



MINISTRY OF YOUTH AND SPORTS

2023 YOURS

INTERNATIONAL CONFERENCE FOR YOUTH

DRIVING INCLUSIVITY

IN YOUTH MENTAL WELLNESS

23-24
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International Conference for Youth 2023 (YOURS' 23)

"Driving Inclusivity in Youth Mental Wellness"

Organized collaboratively by the Institute for Youth Research Malaysia
(IYRES) and the National University of Malaysia (UKM)

Institute for Youth Research Malaysia (IYRES) 2023

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International Conference for Youth 2023 (YOURS'23): Driving Inclusivity In Youth Mental Wellness

ABOUT YOURS'23

YOURS'23 represents a unique fusion of two significant events which are the International Conference for Youth, making its second appearance since its inception in 2015, and YOURS' 23, which celebrates its sixth occurrence since 2016. Together, these events create a powerful platform for showcasing research outcomes in youth development. In collaboration with The National University of Malaysia (UKM), this collaboration aims to foster greater participation from both local and international presenters, all unified by the central theme of "Driving Inclusivity in Youth Mental Wellness." The primary objective is to facilitate the exchange of research findings that specific emphasis on youth mental health. YOURS'23 has featured a total of 12 presenters, comprising 8 local presenters and 4 international presenters.

OBJECTIVES

The objectives of follow:

1. To comprehensively understand the mental health landscape among Malaysian and International youth;
2. To assess awareness, knowledge and prevalent issues related to mental health symptoms and behaviors among youth;
3. To review statistical findings on Malaysia mental health issues with a focus on both the national and international landscape;
4. To gain access actionable guideline as a tool for dealing with stress, anxiety and depression by providing practical counsel;
5. To promote general well-being and exchange advice for building a healthy lifestyle; and
6. To disseminate and exchange facts about mental health, as well as strategies for combatting stigma and its negative impacts.

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WELCOMING ADDRESS



As a national youth research centre, research efforts carried out by the Institute For Youth Research Malaysia (IYRES) does not only presentation and reporting of research findings. In fact, various alternatives have been taken by IYRES to convey and share the results of the study to the community and stakeholders who are directly or indirectly involved in youth development. One of them is by holding the International Conference for Youth 2023 (YOURS' 23): Driving Inclusivity In Youth Mental Wellness on the 23rd - 24th of October 2023 involving a total of 256 participants.

This conference is seen in accordance with the vision statement of IYRES "Leader of Youth Development Research and Youth Data Reference Center Towards 2035". With the publication of this proceeding, it could convey to maximize their dissemination and use. These proceedings are equipped with facts about mental health issues as well as the results of the Youth Mental Health study in the country and abroad, which are very suitable as reading material and scientific reference by all groups of readers who are academicians, practitioners, youth and others.

In appreciation, I would like to express my gratitude to the collaboration with The National University of Malaysia (UKM) in making this conference a success. YOURS'23 has involved 12 presenters, comprising 8 local presenters and 4 international presenters who have shared tips for cultivating a healthy lifestyle are to promote overall well-being and facts surrounding mental health and strategies for combating stigma, along with its detrimental effects that can be utilized by all walks of life. I am also would like to thank you to 256 conference participants who have been involved in this conference. Hopefully with this effort we can further increase awareness, knowledge and prevalent issues related to mental health symptoms and behaviors among Malaysian and International youth.

YBrs. Dr Vellapandian Ponnusamy
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KEYNOTE ADDRESS

DRIVING INCLUSIVITY IN YOUTH MENTAL WELLNESS

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Addressing comprehensive healthy well-being is one of the national targets to achieve good quality of life in promoting own potential productivity and contribution to community. Driving inclusivity in youth mental wellness was chosen as the conference theme of the YOURS'2023 this year. Post-COVID 19 pandemic is now no stranger and has had a huge impact on the mental health of every individual around the world and Malaysians are no exception, especially among the youth. The stress experienced by an individual is usually caused by physical and mental instability that is closely related to the way of life in which they are unable to face the burden, which can manifest in the form of threats, and challenges for any sudden changes. Most youth are healthy, physically, and emotionally, yet one in every four to five youth in the general population meets the criteria for a lifetime mental disorder that is associated with severe role impairment and/or distress. Evidence shows that the risk of becoming depressed can be increased by life events and disrupting the emotional and mental well-being of youth based on five dimensions, namely (i) unemployment; (ii) industrial sector; (iii) employment of labor in the informal sector; (iv) employment sector for new graduates and (iv) employment crisis and income gap in this country. The first dimension focuses on unemployment where the youth group continues to dominate the highest number of unemployed in Malaysia compared to other adults. Youth is a very important national asset that has the potential to advance the country with academic achievement and skills for career opportunities. Manage of youth mental health can contribute to the deterioration of resilience and personal health functionality and increase social cases such as dropping out of school, suicide, vandalism, bullying and consumption of prohibited substances. Various initiatives have been highlighted by the Malaysian Ministry of Health (MOH) and other health agencies, but mental health problems continue to rise at an alarming level. In Malaysia, college or university students faced with the current rapid modernization and sedentary lifestyle changes are exposed to mental health stress problems. The efforts made by various responsible parties are still insufficient to contain and deal with youth mental health problem. In fact, the unclear guidance and lack of precise attention in overcoming these issues by the responsible parties have encouraged

more researchers to conduct studies to identify the main risk factors and outline effective interventions to deal with these mental health problems among youth. Prevention among youth towards fostering positive behavior towards forming healthy well-being and existing quality of life requires multi-approach strategies that need to be laid out in a strategic framework. By investing in youth development will promote economic growth through increasing productivity, innovation, creating a more dynamic and competitive economy. The social development of the youth through education and health promotes strong, resilient, and competitive communities. The YOURS 2023 would necessitate the strategies and assistance to emphasize ownership, alignment, harmonization, managing for results, and mutual accountability for our youth mental illness.

THEME 1: INTRAPERSONAL SKILLS

MEDIATION EFFECT OF RESILIENCE ON THE ASSOCIATION BETWEEN CHILDHOOD ADVERSITIES AND ONSET OF MOOD DISORDER

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ABSTRACT

Childhood adversities has been associated with earlier onset of mood disorder, which worsen the disease clinical course and outcome. Meanwhile, resilience has protective roles against the onset development of mood disorder. This study is aimed to explore the possible mediating effects of resilience on the association between childhood adversities and age onset of mood disorder. This cross-sectional study involved 110 respondents who were randomly selected from outpatient psychiatry clinic Hospital Canselor Tuanku Muhriz, and were given Childhood Trauma Questionnaire, Connor Davidson-Resilience Scale 10 and sociodemographic questionnaire. Data was analyzed using SPSS and mediation analysis was performed using PROCESS macro by F. Hayes. Our analysis found that childhood adversities were inversely related to age onset of mood disorder ($Q=0.0021$; $p < 0.05$) and resilience ($Q=0.1008$, $p < 0.05$). The direct effect of the pathway of childhood adversities to the age onset was smaller ($Q=0.0017$; $p < 0.05$) than the total effect ($Q=0.0021$; $p < 0.05$) when resilience was included, suggesting some partial mediation. The "indirect effect" of childhood trauma on mood disorder through the resilience mediator was $Q=0.0004$ [95%CI = -0.0010 - -0.0001]. Our finding depicted that higher levels of childhood trauma may result in reduced resilience hence earlier onset of mood disorder. Thus, resilience plays a protective role in buffering the effects of childhood trauma on the onset of mood disorder. Future study should focus on ways to promote and cultivate such factors as resilience among youth to dampen or even offset the development of mood disorder.

Keywords: Childhood, Adversities, Resilience, Mood, Effects of Resilience.

THEME: INTRAPERSONAL SKILLS

SELF-EFFICACY AND SPIRITUALITY ASPECTS AMONG INMATES AT DRUG REHABILITATION CENTERS IN A NORTHERN PENINSULAR STATE

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ABSTRACT

In Malaysia, treatment programs and institutional drug rehabilitation started in 1975 under the auspices of the Ministry of General Welfare, focusing on a recovery approach in the social and welfare aspects. Individuals who use substances in the country are no longer seen as criminals who need to be punished, but instead as patients who require treatment and rehabilitation. This study aims to examine the self-efficacy and spirituality aspects among inmates who reside in substance use rehabilitation centres in the northern state of Peninsular Malaysia. A total of 170 respondents were recruited. The instruments used were the General Self-Efficacy Test questionnaires and the Brief Religious Coping (RCOPE) questionnaires. Based on the demographic data, around 36% of the respondents are young adults aged between 18-26 years old. The majority of the respondents scored at a medium level for self-efficacy with 123 out of 170 respondents (72.4%). As for the level of spirituality among inmates, most of the respondents scored at a medium level, with 113 respondents (66.5%). There is a significant correlation between the level of self-efficacy and the level of spirituality ($r = .202$, $n = 170$, $p < 0.01$). This study highlights the importance of spirituality in improving self efficacy among substance users undergoing rehabilitation. Some focus on the spiritual aspect during intervention is recommended for a better outcome among substance users.

Keywords: Self-efficacy, Spirituality, Addiction, Youth, Social.

THEME 1: INTRAPERSONAL SKILLS

MIND BREW: NURTURING WELL-BEING TOGETHER

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ABSTRACT

Building community support and fostering a sense of belonging is crucial to cultivating community resilience and promoting mental well-being. Finding community is a mental health intervention by itself. Yet, in a world filled with diverse value systems and world views, finding this sense of belonging can be challenging. In response to identified need gaps in our community, Mind Brew was established in 2018 with the backing of the Mental Health Association of Sarawak (MHAS). Firstly, youths and young working adults lacked safe, neutral spaces to ask questions and learn about their mental health and well-being. Secondly, conversations about mental health were limited to clinical environments or religious contexts and were absent within the broader community. To bridge these gaps, we partnered with local businesses in Kuching to host discussions in places where young people naturally congregated. This created a safe environment that encouraged open expression, fostering a non-judgmental, non-clinical, and non-religious setting for them to freely communicate. Feedback from previous participants indicates that Mind Brew served as a valuable platform for them to open up, to recognise that it's okay not to be okay and that they are not alone. The opportunity to connect, share experiences, and gain a sense of belonging was particularly meaningful. Moreover, they found that the insights gained could be used to support their own circles, aligning with our vision of fostering resilient community capable of mutual support – from the community, for the community. The importance of community support, a sense of belonging, and a safe space for communication and healing cannot be overstated for maintaining mental well-being. By continuing our efforts to offer a safe space for people to talk and connect, we contribute positively to the flourishing of community resilience and well-being.

Keywords: Safe Space, Community Support, Resilience, Youth, Mental Health.

THEME 1: INTRAPERSONAL SKILLS

THE SPIRITUALITY AND HEALTH CARE IN MINISTRY OF HEALTH MALAYSIA

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ABSTRACT

Spirituality in healthcare service has been reported to be initiated early in 1948 in National Health Service of United Kingdom (NHS). While studies on related subjects are on the rise to support the service in many developing countries such as United States of America, United Kingdom and Australia, Ministry of Health Malaysia is just at the beginning of the exploration of its potential. The initiative of *Hospital Mesra Ibadah* (Ibadah Friendly Hospital Concept) which was inspired by the Honorable former Director General of Health Tan Sri Dato' Seri Noor Hisham bin Abdullah in 2014 has been seen as a precursor of the development of the spiritual care service in MOH. This significant move is very much welcome to propagate Bio-Psycho-Socio-Spiritual holistic medical approach in Malaysian National Health System. The initiative of introducing spiritual care service began in 2019 with the engagement with George Washington Institute of Spirituality and Health. By adopting it's Interprofessional Spiritual Care Education Curriculum, a validated training module designed for healthcare providers, doctors and paramedics can perform spiritual screening and obtain spiritual history taking. Health care providers are also exposed on the skill to identify spiritual crisis while managing patients which if unattended, may result in spiritual distress. Therapeutic Communication Techniques such as Compassionate Presence and Reflective Listening are among the skills to be practiced in daily clinical activities that are essential in the effort of propagating Compassionate Care.

Keywords: Spirituality, Healthcare, Support, *Hospital Mesra Ibadah*, Therapeutic Communication Techniques.

THEME 1: INTRAPERSONAL SKILLS

EMPOWERING EDUCATION AND TRAINING FOR YOUTH

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ABSTRACT

Educational and training are therapy specializes in teaching skills and strategies which will better empower youth when it comes to managing their personal educational issues while improving their values. Everyone has their own value and needs to be valued. According to National Health& Morbidity Survey 2022, found out that eight problem teen behaviour such as alcohol drinkers (7%), drug users (3%), tobacco users (19%), recently truant from school (26%), bullied (9%), Cyberbullied (17%), fights (16%) and physically inactive (79%). While, from the aspect of teen's struggles with thoughts and emotions can be seen that reported depression (27%), lonely most of the time (16%), unable to sleep due to worry (13%) and recent suicide ideation (13%). Besides, limited availability of talking therapy. In Malaysia, there is only 500 Clinical Psychologists for 33 million population (Malaysian Society of Clinical Psychologists,2023). While, United Kingdom reported that 27,700 Practitioner Psychologists for 65 million population (HCPC UK regulatory body, 2023). To overcome these barriers and problems, offer therapy in a form that youths and their parents will accept the education or training at an affordable cost in a convenient location are the best options to implement. Examples of therapy as education or training which is proposed among them are learn how to perform under pressure, learn how to help friends & family through difficult times once youths see the benefit of the skills to exams or sports performance we could offer further training and learn how to get the most out of life.

Keywords: Educational, Training, Youth, Quality of Life, Health.

THEME 1: INTRAPERSONAL SKILLS

YOUR PERSONAL SELF-CARE & SOCIAL SUPPORT PLATFORM

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ABSTRACT

Mental health is defined as a state of physical, mental, and social well-being holistically and does not only refer to the absence of disease or disability. Mental health includes our emotional, psychological, and social well-being. According to the latest National Health and Morbidity Survey, every three in 10 adults aged 16 years and above in Malaysia suffer from some form of mental health issues. Talk to someone you trust for support is one of the steps to overcoming mental health problems in Malaysian youth. SAPOT is a mental healthcare and social support platform for young adults. They were inspired to create competence, confidence, character, caring, and connection for mental healthcare where they envision their users to come from various levels of mental health severity and provide emotional support. This covers the way towards an accessible and trustable mental health care system for all. There are three types of services provided by SAPOT to help people to maintain mental health such as SAPOT Warriors, SAPOT Stories, and SAPOT Tools. SAPOT Warrior which is a certified peer supporter (ImROC, UK) who shares their recovery journey and guides them to seek the right solutions. ImROC is an organization that trains peer Counsellors in the United Kingdom and works with SAPOT to provide Trained Peer Counsellors in Malaysia. SAPOT Warriors will help to build a sense of belonging and self-worth, give an opportunity to share positive experiences and allow to support others. SAPOT Stories is a safe platform to share story. Meanwhile, SAPOT Tools are worksheets, techniques and assessment digitalised therapy which help to uncover the root cause of issues and the actions to handle them. In conclusion, mental healthcare support is a promising way to raise awareness and understanding regarding mental health.

Keywords: SAPOT, Mental Health, Positive Experiences, Emotional Support, Malaysian Youth.

THEME 2: FAMILY & SOCIETY SUPPORT

THE IMPACT OF RISK FAMILIES ON THE DEVELOPMENT OF ADOLESCENT RESILIENCE AND LOCUS OF CONTROL IN THE CONTEXT OF MENTAL HEALTH

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ABSTRACT

Resilience and locus of control are essential factors in determining an individual's mental resilience. The family institution is widely recognized as playing an important part in fostering mental resilience, particularly during the early stages of a child's development. Moreover, it is considered a fundamental factor in the cultivation of sound mental well-being for individuals. However, in addition to the discourse surrounding aspects pertaining to resilience and individual locus of control, it is imperative to acknowledge the significant influence of family institutions in fostering the psychological welfare of individuals. This article examines the impact of the family institution, specifically families defined as "at risk," on the development of individual resilience and locus of control, and subsequently, their influence on mental well-being. Furthermore, this article also examines the categorization of the definition of families deemed at-risk, the impact of the family unit on the development of adolescent behavior and emotions, which ultimately affect their overall well-being. Additionally, it delves into the Cognitive Development Schematic Model's role in shaping the formation of adolescents' locus of control and resilience in relation to mental health. Lastly, it explores the ecological system factors that contribute to individual resilience and locus of control.

Keywords: Risk Families, Adolescent, Resilience, Locus Control, Schema Model of Cognitive Development, Mental Health.

THEME 2: FAMILY & SOCIETY SUPPORT

THE IMPACT OF FAMILY ON YOUTH MENTAL HEALTH

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ABSTRACT

Mental health problems are common among early adulthood. Family background is one of the important factors contributing to these mental health problems. This study aimed to evaluate the proportion of onset of many mental disorders and the impact of family on youth mental health. Based on the results of the study found that, youth middle aged 25 – 29 years are at highest risk of depression in Malaysia and major transition from adolescence to young adulthood, 63% of lifetime mental disorders have onset prior to age 24 year. Next, the results of the study also found that, 57% of university students report experiencing family stress. While, relationship with family are attributed risk to family stress ranged from 21%-44% (World Mental Health International College Student Initiative, 2020). To curb and deal with mental problems among early adulthood, mental health commission of Canada, 2021 have suggested 9 steps ie: informational self-directed (step 1), interactive self-directed (step 2), peer support (step 3), workshops (step 4), guided self-help (step 5), intensive group programming (step 6), flexible intensive individual programming (step 7), chronic Care and Specialist Consultation (step 8) and acute care, systems navigation, case management & advocacy (step 9). Based on the results of the study, it has been proven that early adulthood are among the groups with high mental health problems compared to the rest of the population and relationship with family are contribute to the biggest factor in improving the level of mental health of an individual.

Keywords: Impact, Proportion, Mental Health, Family, Early Adulthood.

THEME 2: FAMILY & SOCIETY SUPPORT

YOUTH MENTAL HEALTH FILM FESTIVAL: SHARING STORIES & REVIVING HOPE

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ABSTRACT

Movies or films are important to show the in-depth exploration of the subjective human experience, promote diversity, inclusivity and show a universal understanding of grief and loss. It also offers insight into the unique mental health challenges faced by today's young generation. All young people going through this together are touched knowing what each other is going through. It also nurtures and fosters creativity and talent. Investing in movies and art is important and can be a medium for people to express themselves on mental health struggles. Dr. Marc Archer had interest in movies and started the idea in early 2019 on mental health film: My Mind on Film Festival started in 2020 with the three core messages: inspire the sharing of perspectives and ideas, recognize that mental health is universal, changeable, and include the positives also to breakdown stigma. The film festival comprised of three seasons. Season 1 garnered a total of 50 submissions which is high school category with 24 submissions and young adult category with 26 submissions. For season 2 with Heart and Mind theme, there are 49 submissions, high school category with five submissions, young adult category 30 submissions and international young adult category with 14 entries around the world. Season 3 got 953 submissions from youth aged 15-25 in Malaysia and worldwide. 163 were shortlisted with high school category, 22 submissions, young adult category, 91 submissions, and internationally 51 submissions. The winners received prize money. Messages are passed across through roadshows and in high school by giving pamphlets. Movies are a powerful medium. Example of a film Contagion that relates to the loss in youth experience and put in hypothetical condition. With the students' experience never having the chance to see classmates or teachers, or to be in the same class during the pandemic. The feeling of loss that cannot be replaced.

Keywords: Mental Health, Movies, Films, Human Experience, Stigma.

THEME 2: FAMILY & SOCIETY SUPPORT

THE CRUCIAL ROLE OF SOCIAL AND EMOTIONAL LEARNING INTERVENTION PROGRAMS FOR STUDENTS

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ABSTRACT

Students throughout their adolescent years face several challenges and transitions, both social and academic. Social and emotional learning (SEL) intervention programs have evolved as important tools for fostering positive well-being among students. Past studies have consistently shown that students engaging in SEL programs not only perform better academically but also thrive socially. SEL is a type of education that goes beyond typical academic disciplines. It focuses on teaching students how to handle the complexities of emotions, relationships, and decision-making. Self-management, self-awareness, social awareness, relationship skills, and responsible decision-making are among the basic competencies of SEL. ARUS, a social enterprise dedicated to making learning relevant, incorporates SEL principles into experiential learning adventures, fostering a brighter future. The four-legged stool of our works is explicit instruction, culture and climate, integration, and parents and family. We can empower the future generation with important life skills by incorporating SEL into our educational institutions. These are skills that transcend the classroom and influence all aspects of life, creating resilience, flexibility, and a brighter future for all.

Keywords: Social and emotional learning, Students, ARUS, SEL intervention programs, Well-being.

THEME 3: ENVIRONMENTAL & FACILITY SUPPORT

SOCIAL NETWORK USAGE AND ITS ASSOCIATION WITH MENTAL HEALTH AMONG MALAYSIAN YOUTH IN KLANG VALLEY

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ABSTRACT

The use of social media among young people has alarmingly increased over the past 20 years, accompanied by an increase in mental health issues. This study aimed to identify the association between social network usage and mental health among Malaysian youths in Klang Valley. A total of 288 respondents aged 18 to 30 years old were recruited using google form. The response rate was 88.62%. The Social Network Usage Questionnaire (SNUQ) was used to measure social network usage and the Depression, Anxiety and Stress Scale-21 Items (DASS-21) was used to assess depression, anxiety, and stress levels. The prevalence of depression, anxiety and stress among the respondents was 35.2%, 44.8% and 30.6% respectively, with 15.3% (depression), 22.5% (anxiety), and 10.1% (stress) showed a severe and extremely severe form. The median duration of social network usage was 5 (IQR = 4,8) hours a day. Respondents' anxiety levels were positively correlated with monthly individual income ($r=0.133$, $p=0.025$) and level of constraint ($r=0.239$, $p<0.001$); while depression ($r=0.257$, $p<0.001$) and stress ($r=0.260$, $p<0.001$) levels showed positive correlation with level of constraint. Anxiety mean score was higher among respondents who used TikTok, 2.35 (SD = 1.57) as compared to respondents who never used TikTok, 1.97 (SD = 1.36) ($p=0.033$). Higher monthly individual income, higher constraint in using social media and TikTok usage were the factors associated with anxiety. None of the social media usage influenced depression and stress levels. More studies are needed to establish association between social media usage and mental health of Malaysian youths.

Keywords: Social Network, Depression, Anxiety, Stress, Malaysian youth.

THEME 3: ENVIRONMENTAL & FACILITY SUPPORT

FRAMEWORK ANALYSIS FOR YOUTH MENTAL HEALTH WITHIN ACADEMIC INSTITUTIONAL: A NARRATIVE REVIEW

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ABSTRACT

Youth is a national asset that has the potential for academic enhancement and skills for career opportunities. Youth born in the 21st century face great mental health challenges. Recent publication highlights strategic interventions that can be seen as best practice. Mental health problems continue to rise alarmingly even though various initiatives have been implemented. The present study aims to identify strategies, frameworks, and evaluation of digital applications to promote healthy mental health among the youth. The following databases were searched in September 2018, to identify the relevant literature: PubMed, Scopus, and Web of Science (WoS). Summarizing relevant published evidence using PRISMA-ScR based on youth population (P), mental health promotion as the context (C), and mobile apps concept (C). The inclusion criteria include publication type of journal articles, written in English, timeline within five years only (2018 to 2023), and determined with PCC model was used to guide this review. The search was conducted by the first author and reviewed by the second author. The output presented is based on reviewing previous studies according to identifying knowledge gaps, and intervention strategies and frameworks used. A total of 25 papers were identified and reviewed for quality using the MMAT checklist. Promoting mental using mobile apps is limited in Malaysia but has been implemented in Canada, United Kingdom, Australia, USA. The strategy should focus on personal or family-related issues, work-life balance, and overcoming financial burdens through financial literacy have been shown to affect resilience and personal health functionality and increase social concerns (school drop-out, suicide, vandalism, bullying, and consumption of prohibited substances). There is an urgent need to identify effective strategies to curb the mental health crisis among the youth where their welfare is often neglected, lack of support from family members, and lack of attention whose academic achievements are poor and unsatisfactory.

Keywords: Stress, Anxiety, Depression, Mental Health, Youth, Intervention.

THEME 3: ENVIRONMENTAL & FACILITY SUPPORT

A PILOT STUDY EVALUATING THE PSYCHOLOGICAL HELP-SEEKING ATTITUDES AMONG MALAYSIAN AND INTERNATIONAL UNIVERSITY STUDENTS

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ABSTRACT

Mental health issues have become prevalent among youth, particularly among university students. However, the utilization of psychological services remains low. Despite the mismatch, limited studies explored the psychological help-seeking attitudes and their barriers in a cross-cultural context. This pilot study aimed to examine the differences in terms of gender, openness, value, and need in seeking professional help among Malaysian and International university students. The findings of this study will aid in the implementation of better policies to ensure the well-being of both Malaysian and International university students. The data was collected in May 2022 using a cross-sectional survey questionnaire distributed at one of the public universities in Malaysia $n= 54$. The results revealed that the psychological help-seeking attitudes among International students and Malaysians are similar and low, albeit the insignificance. However, males and females are found to have a significantly small difference in the value and need in seeking professional help. Broadly, the results of this work inform that psychological help-seeking attitudes are most likely the same for both Malaysian and International students. Therefore, researchers must explore the current factors that hinder students from perceiving psychological help as a need.

Keywords: Mental Health, Help-seeking Attitudes, Cross-Cultural, Well-being, Youth.

THEME 3: ENVIRONMENTAL & FACILITY SUPPORT

ATTITUDE TOWARDS MENTAL ILLNESS AND ITS EFFECT TOWARDS PSYCHOLOGICAL HELP: A STUDY FROM THE PERSPECTIVE OF THE INDIGENOUS UNIVERSITY STUDENTS IN SABAH

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ABSTRACTS

The issue of mental illness among university students has been increasingly highlighted during and after the COVID-19 pandemic. To tackle this issue, government and nongovernment agencies have implemented various mental health programs and campaigns to ensure students are better aware of their psychological well-being and open to seeking relevant support. For this reason, it is important to study students' attitudes when seeking psychological help. For indigenous students in Sabah, their attitudes towards mental illness might contribute to the barriers they face to gaining psychological support when experiencing distress and depression. Some indigenous students might feel worried or ashamed when seeking psychological assistance from relevant sources offered by universities (e.g., counselors, student social support, or welfare units). To explore this phenomenon, a study was conducted involving 87 indigenous students (i.e., Kadazan Dusun, Murut, Rungus, Bajau) attending a public university in Sabah. Its main aim was to examine their attitudes towards mental illness and how these impact barriers to seeking psychological support. This study revealed that indigenous students' attitude had no significant effect on obstacles to seeking psychological help. However, their attitudes did have a notable negative effects impact on one of the components of these obstacles (perceive devaluation). The attitudes towards mental health contributed 8.2% of the variance in perceived devaluation. This indicates that indigenous students who showed more positive attitudes towards mental illness tended to demonstrate less perceived devaluation in seeking psychological help (e.g., they disagreed that their self-confidence might decrease or they would feel weak if they sought psychological support with a professional). These positive attitudes likely derive from mental health programs and campaigns delivered by universities, student clubs, or other support organisations. Therefore, highlighting the importance of fostering positive mental health awareness for indigenous university students may help to reduce the impediments to students seeking psychological help.

Keywords: Attitude, Mental Illness, Psychological Help, Barriers, Mental Health.

THEME 3: ENVIRONMENTAL & FACILITY SUPPORT

THE ROLE OF DIETARY BEHAVIOUR ON MENTAL HEALTH STATUS AMONG STUDENTS IN HIGHER EDUCATION INSTITUTIONS IN MALAYSIA USING A MIXED METHODS APPROACH; A STUDY PROTOCOL

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ABSTRACT

The steep increase in mental health issues globally resulted in the United Nations adopting this area into the third sustainable development goal, Good Health and Well-being. The increasing prevalence of mental health disorders in Malaysia, especially among higher education institute (HEI) students, resulted in poor college attendance and performance, low employment rates, dysfunctional relationships, and youth depression. Recent studies have identified a potential link between diet and mental health. Hence, this study aims to explore the link between various ecological factors on current dietary intake and behaviour among HEI students in Malaysia with regard to their mental health. The study will employ a mixed-methods approach. The cross-sectional design in the first phase of the study aims to measure the dietary intake, dietary behaviour and mental health status of the participants using “MANS” and “DASS-21”, respectively. In phase two, a grounded theory approach will be used to explore external and internal factors that influence the dietary intake of the participants. Data from both phases will be triangulated to generate a model that explains the link between dietary behaviour and mental health status. Referring to the National Shared Prosperity Vision 2030, youth have been identified as one of the groups of interest to ensure their employability and compensation according to their qualification, skills, and talent. The model developed from this study will be of high importance to inform KEGA 10- Centre of Excellence to develop more research and produce skilled trainers to improve the quality of life and performance of HEI students.

Keywords: Mental Health, Higher Education Institute Students, Dietary Behaviour, Well-being.

THEME 3: ENVIRONMENTAL & FACILITY SUPPORT

FAMILY SUPPORT FOR SEXUAL HEALTH EDUCATION AT HOME

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ABSTRACT

We are living in the digital space era in which almost everyone across the globe are using it. In Malaysia, 90% of the population are internet users and 75% spend more than 5 hours a day. The heavy use of internet occurs at all ages including the children and adolescents either for education or entertainment purposes. As the children grow older, the internet use is less monitored by the parents and thus subjects them to be exposed to illicit materials like pornographic videos and images. In a local study it was reported that about 75% of college students had been exposed to the pornographic materials and they did the activity at home, alone and using the internet provided by their parents. These young people also used the internet to get more information on sexual reproductive health especially when they are experiencing symptoms of sexually transmitted diseases or in a special or romantic relationship. Some of these young people will be the victims of sexual grooming and assaults or they experimenting the sexual activities themselves of which are often unsafe. National data published in 2022 has shown that about 10% of our young people had sex of which 90% of them did not use any contraception or condom. Therefore, it is vital to ensure the young people to get a correct knowledge on sexual and reproductive health. Parents being the closest persons to their life are in the best position to do that. However, sex education is not a common practice in most Malaysian homes. Among the hindrances that are faced by the parents include feeling uncomfortable to talk on a 'taboo topic like sex', having inadequate knowledge and someone else like teachers can do better at school. On the other hand, young people wish they can talk and discuss on sexual health issues with their parents openly based on scientific evidence and real-life experiences. As such, it is high time for Malaysian parents to be empowered, making reputable and reliable resources available for them. Parents have to take the responsibility and willing to change, working together with teachers, religious people, and health professionals towards a healthier sexual life of their children. Sex education is everyone's responsibility including parents and families.

Keywords: Children, Family, Home, Parents, Sex Education, Support.

THEME 3: ENVIRONMENTAL & FACILITY SUPPORT

COUNTERING SEXUAL HARASSMENT

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ABSTRACT

Sexual harassment can be physical and/ or verbal. Coming too close to someone and making them feel uncomfortable, unwelcome touching, rubbing, hugging, pinching and/ or patting, using profane language, making dirty jokes and/ or obscene sounds, making sexual comments about someone's appearance and/ or body and making sexually suggestive gesture such as winking, staring, licking lips are considered as sexual harassment. Even the word "Sayang" could be interpreted as sexual harassment, and its all depend on individual acceptance to the word. A person that has been sexually harassed can report the problem to non-legal avenue such as internal complain and seek NGOs help or turn to legal avenue by hiring lawyer to proceed with civil or criminal action. Evidence is the most important thing to fight the survivors' rights in the sexual harassment problem such as testimonial evidence (eyewitnesses recount, written or audio, fact but not opinion), documentary evidence, expert report such as medical documents from doctor, psychiatrist and other expert, journaling or diary, anecdotal evidence from other victims and data storage. It is advisable that a victim must make a report to the authorities immediately such as the occupier, police, employer, collective bodies, website provider or even Malaysian Communications and multimedia Commission (MCMC). Besides, there are also many platforms available in Malaysia that provide support to survivors of sexual harassment, such as those offered by the Jabatan Kebajikan Masyarakat, Talian Kasih (24-hour), independent NGOs and CSOs. These are normally free community services. Alternatively, survivors may sort counselling from private counselor, whom may charge for their services.

Keywords: Sexual Harassment, Criminal Action, Physical, Verbal, Platforms.

THEME 3: ENVIRONMENTAL & FACILITY SUPPORT

THE ROLE OF CLINICAL SUPERVISION (INTERNSHIP) IN ENSURING INCLUSIVITY IN YOUTH MENTAL WELLNESS

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ABSTRACT

In the context of supervision, discussions of transference and countertransference are vital. Clinical supervision can initially be costly but is actually cost-saving in the long run. It enhances quality of care, improves counselor's efficiency, increases workforce satisfaction, professionalization, and retention as well as ensuring the service provided upholds the profession's legal mandates and ethical standards. Mental health issues have received better recognition and more people are open to seek help. There is also an increase in interest for the field of psychology driven by a desire to contribute to the well-being of individuals and addressing mental health challenges that have become more apparent over the years. With the noticeable surge in interest, proper supervision and mentorship within the profession is critical for effective and good practice. A clinical supervisors need to be able well verse with the roles of a teacher, consultant, as a coach and also a mentor role model. Psychotherapy is a cultural phenomenon. Appreciating multi-cultural diversity in clinical settings is important. A singular focus on solutions without consideration of the client's worldview can be counterproductive. Failure to acknowledge and respect differences in perspective may jeopardize the relationship, ultimately resulting in losing the client. As a counselor, it is critical to align one individual and cultural worldview with the patient's perspective. There are five types of supervision that can be applied such as, peer supervision, triadic supervision, individual supervision, intensive supervision and group clinical supervision.

Keywords: Clinical Supervision, Counselor, Good Practices, Sex Education, Support.

THEME 3: ENVIRONMENT & FACILITY SUPPORT

SCENARIO OF ADOLESCENT MENTAL HEALTH IN MALAYSIA

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ABSTRACT

Worldwide, around 10-20% of adolescents have mental health issues and many remain underdiagnosed and undertreated for many reasons including stigma of having mental illness in society. Anxiety and depression are the 8th and 9th leading cause of illness and disability among adolescent and suicide is the 3rd leading cause of death in older adolescent (15-19 years). The Ministry of Health alongside the Ministry of Education had organised a programme called Healthy Mind Programme (Program Minda Sihat) in 2017. During the programme 284,516 students were screened, and 5104 students found to have mental health issues and required psychological help and interventions from school counsellor. The programme helped to identify and detect early those adolescents with mental health issues hence early treatment could be provided. This activity also acted as a preventive measure to reduce the incident of serious mental health issues and illnesses among adolescents. In another survey conducted by Ministry of Health, the National Health and Morbidity Survey (NHMS) 2017, found that 50% of 120,420 students faced personal problems that included exam stress, family problems (29%), issues with friends (11%), and problems with their teachers (10%). The survey has revealed that Malaysians aged 13 to 17 are critically suffering from mental health problems. One in five adolescents are suffering from depression (18.3%), two in five are suffering from anxiety (39.7%) and one in ten are suffering from stress (9.6%). Prevalence of depression among adolescent in Malaysia increased significantly for the past 10 years (17.7% in 2012 to 26.9% in 2022). Adolescents with mental health issues may show changes or even regress in their behaviours. Factors affecting mental health in adolescents and young people include individual factors such as low self-esteem and negative thoughts about self, environmental factors such as school demands and problems with friends or peers at schools, as well as life events such as the death of loved ones and trauma. Understanding of mental health issues in adolescents, what causes them and recognising sign and symptoms of mental health issues in adolescents are very important in order for us to be able to help these young people. The Ministry of Health provides interventions for mental health issues in adolescents at various levels and helps with mental health issues can be obtained from National Centre of Excellent for

Mental Health (NCEMH), health clinics, all government hospitals and mental institutions. Treatment modalities depends on severity of the conditions. The intervention approaches are combinations of either biological, psychological and/ or social approach.

Keywords: Mental Health, Undertreated, Intervention, Psychological Approach, Adolescent.

THEME 4: POLICY ENHANCEMENT

HEALTHY MIND SCHOOL PROGRAMME: EMPOWERING EMOTIONAL AND MENTAL WELL-BEING AMONG STUDENTS

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ABSTRACT

Healthy Mind School Programme has been implemented since 2011 until now with the close cooperation between Ministry of Education and Ministry of Health. The main objective of this program is to enhance students' understanding on the importance of emotional and mental well-being, raise the awareness among students on the importance of taking care of one's emotional and mental well-being and to improve students' ability on how to regulate emotions, coping skill and increase students' ability to seek professional help. Through Healthy Mind School Programme, various strategies have been implemented to ensure the well-being of school students at a good level. Among the strategies implemented under the Healthy Mind School Programme are healthy mind promotion, healthy mind screening, healthy mind intervention, parent consultation and referral. These strategies aim to increase awareness of the importance of self-care, identify early symptoms that affect the mind because of a crisis, improve students' coping skills in handling emotional and behavioural problems and refer students with high needs to clinics or hospitals with established procedures. Healthy Mind School Programme has been implemented in 7,779 primary schools and 2,454 secondary schools nationwide. By promoting Healthy Mind School Programme, it can increase students' awareness on the importance of emotional management and good mental health. Early detection of mental health is important in helping students to be in a safe environment, supporting their development and well-being. Prevention, enrichment, intervention and crisis programmes should be supported and implemented continuously to strengthen the emotional well-being of students. Emotional well-being need to be emphasized at the early stage of the children age. In terms of the capacity building development programme, collaboration is carried out together with government and non-government bodies (NGOs) to train school counsellor. Through various initiatives, efforts and cooperation with various parties really help and support each student in managing their emotions and improving the well-being of all Malaysians.

Keywords: Healthy Mind, Regulate Emotion, Schools, Emotional Well-Being, Mental Well-Being.

THEME 4: POLICY ENHANCEMENT

THE CENTRAL ROLE OF SCHOOLS FOR ACHIEVING WELL-BEING

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ABSTRACT

Schools are key environments for developing a sense of community, being valued and belonging within a safe and inclusive environment for young people. Schools also well placed to create conditions that promote student Mental Health and Well-being (MHW) and prevent mental health problems, increase mental health literacy, develop social-emotional skills, identify risks and early signs and symptoms of emotional distress and other mental health conditions. Negative experiences at school contribute to poorer MHW: bullying, peer violence, discrimination. Besides, from the positive experience's aspect are linked to better mental health: feeling connected to teachers and peers, engaged with learning and belonging at school. Therefore, the results of the discussion of this study suggest five domains of adolescent well-being. Such as, (1) good health and nutrition connectedness, positive values, and contribution to society (2) safety and a supportive environment, (3) learning, competence, education, skills, and employability, (4) agency and resilience. Based on the discussion and research findings found that, more school connectedness predicts to less depression, less anxiety, interventions improved and some studies found no relationship. Besides, Good MHW is associated with better school engagement, increased attendance, and better academic performance. While, Poor MHW and the experience of mental health conditions contribute to underachievement, absenteeism, disruptive classroom behaviours, suspension and expulsion from school, and school dropout. It is expected that there are Inclusive education, School Health Services, Health Promoting Schools can give the best effectiveness to young people and can Strengthening of students' social and emotional skills such as problem solving and emotional regulation is associated with increased coping and resilience, reduced symptoms of depression and anxiety, and less substance use.

Keywords: Schools, Mental Health Conditions, Positive Experiences, Negative Experiences, Young People.



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