to see the history of Islamic glory in building its civilization. The dominance of science into the main heritage of Islam in building a noble society, has good moralistic and intelligent quotien and able to think critically against the concepts that are not in accordance with the character of the nation. The education of Indonesian character must be reinterpreted in accordance with the mandate of the law which states that national education is functioning to develop the ability and to form the character and civilization of dignified nation in order to educate the life of the nation. National education aims to develop the potential of learners to become human beings who believe and piety to God Almighty, have a noble character, healthy, knowledgeable, capable, creative, independent and become a citizen denounced and responsible. In this study the authors use the literature studies to compare the concept of character education that has been used as a benchmark government with the character education of Islamic civilization victory. So that the comparations obtained can make a benchmark for educational institutions in Indonesia in the application of character education for their students, it will achieve the goal of National education.

Keywords: character education, adab, and moral
DEVELOPMENT AND VALIDATION OF MUSLIM MORAL EMOTIONS INVENTORY (MMEI)

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Abstract: This study presents the results of an exploratory factor analysis of the Muslim Moral Emotions Inventory (MMEI), a self-report measure of moral emotions of shame and guilt. This instrument was administered to a sample of Malaysian-Muslims youth (n = 640) to determine the factor structure and internal reliability of these scales. The analysis showed that 18 items factored around four factors of perceived Guilt subscales includes God consciousness, Care for Others, Fear of Punishment and Forgiveness. Another 18 items factored around five factors of perceived Shame subscales including Positive Speech, Sensitive Towards Others Judgment, Safeguarding Chastity, Guarding One’s View and Dressing Modestly. The Shame scale accounted for 54.48% of the variance, while the Guilt scale accounted for 56.10% of the variance. The results produced a parsimonious factor structure for the two moral emotions scales of the MMEI was significantly measured with the current sample of Muslims youth. Cronbach alpha, split-half coefficients and item analysis verified the reliability of the instrument. The significance of adaptive shame and guilt as a unique contributor to psychological well-being and applications for the MMEI in assessment and outcome research among youth are discussed.

Keywords: shame, guilt, exploratory factor analysis.
THE EFFECT OF MUROTTAL QURAN THERAPY ON BRAINWAVES ACTIVITY RECORDED ON BRAIN’S PARietAL REGION

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Abstract: Murottal of al-Qur’an contains elements of human voice as a healing instrument that miraculous. Human voice can lower stress hormones, turn on endorphin hormone naturally, relax, improve the chemical body, this lowering blood pressure and slow breathing, pulse, and the activity of brain waves. To know and learn the way of brain has developed diagnostic technology, one of them is Electroencephalograph (EEG). This study aims to see the picture of brain activity when the stimulus of Murottal al-Qur’an has given through scientific EEG at Parietal Lobe. The method used is pre-experimental with the one shot case study and analyzed using software matlab R2012b. The subject of research are four students with homogenitas of sex, age and the frequency of reading al-Qur’an. From each subject divided to several sessions are Pre Test, a session of the giving stimulus and the post test session. Every group recorded using an EEG. The registry using the method of monopolar with placement of electrodes (10-20 system). The result of this research shows that while listening to murottal of al-Qur’an there is any change of wave which dominated by the delta, thus decreasing the activity of the brain to more relaxed and more comfortable. Murottal al-Qur’an therapy can be considered as a method of the healing and improve relaxation in the body.

Keyword: Murottal of al-Qur’an Therapy, Electroencephalograph (EEG), Brain Wave.
THE EFFECTIVENESS ON PLAY THERAPY-BASED COUNSELING INTERVENTION ON THE SPIRITUAL WELLNESS OF NEGLECTED CHILDREN

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Abstract: The aim of this study was to examine the effectiveness on the Play Therapy in improving the spiritual wellness of neglected children. The study design was quasi-experimental which was performed by measuring the pre- and post-test wellness scores for the control and interventional groups. A total of 83 children between the age of 10 and 12 years were purposively selected from the neglected children. In this case, only a total of 72 children were included as the participants of this study after the initial administration of the Five Factor Wellness Inventory – Elementary School Age version (FFWEL-E) as they managed to score less than one standard deviation which was below the mean. Meanwhile, paired random sampling was carried out to equally divide them into the control and treatment groups with 36 participants each. In addition, all participants of the treatment group were further divided into twelve small groups of three to enable the conduct of nine weekly counseling sessions in total that lasted 90 minutes each. The data of this study was evaluated using the analysis of variance (ANOVA). The findings showed significant differences between the pre- and post-test wellness scores of the control and treatment groups \[ F (1, 64) = 78.942, p < .01, \alpha = .00 \]. On top of that, the mean post-test score of the treatment group was significantly increased compared to the control group. Overall, it can be concluded that the Play Therapy is suitable to be incorporated into counseling sessions involving children considering that this therapy can effectively improve the spiritual wellness of neglected children.

Keywords: Play Therapy, Counseling Intervention, Spiritual Wellness, Neglected Children
ISLAMIC ART: USING CHILDREN’S DRAWINGS FOR THERAPY

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Abstract: Art is a medium for self-expression and healing for trauma victims. Results show that Muslim children are affected by wars in many areas of the world. Children of wars are experiencing a great deal of loss and trauma. The impact of wars, displacements, and immigration increase the risk of abuse, isolation, and or mental illness. Clinicians have to find ways to understand and recognize Muslim children suffering. Drawings are used to tell a story, reflect deep feelings, and create a medium for self-recognition and determination. Participants will understand the Islamic art and its use in therapy. The expressive therapies continuum framework will be used to evaluate drawings and to promote healing for children traumatized by war.

Keywords: Art therapy, drawings, trauma, children
UNVEILING THE EXPERIENCES THROUGH FEELING IN UNDERGOING SPIRITUAL HYPNOTHERAPY WITH ISLAMIC APPROACH (SPHIA) FOR FEMALE CHILDREN VICTIM OF INCEST

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Abstract: Spiritual hypnosis is one of the specific treatment techniques in Hypnosis, with the additional spiritual component. Spiritual interpretation suggested during hypnotic trance, and the reframing of symptoms to emphasize their spiritual meaning. Reframing must be in accordance with the client’s belief system in order to be accepted and for a change to take place. The study objective is to explore on what the informants experienced through listening when they are experiencing the Islamic spiritual hypnotherapy approach. A qualitative study using phenomenological research design was used to unveil the experiences of feeling with six female children who had histories of incest using spiritual hypnotherapy with Islamic approach. The individual stories of hypnotherapy experiences were collected through in-depth interviews. Ethical issues were addressed. Spiritual Hypnotherapy with Islamic Approach (SPHIA), few elements that inserted in the hypnotherapy scripts are Dua, Azan, Dhikr, Surah Recitation and Salat. The script’s content has been validated by Islamic authorities in Malaysia. In the findings, the informants experiencing calmness, serenity and gratefulness during the process of hypnotherapy. Integrating Islamic Spiritual elements in hypnotherapy can help individual who lost and need help.

Keywords: spiritual hypnotherapy, Islamic approach, incest
MENTAL ILLNESS AMONG CHILDREN IN MALAYSIA: WHAT SHOULD BE THE LEGAL RESPONSE?

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**Abstract:** In a recent report published by the Malaysian Ministry of Health mentioned that there are increasing numbers of Malaysian children effected with mental problems. Mental health, if it is left untreated, it might not only danger those children who suffer from such illness but it also effects people around them and jeopardize the future of children. The Child Act 2001 is silent pertaining to protection of children with mental problems. Most of the provisions in the Act highlights on protecting children who are victims to abuse or juvenile who in need of protection. It is submitted that early intervention and identifying the problems of young people with mental illness might be a taboo for some in our society, yet, if the problems are not well addressed, it might effects these young people’s future and rights. By analyzing the sources of information which are gained from secondary data, the author aims to explore the existing laws related to mental illness among children in Malaysia. Then, it discusses on the possible legal mechanism used to tackle this problem. The World Health Organization (WHO) (2003) has come out with a general guideline in handling mental illness, as there is a need to address this sensitive issue from the Malaysian perspective, with the hope, the suggestions are not to idealistic to be implemented but it is to ensure the problems are under controlled. Finally, it is suggested a strong collaboration from all government agencies as well as private sectors in addressing this critical issue as prevention is better than cure.

**Keywords:** mental illness, children, legal response
THINKING PATTERN AMONG THE ACCUSED

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ABSTRACT

The accused are suspects who face a charge(s) against themselves in a court of law. They are in the phase of trials and not yet guilty until proven. This paper aims to identify the thinking pattern among accused after interrogation due to particular cases. The design of this study is qualitative by analysing the writing of respondents’ reflection. A total of five respondents were involved in this study. All respondents have written a reflection of their experiences after being arrested for interrogation. Reflection documents had been analysed through manual coding. The analysis illustrates the pattern of respondents’ thinking. Result of the study shows that there are patterns of thinking among respondents after experience the interrogation. The finding suggests that the guidance or counselling session should be given continuously among accused in order to assist them to be positive a person, even though if they will be find guilty.

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CORRUPTION IN INDONESIA: 
AN INVESTIGATION FROM MENTAL HEALTH, SPIRITUALITY, AND 
LEADERSHIP PERSPECTIVES

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Abstract: This article explores how the phenomenon of massive corruption that exists in Indonesia, viewed from the perspectives of “mental health”, “spirituality”, and “leadership”. Efforts to eradicate corruption continue to be made, rules are made more stringent, the Indonesian government even set up special institution (KPK) just for the purpose in 2002, but still almost every day Indonesians would see on TV how so many government officials / bureaucrats captured regarding corrupt acts, from highest rank of official (such as High Court Judge) to Chief of Village level, originating from different regions of the country. The extensive corruption in Indonesia becomes a contradiction, considering Indonesia is also known as the country with the largest number of Muslims in the world. This study used qualitative method through discourse analysis in trying to explain what is really happening? Why is the country that supposedly promoting religious, moral, and spiritual values; became a country trapped in an extensive culture of corruption? Why are the components of "mental health", "spirituality", and "leadership" important in the context of corrupt behavior and corruption eradication efforts? What is the position of "mental health" if associated with corruption? This study’s conclusion highlights "spirituality" component as important and pivotal factor affecting the components of "mental health" and "leadership"; and ultimately influencing behavior of leaders. Indonesia already has a substantial "spiritual capital" as country with the largest Muslim population in the world, it is time for "spirituality" to no longer dwell at the level of "religious rituals", but internalized deeper into values that transform the behavior of government officials/ bureaucrats, as leaders of the country.

Keywords: Corruption, Indonesia, Mental Health, Spirituality, Leadership, Qualitative Method, Discourse Analysis
PATIENCE AND ORGANIZATIONAL EFFECTIVENESS OF ISLAMIC VALUE BASED COMPANY

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Abstract: Patience is a commendable character that every Muslims should have. Likewise in the work life, the employees with patience will be more capable to support an organization to be more effective. Various demands to become an effective organization cannot be separated from the patience of employees in it. This study aims to determine the correlation between patience and organization effectiveness on Islamic value-based company. The hypothesis that proposed in this study was to investigate if there is a relationship between patience and organizational effectiveness. Subjects in this study were 90 Muslim employees. The study was conducted in an Indonesia Muslim Fashion Company via random sampling technique. This research used quantitative approach with data collection method by using a Sabar Scale that consisting 21 items with the reliability of ±0.899, and for the Scale of Organizational Effectiveness that consisting 24 items with the reliability ±0.860. The result of Pearson correlation analysis showed that the hypothesis in this research was accepted. The result showed the significance value of 0.044.

Keywords: patience, organizational effectiveness, Islamic value
COMMUNITY ENGAGEMENT, SUPPORT AND EMPOWERMENT IN THE JORDANIAN COMMUNITY

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Abstract: According to recent studies, Jordan has one of the highest suicide rates in the Middle East, especially within the high school and college aged populations. Over the last year, our team, of primarily college students have taken the lead to start the difficult conversation about Mental Health in Jordan, hosting nearly two dozen events, and reaching close to ten thousand individuals in universities, schools, and from the general public. Through speaker events, panel discussions, movies, art shows, and many other types of events we were able to engage with individuals from throughout the country including mental health professionals, students, parents, and refugees. Our presentation will be focused on community engagement, and the elements of support and empowerment that allowed this community to successfully start this conversation and continue to reach more and more individuals. We'd also like to share our results from a study that we are conducting to better understand the effect of starting this conversation in Jordan.

Keywords: community engagement, support, empowerment

Ala Abojaradeh is a medical student in University of Jordan. She is also the Director of Our Jordan Chapter, and Ahmad Abojaradeh Executive Director of Life in My Days which has global operations in four countries, and reaches over 100 other countries.
TEMPERAMENT AND SOCIAL ADJUSTMENT TOWARDS ACADEMIC ACHIEVEMENT

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Ranita Manaf
Sohana Abdul Hamid
Maizan Muhammad
Lazuani Shamsuddin

Kolej Universiti Islam Antarabangsa Selangor (KUIS)

Abstract: This study conducted to examine the relationship between temperament, social adjustment and students' academic performance at Malaysian Institute Aviation Technology (MIAT). Survey method been used to collect and gather information, 80 sets of questionnaires were collected and analysed by using SPSS version 24.0. The method analysis used to analyse the data includes mean, correlation, and regression testing. The total mean analysis showed 3.63 at level medium high. The correlation analysis showed a significant positive relationship between temperament, social adjustment and students' academic performance. While in regression testing, majority of the respondents agreed that temperament and social adjust do influences their academic performance. In conclusion, the results of this can contribute in increasing knowledge and understanding of the significant relationship between temperament, and social adjustment and thus allows the respondents (students) to be more aware on the important of the factors that could impact theirs' academic performance as well.

Keywords: temperament, social adjustment, students' academic performance
EMOTIONAL WELL-BEING IN THE HUMAN GOVERNANCE THROUGH THE SPIRITUALITY MODEL OF IMAM AL-GHAZALI

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¹Universiti Tun Hussein Onn Malaysia
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Abstract: This paper is a concept paper which is focused on the discussion about the emotional well-being of leader in the human governance elements at the workplace from the perspectives of the spirituality model. These are the claims of reality the management application which is based of religion and science as well as browsed the dimension of emotion, mind and behaviour in organizations today. This discussion encompasses the conceptual of emotional well-being, human governance and spirituality model; application needs; challenges and hopes. In line with the demands of human capital development, supposed the physical development and materially advanced with that momentum growing over the years in tandem with human development. Employees in any organization as a human entity are should be the ideal capacity of human capital in terms of emotional well-being to produce quality work and have strong human governance. Leaders in the workplace should have a high level of emotional well-being to form a positive culture among employees and create practices that are consistent so that it can become a habit that is conducive to all parties in the working environment. The end of this paper will demonstrate the need for all leaders to have the spiritual strength and lead a more meaningful behaviour. It would also allow employees to perform a dynamic human capital and thus able to establish a framework of a major platform in the management and human governance characterized by emotional well-being and spirituality trait in workplace.

Keywords: Emotional, Well-Being, Human Governance, Spirituality
MENTAL HEALTH CARE THROUGH LOVE FOR HUMANITY, VOLUNTEERISM AND ISLAMIC PHILANTHROPY

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Maznah Hj Ibrahim
Fatin Hazwani Siran
Radin Anis Adlina Radin Hasbani
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Abstract: Mental health is very much related to the lifestyle and values held in life. Mental health is associated with the well-being of life that is balanced with the peace of the soul, preserved from disaster, consoling to peace and prosperity. Meanwhile, humanitarian love is an emphatic shout that calls on all levels of society to be a proactive entity in contributing to peace and prosperity of the self, family, country and universe. Among the values that must exist in humanitarian love are volunteerism and philanthropy. Desperation of humanitarian love makes humans always stumble upon each other, often hurting one another and even reaching the level of killing or planning and sparking wars. This article works on the theory and literature studies on positive values from the perspectives of Islam and the West. The data from the literature reviews are analysed and compiled based on various thematic. The findings of this study call upon all Muslims to empower the love of Allah SWT as well as other creatures and become volunteers and philanthropists as a way of life and daily practice that can safeguard and contribute oneself to mental well-being. This study suggests that more research should be conducted within the .

Keywords: humanitarian love, Islamic philanthropy, volunteerism, mental health.
MENTAL HEALTH SCREENING AT RELIGIOUS CONFERENCE

Fairuz Nazri Abd Rahman
Aishah Siddiqah Bt Alimuddin
Rosnadia Suainbon
Fatimah Sharuddin
Khairul Azhar Idris
Kanit Tha Deang
Qarem Mohamed Mustafa
Ku Nurul Izzah Ku Seman
Halimatun Syakirah Omar
Mohammed Yusof Dawood Gany

Universiti Kebangsaan Malaysia

Abstract: Religious conferences are an opportunity for mental health screening. We conducted such an activity at a recent event and found high rates of moderate to severe anxiety and depression. The cases were referred on to mental health services. Religious conferences organizers need to be aware that mental health issues in their participants can be approached together with mental health service providers.

Keywords: mental health, screening, conference, religious
EXPLORING THE CHALLENGES OF COMPLETING AGRICULTURAL PROJECT UNDER THE INITIATIVE OF NBSO3 AADK

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**Abstract:** This paper discusses the challenges faced by clients of Cure and Care Rehabilitation Centres (CCRC) in completing agricultural project under the initiative of NBOS3 AADK. The NBOS3 AADK program focused on agriculture by using work therapy approach as one of the treatment in rehabilitation centres. This is a qualitative study using an interview approach. A total of eight (8) clients in CCRC were interviewed. The findings showed that NBOS3 AADK clients encountered psycho-social challenges associated with i) social networking among clients and staffs and ii) negative emotions (laziness or tiredness). In addition, the clients also perceived that working environments (hot weather and time constraint), job demands and pest as their challenges in this program. To overcome these challenges, these clients applied two method of coping strategies, which are emotion-focus and problem-focus. For emotion-focused strategies, it involved social support, acceptance of responsibility, self-control and re-evaluation. As for problem-focused, the clients reported the trial-and-error method to overcome the pest problems. Thus, these challenges need to be highlighted to ensure the success of the program. Effective program and intervention can be planned to overcome the challenges. A better management plan and strategies will produce a better working environment. This will enhance the recovery process and provide a positive working experience for clients. A further study is recommended to identify the effectiveness of the work therapy module which integrate the elements of networking and positive psychology among CCRC clients.

**Keywords:** work therapy, challenges, social support, client, coping
NEEDS AND INTERVENTION IN COUNSELLING SERVICE FOR REFUGEE WITH PTSD: A SYSTEMATIC REVIEW OF LITERATURE

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Universiti Putra Malaysia

Abstract: The purpose of this study is to know the needs and an effective counselling intervention for refugee with PTSD. By using systematic review methods, 10 articles were selected based on the criteria that has been set. Research findings show that the access for refugee to get a proper counselling service is very limited since the main aid for those people is more focusing on their physiological needs such as food, welfare and medical treatment rather than the psychological need. Researcher also finds that the effective intervention has been used to help PTSD refugee is compilation of therapy with CBT as the root of technique in counselling session. It is recommended that more researchers will conduct studies on refugee with PTSD generally for a better understanding in improving their psychological wellbeing.

Keywords: Refugee’s Need, Intervention for Refugee
CONTENT ANALYSIS OF SELECTED ARTICLES ON DEPRESSION AND PERCEIVED SOCIAL SUPPORT

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Abstract: This paper provides a content analysis of studies focused on the social support among mental health that have been published in online journals from a database Sciencedirect. A total of 240 articles on the topic about mental health were shortlisted from the database Sciencedirect covering the period 2014 to 2018. From the total 20 articles were selected which exactly focused on the research topic. These articles were analyzed based on the scope of the study and highlighted category. In this context, the main focus is to make content analysis based on several important aspects of the study design, instruments, and research methods. This content analysis also reviews the types and methods of social support for mental health problem. This study is expected to develop a basic conceptual framework for social support in attending persons with mental health issues.

Keywords: mental health, social support, Content analysis
THE MULTICULTURALISM PRACTICE IN TREND, FACTORS AND ADAPTATION OF EMPLOYMENT OF PEOPLE WITH DISABILITIES: A SYSTEMATIC REVIEW

Noria Ab Karim

Abstract: People with disabilities are acknowledged as part of multiculturalism in term of the diversity in their abilities. Consideration of any cultural group as equivalent is the basic principle of multiculturalism. The aspect of acceptance, fairness, indiscrimination and freedom are counted in deciding whether the equality concept in multiculturalism being practiced or not. This article is a systematic review study which explores equality practice in employment of people with disabilities. Electronic database is used to search relevant reading materials and 10 journals are found by considering the inclusion and exclusion criteria. The review is derived systematically from the trend of employment among people with disabilities, the factors that affect the chances of employment among disabilities and the adaptation of the people with disabilities in the world of work.

Keywords: multiculturalism, trend, adaption, employment, disabilities
COUNSELLING PSYCHOLOGISTS EXPERIENCES OF SPIRITUAL SUPPORT DURING CRISIS INTERVENTION OF NATURAL DISASTERS

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Abstract: Crisis such as natural disasters is an intrinsic part of life; and despite efforts aimed at prevention, crisis will continue to occur. Natural disasters initially sparked interest in the need for counseling psychologists to direct their energies more systematically to disaster work. Apart from the survivors’ related issues on crisis situations, counseling psychologists are also vulnerable on becoming affected physically and psychologically due to providing help for survivors who are affected by the crisis situation such as natural disasters. This phenomenological inquiry was conducted to readdress the imbalance of knowledge and to explore how working with natural disasters situation affects the lives of counseling psychologists both personally and professionally. Spiritual support experiences which reflected as one of the emerging themes in this inquiry were related to the experiences of counseling psychologists’ act of surrendering their fate in the Hands of The Almighty. It is an effort of kept praying to Allah to ensure the safety and guidance for crisis intervention in the wake of natural disasters situation. This inquiry revealed that counseling psychologists have had always prayed to Allah, always praise Allah for answering their prayers, and always praise Allah for giving them chance to become crisis responders. The knowledge gained from the understanding of the gathered experiences can be used as a benchmark and guideline to enhance the quality of counseling psychologists’ personal and professional life.

Keywords: counselling psychologists, spiritual, crisis intervention, natural disasters
THE ILLNESS AND TREATMENT EXPERIENCES AMONG A SAMPLE OF MUSLIM MALAYSIAN WITH CORONARY HEART DISEASES

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Abstract: Introduction: This study aimed to explore the coronary heart diseases (CHD) patients’ experience on the meanings of their illness and treatment preference. It seeks to provide insight into the risk factors associated with the processes relating to medical compliance behaviour. Methods: Transcripts of an individual interviews (N=12) were analysed using Interpretative Phenomenological Analysis. Data were gathered using purposive sampling among inpatients and outpatient with CHD. Findings: The illness and treatment process was guided by the CHD patients’ experience during the inpatient treatment prior hospital discharge, and also as an outpatient. From the analysis, these experience reflected their needs in knowledge, strong psychosocial support, and the importance of patients and prescriber relationship. However, when these factors was negatively experienced, the CHD patients were shifting towards their preferred cultural and beliefs based alternative therapy than the modern prescribed treatment. Conclusion: Understanding the risk factors that influence the CHD patients’ treatment adherence could lead to identification and improvement for better future intervention programme in Malaysia.

Keywords: treatment experiences, Muslim, coronary heart diseases
EFFECTS OF TRAMPOLINE EXERCISE ON ATTENTIONAL CONTROL AND DAYTIME SLEEPINESS AMONG YOUNG ADULTS WITH ANXIETY DISORDERS

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Abstract: Anxiety disorder has been linked to deficient attentional control and sleep problems in young adults. Aim: This study was aimed to investigate the possible effects of trampoline exercise on attentional control and daytime sleepiness among young adults with anxiety disorder. Methods: This single-blinded randomized controlled trial involved 40 young adults with anxiety disorder. Prior to the trial, all the participants were screened for eligibility using Beck Anxiety Inventory and Physical Activity Readiness Questionnaire. Participants were randomly assigned into an experimental group (n=20) and control group (n=20). Experimental group was submitted to trampoline exercise for 4 weeks. All participants in both the groups received deep breathing exercise. Attentional control and daytime sleepiness of the participants were evaluated using Attentional Control Scale and Epworth Sleepiness Scale respectively. Results: The experimental group showed statistically significant improvement in Attentional Control Scale (p=0.009) and Epworth Sleepiness Scale (p=0.005) compared to control group. Conclusion: Trampoline training resulted in reduction in daytime sleepiness and improvement in attentional control after 4 weeks of trial, highlighting the potential of utilizing trampoline exercise training as an adjunct to established clinical treatment.

Keywords: trampoline, sleep quality, cognitive, exercise, rebound, anxiety disorders
TRADITIONAL AND ALTERNATIVE TREATMENTS AMONG MALAYSIAN CHRONIC DISEASE: A SYSTEMATIC REVIEW

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Abstract: The main objective of this article is to provide an overview of the effectiveness, health belief, perceptions and influenced factors of taking traditional and alternative treatments in chronic disease in the different ethnic groups in Malaysia. The authors used electronic database to find suitable reading materials and 10 journals were found as conclusion. This article concludes a systematic review of 10 journals including some inclusion and exclusion criteria. The effectiveness, health belief, perceptions and influenced factors of taking traditional and alternative treatments among chronic disease were discussed systematically.

Keywords: traditional, alternative treatments, chronic disease, systematic review
PREMENSTRUAL DYSPHORIC DISORDER: A REVIEW OF STUDIES IN MALAYSIA AND CURRENT PROGRESS.

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**Abstract:** Premenstrual Dysphoric Disorder (PMDD) is the most severe form of Premenstrual Syndrome (PMS). It impacted the lives and productivity of about 3% to 8% of women population in the United States of America. Based on the literature review, there were five studies related to PMS conducted in Malaysia which among women in rural area, universities and school students. However, none of the studies focused on PMDD and none of it reported the utilization of psychometrically valid and reliable tools. This rendered difficulties in obtaining valid information on the local prevalence rate of PMDD. An ongoing study is conducted to remedy the situation. The initial step is by adapting and validating a tool to assess the disorder. Daily Record of Severity of Problems (DRSP) is the selected instrument based on its' items adherence with Diagnostic Statistical Manual of Mental Disorder - Fifth edition (DSM-5) diagnostic criteria of PMDD. It is also one of the most commonly used tool to assess the disorder. Up to this date, there were two validation studies on DRSP at the international level. The first study was conducted on American population, while the second was on Chinese population. Current study is aimed to adapt and validate the DRSP into Malay language. A population of Malaysian Muslim undergraduate students in International Islamic University Malaysia (IIUM) is selected. It is hoped that the outcomes of this ongoing research will add to the body of knowledge on another valid and reliable tool to assess PMDD. Furthermore, the validated Malay version of DRSP is believed to encourage further research on PMDD in Malaysia.

**Keywords:** Premenstrual Dysphoric Disorder, Premenstrual Syndrome, Daily Record of Severity of Problems, psychometric properties, Malaysia.
EFFECT OF VISUAL ART THERAPY ON ANXIETY OF PEDIATRIC DENTAL PATIENTS: A PILOT STUDY

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Abstract: This pilot study examined the psychological effects of visual art therapy on anxious pediatric dental patients. Methods: Participants were randomly assigned to either experimental (received visual art therapy) or control group (not received visual art therapy). The participants need to attend for three subsequent independent dental appointment visits in two weeks intervals. Venham Picture Test adopted to measure the participant’s pre- and post- situational anxiety prior to dental procedures/treatment. The experimental group participant was given three different visual art-making activities in the three subsequent independent visits. The visual art making activities are free drawing in Visit 1, clay-moulding in Visit 2 and collage technique in Visit 3. Each participant reaction towards dental treatment in both groups rated using Frankl Behavioural Rating Scale in each dental visit. Results: Median and Ordinal Test ranked the variables score of behavioural reaction towards dental treatment and anxiety level. Conclusions: This study finding suggests that a brief period of visual art therapy can significantly reduce a child’s state of anxiety and will further help the child to receive dental treatment in the dental chair.

Keywords: visual art therapy, anxiety, pediatric, dental patients
ASSOCIATIONS OF MATERNAL PSYCHOLOGICAL STATE WITH BREASTFEEDING PERCEPTION AND INFANT OUTCOMES (APPETITE AND GROWTH) AMONG MOTHER-INFANT DYAD IN MALAYSIA

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Abstract: Maternal psychological state is recognised to be influential on lactation success, largely by affecting milk ejection. Thus, increase stress and anxiety can disrupt milk flow and in long-term, affect milk synthesis, which consequently could influence breast milk intake and composition. Studies have also suggested that breastfeeding could influence infant feeding behaviour and appetite, especially through the mediation of bioactive factors such as hormones in breast milk. Therefore, by having positive perception towards breastfeeding could eventually help to improve breastfeeding performance and might influence infant appetite and growth. Objective: To investigate associations of maternal psychological state during postpartum period with breastfeeding perception and infant outcomes (appetite and growth). The maternal-infant factors were also investigated to see the trend changes during the postpartum period. Methodology: Primiparous pregnant women (n=88) were recruited at antenatal clinics in Klang-Valley and their perceptions toward breastfeeding (BF) were assessed by the Iowa Infant Feeding Attitude Scale (IIFAS). Mothers that were exclusively breastfed their infants (n=64) were followed up postnatally when the infants were 2, 6 and 12-14 weeks old by conducting home visit sessions (HV1- HV3). During HV, maternal stress, anxiety and depression were assessed by Perceived-Stress-Scale, Beck-Anxiety-Inventory and Edinburgh-Postnatal-Depression-Scale respectively, whereas infant appetite was assessed by Baby-Eating-Behaviour-Questionnaire. Infant weight, length and head circumference were measured at all HVs. Results: The population mean score for IIFAS is 67 ± 6.3SD (indicating an average of positive perception towards breastfeeding). There were negative associations between IIFAS score and maternal anxiety & depression at HV2. Consistently, negative associations were found between IIFAS and BAI (r= -0.3, p=0.07) and EPDS (r= -0.3, p=0.03) scores at HV3. Maternal stress (PSS), anxiety (BAI) and depression (EPDS) scores were significantly reduced from HV1 to HV3 (all p<0.05). However, there was a significant difference of Slowness in Eating (SE) score of appetite trait between HV1 and HV3 (p=0.02, CI:0.04, 0.42). Mix-feeding infants were reported to have significantly higher food responsive (FR) at HV3 than exclusive breastfeeding infants (p=0.014, CI:0.12, 0.98). Conclusion: Measures of psychological distress of the study population were significantly reduced over time, but were not associated with infant appetite and growth. Mothers who were better informed about breastfeeding were less stressed, suggesting that better education of mothers about breastfeeding before they become pregnant or during early pregnancy could be helpful. All reported infant appetite traits were consistent across time-points except that the slowness in eating reduced during the study period.
INCORPORATING RELIGION AND SPIRITUALITY IN CLINICAL PRACTICES: ISLAMIC PERSPECTIVES

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Abstract: Religion remains as important aspect of human life and it usually have a positive association with good mental health. Increasing our knowledge of the religious aspect of human beings will increase our capacity to honour our duty as mental health providers in relieving suffering and helping people to live more fulfilling lives. Religion is a multi-dimensional phenomenon and no single factor can explain its action and consequences. The combination of beliefs, behaviours and environmental promoted by the religious involvement would determine the religious effects on health. There is a huge impact of Islamic religion and spirituality within psychiatry clinical practice. Through incorporation of Islamic values and beliefs into psychotherapeutic process, it would greatly beneficial in treatment of Muslims presenting with symptoms of depression and anxiety. It is a high time to formally expand and include spiritual or religious component (psycho-religious) in the bio-psycho-social dimensions of patients care.

Keywords: Religion, spirituality, religious psychotherapy, Islam, anxiety, depression
A REVIEW OF MENTAL ILLNESS AMONG ADOLESCENTS IN MALAYSIA

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Abstract: The number of mental illness issues among Malaysian adolescents has increased which leads to the necessity for further exploration of its factors. Thus, the purpose of the study is to review the cases of mental illness issues among adolescents in Malaysia and the factors that lead to such issues. Qualitative design is employed with document research method. Data on the factors and numbers of cases of teenagers’ mental health issues from journal articles, books, newspapers and other relevant sources are analysed through thematic and comparative approach. It was found that between 2014 to 2015, a total of 3073 cases were reported which lead to depressions. Adolescents are also found to be involved in a number of illegal and aggressive activities such as drug addictions, gambling, and damaging of property due to their mental volatility. Previous research indicated that a major factor that elicit mental illness is severe psychological trauma that a person suffered as a child due to abuse. A few recommendations are also included at the end of the paper.

Keywords: Adolescents, document analysis, mental illness, psychological trauma, qualitative study
MENTAL HEALTH STUDIES ON MUSLIM PARENTS OF CHILDREN WITH AUTISM AND THEIR COPING STRATEGIES:
A NARRATIVE REVIEW

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Abstract: Mental fatigue affects a person’s quality of life by decreasing cognitive and skilled performance and also disrupting the physiological system. This altered, reduced state of optimum capability in doing cognitive activity is commonly seen in parents of children with autism, who expectedly struggle to maintain their family welfare. The raising numbers of individuals with autism as reported by Centers for Disease Control and Prevention, lead to corresponding increase of parents with mental fatigue. They tend to have higher level of mental fatigue and reduced overall wellbeing, e.g., experiencing stress, anxiety and depression. Although, psychospiritual therapy is well accepted by practitioners dealing with mental health issues, information on whether Muslim parents of children with autism depended on Islamic traditions in coping with mental fatigue is lacking. This paper will discuss the mental health from Islamic perspective and also on researches focusing on coping strategies of Muslim parents of children with autism in maintaining their quality of life.

Keywords: mental, fatigue, autism, psychospiritual therapy, quality of life
EFFECTIVENESS OF ISLAMIC-BASED FAMILY EDUCATION PROGRAM TO ENHANCE MARRIAGE READINESS AMONG EMERGING ADULTS IN INDONESIA

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Abstract: This present study examined the effectiveness of Islamic-based Family Education Program for improving marriage readiness. The experimental research design of this study was repeated measure experimental designs. The participants of this research are 16 unmarried young adults (age range from 19-31 years old). The scale of marriage readiness (Ghalili, Etemadi, Ahmadi, Fatehizadeh, & Abedi, 2012) consisted of the following aspects: mental readiness for marriage, moral readiness for marriage, emotional readiness for marriage, interpersonal readiness, and marital life skills. The scale was completed by each participant in pre and post-test treatment. The study revealed that there was significant main effect of treatment on marriage readiness ($t(15)= -1.841, p<0.05$) and effect size estimate represents a large effect ($r = 0.596$). The result would be discussed later on this paper.

Keywords: islamic-based family education program, marriage readiness, emerging adults
FACTORS DIVORCEMENT AND DIFFERENCES IN DIVORCE FACTORS IN MALAYSIA, USA AND INDIA

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**Abstract**

The purpose of this study is to look at the cause of divorcement. 15 articles selected according to the criteria set by using systematic review method. The study is focusing on divorcement from 3 countries comprising Malaysia, United States and India, whilst reviewing the differences in divorce factors for the stated countries.

**Keywords:** factors divorcement, divorce, factors
MEN IN COUNSELING: FACTORS FOR LOW HELP-SEEKING ATTITUDES

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Abstract: The attitude of seeking help has been discussed since a long time ago, especially regarding the willingness of men and women in seeking professional counseling help, where gender differences affects the level of help-seeking attitude among men and women. This article is a systematic review study, which explores the causes of the low help-seeking attitude in men. The pattern of this study is derived from a combination of gender role conflicts, stigma, and different perspectives from countries all around the world. Electronic database was used to find related information and reading materials, and all the materials were narrowed down to a total of 10 journals. This article discussed a systematic review of all the 10 journals which also the result of exclusion and inclusion criteria. The related factors of low level of help-seeking attitudes in men which includes self-stigma, masculinity, and gender role conflicts were discussed systematically in this article.

Keywords: men, masculinity, gender role conflict, help-seeking attitude.
VULNERABILITY TO DEPRESSION AMONG MUSLIM ADOLESCENTS: RESULTS FROM AN ONLINE SURVEY STUDY IN SELANGOR AND KUALA LUMPUR, MALAYSIA

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Abstract: A range of psychosocial risk factors has been associated with the onset of depression among adolescents. The purpose of this study is to determine the most stronger psychosocial risk factors for depression and to examine emotional stability and behavioral difficulties as a mediator in the relationship between friendship attachment and depression. A cross-sectional study of a large, broadly sampled, a nonclinical sample of 416 male and female adolescents between the ages of 13 and 19 years old. The emotional instability and behavioral difficulties and friendship attachment scales were used to determine psychosocial risk factors for depression. The online participants were more likely to be female, Malay ethnic, and Muslim. Results showed that 21% adolescents reported likely and 9% highly likely chance of depression. A significant positive correlation was found between emotional instability, insecure friendship attachment, and depression. Further analysis showed that depression was mediated by three risk factors. Results support the high prevalence of depression among adolescents. The risk for depression may be increased among adolescents who experienced greater levels of emotional instability and behavioral difficulties.

Keywords: affect/mood, insecurity attachment, depression, adolescents, Malaysia
THE DRIVING FORCES OF BULLY IN ADOLESCENT:
A SYSTEMATIC REVIEW IN ASIAN COUNTRY

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Abstract: The Driving Forces of Bully in Adolescents: A systematic Review in Asian Country Nur Nazihah Ibrahim zeehabaym@gmail.com Abstract Bully is the intentional and repeated hostility act via physically, verbally, or cyberbully in which the victims cannot defend themselves. It has been a common issue among adolescents in school settings. This systematic review studies the factors lead to bully incidents in Asian countries. Information was extracted from SCOPUS database to find relevant reading materials which includes the inclusions and exclusion criteria in the processes and a total of 10 journals were found. The driving forces of bullying such as environmental influences, self-expressive, racial elements, psychological factors were discussed systematically based on the pattern shown in the extracted information from the Asian countries.

Keywords: bully, driving forces, Asian countries, systematic review
DIFFERENTIATE OF PARENTING STYLE TO ENHANCE EMOTIONAL INTELLIGENCE AMONG ISLAMIC AND NON-ISLAMIC CULTURE

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Abstract: Nowadays the issue of emotional intelligence is catching most of attention in both academic and nonacademic area. Researchers and parents are seeking a way to enhance adolescent’s emotional intelligence. As improve the emotional intelligence is like a pathway to increase mental health. Have knowledge about emotional intelligence (EI) at a young age, could contribute to better emotional adaptation. According to studies, environmental impulses such as communication with parents, peers and social media are key factors to train emotional intelligence. Among all variables, parents show the most important role in this way. Based on the parenting literature, three main concept of parenting are identified as relevant to the study of emotional intelligence : (authoritative parenting style, authoritarian parenting style, and permissive parenting style). Articles show different consequences in diverse countries. In this regard, some factor such as culture, economic situation and religious have effective role in this area. Emotional development in people who live in western countries, Asian and also African people who come from middle class in western countries are definitely depend on authoritative parenting style or in rare cases to permissive parenting style while in Islamic countries is related with authoritarian parenting style. Studies show that relationship between adolescents and family could be different among countries on the base of collective and individualistic cultures. Therefore it seems that authoritarian parenting within an authoritarian culture is not as harmful as within a liberal culture. As a final point, in this article is tried to highlight that, social environment, different culture, religious and economic situation all have significant influence on emotional intelligence something that in other article is not pointed.

Keywords: Parenting styles, Emotional intelligence, Culture, religious.
SPIRITUALITY AND ART: STUDY ON JAVANESE MOSLEMM ARTIST

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Abstract: Javanese is the biggest ethnic group in Indonesia. It is well known with its long lasting cultures. The society still preserves its cultures as its identity. So, the cultures evolve with its society, as Javanese. Culture will influence the artists, because art can not be separated from cultural influences, whether painting, dancing, or staging. There is a debatable about art in Islam. Allowed of Art is in order to become a way can bring artists closer to God. This happens because of the influence of local wisdom on the artist where in Java, spirituality and religiousity are considered as the highest values of life. This research used qualitative approach with interpretative phenomenological analysis method. Collecting data through interviews and observations. Characteristics of the subject in this study was Javanese artist who was born and lives in Java and has a work art/s. The number of subjects in this study were three people. Based on the results of the study, all of the participants was born and grew up in Java. Art could be a way to get closer to God. The spiritual side influenced in their works, listed in the symbols or behaviors. In the painter, it seem as the religious symbols on his painting, for example sun as a symbol of God. In dancing, especially in the traditional dance of Java, every movement had its philosophical meaning, like a gratitude, prayer symbols, or worship. In staging, the actor had to play another characters on stages, so he would left his real identity. In fact, not infrequently he would lose his identity, about who am I. He admited that he discovered who is him when he do a worship. Finally, spiritual activities became a counterweight between the real one with the characters might be played.

Keywords: spirituality, art, Javanese artist
WELL-BEING ELEMENT IN SOLAT AND ITS IMPLICATIONS ON STUDENT MENTAL HEALTH

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Abstract: Although the purpose of well-being among the Muslims derived from the practice of worship as prescribed by God but the issue is to what extent this appreciation has been identified. This paper aims to analyze parts of the well-being elements through obligation of solah as described in the Quran. This paper identifies some verses about solat from various surah in the Qur'an as a source of data acquisition to develop a questionnaire. Samples consisting of 49 students aged between 19 and 20 years old at the Institute Teacher Education. The selected sample is representing Islamic studies students who are seen to be committed in religious practice. A self-generated questionnaire with a 5-point scale was used to measure the well-being elements as mentioned and selected in the quran. The data from the questionnaires were analyzed using SPSS to determine the mean and frequency while the selected data from the open question were used to identify the perceptions of students in the items. The findings show that quran verses on well-being consist of seeking God's help, increasing rewards, avoiding Satan's disturbances, adding good deeds, fearing God, expecting blessings and goodness of life, zikrullah, sincere deeds, preventing fahsyia and mungkar, promoting good deeds, and sincerity to God. Data from the questionnaire showed that most students received a high level of well-being from solat practice. Respondents' perception from the open question also support the elements as measured in the questionnaire. The findings of this study has implications for the development of student’s mental health in their everyday life as stated in the Qur'an.

Keywords: Al Quran, Solah, Wellness, Muslim, Worship.
SPIRITUALITY DILEMMA AND ITS INABILITY TO REDUCE DISTRESS OF INDONESIAN WORKERS

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Abstract: Spirituality is a non-materialistic move that enables workers to have unlimited motivation to achieve the highest performance. On the one hand, spirituality becomes the "escape route" of an insurmountable challenge, which makes the performance of workers in the organization declining. Aim. To measure spirituality in reducing the level of workers' distress. Methods. Cross-sectional study among 157 workers in five different workplaces aged 25-57 years old. Stressful life event measured by Holmes-Rahe Social Readjustment Rating Scale, distress measured by Distress Scale (15 items), and spirituality measured by Daily Spiritual Experience Scale (16 items). Questionnaires are validated in Bahasa. Results. All questionnaires are feasible. Distress is affected by stressful life events, and spirituality is not well enough to decrease workers' distress. The findings are discussed for future research.

Keywords: Spirituality, workplace, distress, mental health.
STRESS MANAGEMENT ACCORDING TO ISLAMIC PERSPECTIVE IN INSTITUTION: A SYSTEMATIC REVIEW

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Abstract: Every day, mental stress disorder is reported to be rising. Report pertaining mental health from National Health & Morbidity Survey (NHMS) shows rising cases in the last ten years of the survey conducted. This paper specifically views stress that occurs in the institution. Work-related stress is the most challenging issue because it gives a huge impact on employee’s health, institution’s productivity and nation’s economy. If the stress is not managed well, it will lead to losses to the institution’s member and the institution itself. This can be observed by the absenteeism of the institution’s member or the institution’s member working even though they are sick. The objective of this paper is to identify the stress, stressor and steps to handle stress in order to manage the stress. Systematic review on past studies (in Malay language and English) that have been published between 1960s to 1970s involved institution’s members in Malaysia have been used as methodology of research. The studies that did not involve institution’s members in Malaysia were also made as a potential stress management. This systematic review’s inclusive criteria are according to PRISMA checklist. Preliminary result found from around 200 studies identified, 50% fulfil the inclusive criteria. Not all studies focus on discussion of stress, stressor and steps to handle stress in an integrated way. There are studies that discuss stress management technique such as breathing technique, practice on behavioural technique and therapeutic technique. This study obtains more than 30 methods of stress management. Source of stress in the workplace, ways to determine stress and effect of stress are the indicators of the study’s outcome. The final result discovers that stress management that is derived from research is practiced less.

Keywords: Stress management, human management, Islamic mental health, Islamic spiritual management
AMNESIA AND ITS RELATION WITH CONCESSION (RUKHSAH) ON PERFORMING PRAYER (SOLAH)

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Abstract: The low percentage of in-ward patients that performing solah during their stay in hospital indicates a worrying trend attributed to the minimal knowledge of rukhsah for solah during certain illness. Among the illness which could affect the ability of a Muslim to perform their act of worship is a memory disorder known as amnesia. There are several types of amnesia and classification where each of them manifest different level of severity. The different level of severity requires level of of rukhsah in solah. This review was conducted based on narrative review framework and integrated with Islamic Perspective by framework analysis. In relation to that, the distinction between ‘aqil and ghairu ‘aqil person is identified where transient global amnesia is suggested as ‘aqil person meanwhile the Korsakoff’s syndrome and global psychogenic amnesia is suggested as the ghairu ‘aqil person. For a person who is regarded as ghairu ‘aqil, the obligation of solah is accrued and they are not required to qada’ the solah after memory disorder is preserved. As part of the concession to the Muslim amnesic patient, they are permitted to perform the solah in jama’. In conclusion, the severity of the amnesic syndrome varies based on their classifications and the practice of rukhsah on solah should be in accordance to the principles of rukhsah.

Keyword: pathology, amnesia, memory disorder, solah, rukhsah.
CASE REPORT: MANAGING POSTTRAUMATIC STRESS DISORDER USING ISLAMIC PSYCHO-SPIRITUAL APPROACH

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Abstract: Posttraumatic stress disorder (PTSD) effects 7.4% of Malaysians involved in motor vehicle accidents (Bahari et al. 2017). Without therapy, the condition may become chronic and progression to other medical and psychiatric illness are extremely common (Pietrzak et al. 2011). Effective treatments in the form of psychological approaches are available, but stigma towards mental illness remains the main barrier against presentation to mental health services (Trujillo 2008). Nevertheless, treatments incorporating religion and spirituality is more familiar and hence better accepted in our society (Bahari et al. 2014; Bahari and Abdul Aziz 2013). Objective: This case report aims to describe how a psycho-spiritual approach is used to manage PTSD symptoms in a Muslim patient. Methods: Mr. S., a 61-year-old pensioner from Ampang developed PTSD following a motorcycle accident. He underwent 5 sessions of the Islamic Psycho-spiritual Therapy for PTSD (IPSP). The intervention is a holistic treatment integrating psychological, social and spiritual approaches. There are four components to the therapy, which addresses stigma, symptom control and affective regulation, processing of traumatic memory and maintaining wellness. Results: The treatment was well received and patient’s compliance was excellent. The patient in this case report had significant reduction of symptoms following therapy. Conclusion: The Islamic Psycho-Spiritual Therapy for PTSD is a potentially effective treatment but further research is needed to ascertain its effectiveness.

Keywords: post-traumatic stress disorder, Islamic, psycho-spiritual approach
FACTORS INFLUENCING MULTICULTURAL COMPETENCE AMONG SCHOOL COUNSELOR: A SYSTEMATIC REVIEW OF LITERATURES

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Abstract: Multicultural competency is the capability to deeply acknowledge and understand well about other different cultures in order to communicate and work together with people and society from diverse cultures. With the fast growing number of students from multicultural background entering education system in our country nowadays, it is vital that school counselors have the ability of being competent in order to serve these children. This article is a systematic review study, which discovers the factors that contribute to the multicultural competency especially among school counselor. Electronic database was the main source used to search for good and suitable reading material and at the end, 10 appropriate journals were found after some inclusion and exclusion criteria being applied. The factors that influent multicultural competency among school counselors such as demographic background, year of working, attending multicultural training, taking multicultural course and self-efficacy were discussed systematically.

Keywords: Multicultural, competence, factors, diversity, counseling, school counselor
INFLUENCE OF OCCUPATIONAL STRESS TOWARDS ACADEMICIAN HEALTH AND WELLBEING IN PRIVATE EDUCATIONAL INSTITUTION

Sohana Binti Abdul Hamid
Ranita Binti Manap
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Abstract: Academic stress had been prevalent in universities all around the world. This shows that environment no longer provides the low-stress working environment that academician can enjoy. Extensive change is evident in higher education in the peoples of Malaysia but there have been few studies of the effect of work stress on wellbeing in the higher education sector. The main aim of the study to examine the influence between occupational stress and academician physical health and psychological wellbeing. Using Structural Equation Modelling (SEM) modelling resulted in job stress significant influence in psychological wellbeing. Job stressor resulted in poorer psychological wellbeing. Greater psychological wellbeing was associated with greater physical wellbeing. This in turn will impede the productivity of the organization such as teaching, supervision, publication, training, student service, administrative duties, and social responsibility productivity. The findings suggest that private university management should have some proper interventions are required to minimize stress at work place.

Keywords: Stress, Occupational Stress, Physical Health, psychological wellbeing, academicians
WHAT IS THE MENTAL HEALTH RISK PROFILE OF MEDICAL STUDENTS IN THE UK?

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Abstract: Depression and suicidal ideation amongst medical students is increasingly prevalent with hierarchical structures, a competitive environment, and social isolation playing pivotal roles. Up to 11% of medical students report suicidal intent, and as awareness increases, medical schools are taking more preventative action. Within this critical context, as students from the GKT School of Medical Education, we wanted to explore the specific risk profile of Muslim medical students in the UK. Due to rising islamophobic sentiment, compounded by the challenges of harmonizing social and religious identity in a new, academically intense environment, we believe risk assessment is particularly pertinent for this demographic. To understand the risk profile of Muslim medical students’ mental health, we undertook a scoping literature review using the Web of Science and Google Scholar. Key terms such as ‘mental health’, ‘medical students’ and ‘Muslim’, helped us to analyze and identify recurring themes and key factors, utilizing the WHO template. Our review returned abundant research on the increased rates of depression and suicidal ideation in university students, as well as medical students in particular. There was worryingly limited research on the mental health of Muslim, and Black and Minority Ethnic (BME) students, however we learned of how the BME attainment gap adds pressure to this student group. Rising Islamophobia in the UK and the introduction of PREVENT has seen anti-Muslim abuse and attacks increase, with Muslims experiencing higher stress levels as compared to people of other religions. Additionally, Muslims in minority ethnic countries also display lower health seeking behavior, with stigma around mental health still rife.

Looking specifically at the mental health of Muslim medical students, we did not return any results. However, most Medical students in the UK fall into all the aforementioned groups. Therefore, using an analogy of the risk factors of general students, Muslim students, minority ethnic students in the UK, and medical students, our risk profile highlighted that Muslim medical students are exposed to mental health risks from each of those groups. It is worrying to see that there is such little research in this area. Up to an estimated 10% of British medical students are Muslim and more awareness of the increased risk factors is needed. The exact nature of how these risk factors contribute to the lifestyle of Muslim students needs to be explored, alongside the various coping mechanisms employed by those who suffer. It is not known whether they could possibly compound negative effects, or whether the religiosity of practicing Muslims is protective enough against the risks or there are other protective factors. However, the reality of the risk is clear, with potentially negative impacts on attainment, progression, quality of life and much more.
SHOPISTIC LOGOTERAPY: SOLUTION FOR THE STUDENTS’ QUEST FOR MEANING OF LIFE

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Abstract: With all problems undergraduate students face, the period of college study is the most complicated period in order to find their true self and the meaning of life. They sometimes are confused of the purpose and the meaning of life. Those are represented in their hedonistic and materialistic lifestyle with a lot of mundane funs. They also neglected their traditional values. This leads them to the confusion of what to do and of what they want. This study is aimed at indentifying the process and phases of students' quest for the picture of the meaning of life. The model of hypothetic sophistic logoteraphy, as innovative treatment of the quest and the development of understanding the meaning of life, is a fusion of two approaches, namely, psychology and tasawuf. The method used in this research is mixed method of exploratory approach. It gives quantitative description of the students' quest of meaning of life and explores the depth of individual experience, for enhancing the research of the process of students' quest for meaning of life. The results and the discussions of this research are to indentify the profile of meaningful life of students’ in the dimension of personal, social and values. It analyzes the phases of students quest for meaningful life from normal phase, frustration of existence, the vacuum of existence, noogenic neurosis and back to the normal phase until attaining transcendence of self in the perspective of West psychology with logoteraphy approach. In another hand, teenagers transformation attainment in sophistic process is done by virtue of self discovery step through process of tazkiyatunnafsi in which there are tahalli, takhalli and tajalli. The conclusion of this research is that meaningful life for teenagers can be seen from three dimensions, namely, the dimension of personal, social and values. The exploration of the meaning of life through quantitative step with the graphic of self transcendece requires innovation and creativity in spiritual existential teraphy in conducting meaningless approach to students.

Keywords: Logoteraphy, sophistic, undergraduate student, meaning of life
HOMESCHOOLING IN MALAYSIA: A BRIEF FRAMEWORK

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Abstract: This paper presents and sets a framework of Homeschooling Policy by quality education management and utilizing the new information and communication technologies (ICT) provide exciting possibilities to enhance the learning process. This paper builds upon the existing documents which has been refereed as available on the references section. Quality education nurtures human talent and creativity, thereby contributing to the personal and professional development of the individual person, as well as to social, cultural, economic, political and environmental development of society at large. It promotes peace, democracy, creativity, solidarity, inclusion, a commitment to a sustainable environment, and international and intercultural understanding. It provides people with the critical knowledge, abilities and skills that are needed to conceptualise, question and solve problems that occur both locally and globally. Every citizen of this country has the right to a quality education. This country education system for primary and secondary level is still adapting the traditional education, which is the compulsory attendance to the school. In spite of some efforts made to reform education by governments and institutions at national level, we still see an overall gap in providing a holistic approach to the matter. This system has gone off long without a problem until recently, there are problems reported in schools. These problems includes social problems such as bullying and unequal opportunities, insufficient infrastructures and utilities especially for disabled learners, certain health condition that limit the learning ability of the students, such as autisme, Cerebral palsy, dyslexia, and environmental and safety issues of the students. All the stated problems have been observed to keep arising day by day with few choice of solutions available, which usually involve high cost in terms of financial. Therefore, it is high time for the ministry to approve the Homeschooling policy, which have been observed to solve the stated problems in developed countries.

Keywords: Education Policy, Homeschooling, Disabled Learner, Health Education.
MEDICAL STUDENTS’ PERCEPTIONS ON SPIRITUALITY AND HEALTH, AND ITS CHALLENGES

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Abstract: Medical practitioners are expected to be aware of the impact that spirituality has on patients’ illness and the treatment process. The training to improve medical practitioners’ competency should begin during the medical undergraduate study. However, to date, there is no empirical evidence to investigate Malaysian undergraduate medical students’ perception on spirituality and health and the challenges they face in implementing this knowledge into practice. This particular university is chosen since the institution has been implementing specific curriculum to integrate Islamic input in their 5-year medical course. The aim of this study is to assess final-year medical students’ perceptions on spirituality and health and qualitatively explore their perceived challenges. Methods: This is a cross sectional study that assess both quantitative and qualitative aspect of the objectives. A purposive sampling of 134 final-year medical students of a local Malaysian university were recruited for this study. A cross-sectional survey was delivered to students using an online form. Students were asked to answer about their beliefs and awareness regarding the relationship between patients’ spirituality and health plus how often they enquire about patients spirituality in their clinical work. The challenges to the latter, were answered qualitatively. Results: Majority (67%) of the respondents were female and all of them were Muslim. Majority (92.1%) believed that spirituality has much influence on patients’ health. 78.5 % of the students viewed the influence as being generally positive. Significant numbers of them (97.1%) believed that is generally appropriate to discuss spiritual issues with patients. Even though the majority of the respondents (91.4%) agreed that they have enquired about spiritual issues with patients at some point during their clinical posting, only about one-third (33.6%) frequently do so. Three major themes emerged in relation to the challenges in enquiring patients’ spirituality among students, which are (i) patient’s factor; uncomfortable, refusal, (ii) student’s factor; lack of knowledge, professionalism, and (iii) situational factors; time, posting. Conclusion: Despite a good students’ rating on the perception of spirituality and health, in practice only one-third of them frequently enquired issues related to spirituality. The challenges that emerge are important aspects that need to be addressed in their training.

Keywords: medical students, perceptions, spirituality, health
EFFECTIVENESS OF COMMUNITY BASED MENTAL HEALTH EDUCATION PROGRAMS ON MENTAL HEALTH ISSUES AWARENESS LEVEL AMONG STUDENTS IN JORDAN

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Abstract: According to the World Health Organization (WHO) 1 in 4 individuals will live with a mental illness at some point in their lives. Currently, more than 450 million people suffer from such conditions, placing mental disorders among the leading causes of ill-health and disability worldwide. More than 2/3rds of the individuals suffering from Mental Illness worldwide do not seek help due to lack of awareness, and the lack of resource. Suicide is a prominent public health issue and its prevention is a global priority, and various institutions, including WHO, recommend directing education campaigns to the general public to develop awareness of suicidal crises and improve awareness about depression. Students are more vulnerable towards having different mental health problems such as mood disorders. For example, 13% of students have anxiety, 14% of them have eating disorders, and 8% are alcohol abusers. In addition, suicidal behaviors and thoughts are highly diffused among students with significant proportions). In Jordan, a national cross-sectional study in 2012 showed that 66% of the Jordanian youth population frequently experienced feelings of sadness, 49% felt loss of joy and 43% felt loss of hope in living. These mental illnesses are thought to be triggered or sometimes exacerbated by multiple stressors in student’s lives, including the intense academic pressures and the harmonizing of social life with academic responsibilities, as well as separation from their families and having to deal with more life responsibilities. Mental health problems among students are also linked with many sociodemographic factors, such as poorness, living alone, living with parents, and perceived social support. Literature proposed that poor students are twice susceptible to get mental health problems as compared to others. Living alone was found to be a risk factor for mental health problems. On the other side, living with parents found to be a vital risk factor for suicidal thoughts and behaviors. This study aims to examine the effect of community-based mental health education programs on the awareness level among university students, as well as school students. In addition, investigate the effect of demographic factors and socioeconomic status on the manifestation of mental health problems. Moreover, measure the level of satisfaction and goal accomplishment of the attendees of the community based mental health education programs in Jordan.

Keywords: community based, mental health, awareness
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