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Clinical Psychologist & Senior Lecturer **Education**

PhD in Epidemiology & Population Health

(LSHTM, University of London, UK, 2011)

M.A. in Clinical Psychology

(Universiti Kebangsaan Malaysia, Malaysia, 2001)

B. Sc. in Psychology (Indiana University, Bloomington IN, USA, 1998)

Experience

Clinical Psychologist and Academician at the Department of Psychiatry, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Malaysia (*from August 2001*). Lecturer in topics related to behavioural science for medical, nursing and medical social worker students at both undergraduate and post-graduate levels. Currently providing clinical services at a government hospital where she also supervises post-graduate clinical psychology students for their practicum. Is also currently involved in providing psychological intervention for victims of torture, and provision of psycho-social support in conflict areas. More than 15 years experience diagnosing and evaluating mental disorders of adults and children via observation, interview and psychometric tests as well as formulating and administering programmes of treatment. Have also conducted numerous workshops targeted at various populations in areas such as psychopathology, stress management, emotional intelligence, crisis intervention, emotional first aid, and wellbeing.

Skills

- ▶ Clinical Assessment of
 - ▶ IQ (measures of intelligence)
 - ▶ Achievement (measures of knowledge and capacity to master material and skills)
 - ▶ Personality (measures of individual's character or psychological make-up)
 - ▶ Neuropsychology (measures deficits in cognitive functioning that may have result from some sort of brain damage)
- ▶ Cognitive and Behavioural Therapy (CBT)
- ▶ Supportive Psychotherapy
- ▶ Psycho-social support and CBT for torture victims
- ▶ Crisis Support & Management
- ▶ Employee Assistance Programme (EAP)

Research

- ▶ Brief Cognitive Behavioural Therapy (CBT) as a Potential Intervention Approach for Depression and Anxiety Among Primary Care Self-Referrals (2016)
- ▶ 'Jom Mama' Diabetes Prevention Programme (2016)
- ▶ Survey on Malaysian Adolescent Reproductive Health Information Sources – UNFPA (2014)
- ▶ Recognition and Beliefs of Common Mental Disorders in Primary Care (2012)
- ▶ Early Intervention Programme (EIP) on Psychological Distress among pre clinical medical students: Screening and Intervention for Coping strategies (2012)
- ▶ A Randomised Controlled Trial On The Effectiveness Of Chemotherapy Counselling Among Oncology Patients By Pharmacists In Government Hospitals In Malaysia (2012)
- ▶ Educating Peers on HIV / AIDS Prevention (2011)
- ▶ Patterns and factors associated with help-seeking behavior for common mental disorders in an urban Malaysian community (2011)
- ▶ Depression and anxiety among women in the state of Selangor: Development, Implementation and Evaluation of a Community-Based Psychiatric Intervention Module (2011)
- ▶ Common Mental Disorders and Help Seeking Behavior in Young adults (2010)
- ▶ Epidemiology of Suicide: A Psychological Autopsy Study (2009)

Publications/Product

- ▶ Outcome of chemotherapy counseling by pharmacists on psychological effects and self-esteem among oncology patients in a Government Hospital in Malaysia (2015)
- ▶ t-test Using STATA Software (2015)
- ▶ Prevalence and risk factors of Stress, Anxiety and Depression among Preclinical Medical students in Universiti Putra Malaysia in 2014 (2015)
- ▶ Effectiveness of chemotherapy counseling by pharmacists on physical effects (nausea and vomiting) among oncology patients in a government hospital in Malaysia – A randomized controlled trial (2014)
- ▶ Reliability and factor structure of the General Health Questionnaire-12 among university students (2014)
- ▶ Testing comparison models of DASS-12 and its psychometric properties among adolescents in Malaysia (2014)
- ▶ Religious commitment, attitudes toward suicide, and suicidal behaviors among college students of different ethnic and religious groups in Malaysia (2012)
- ▶ Prevalence of Psychological Stress among Undergraduate Students Attending a Health Program in a Malaysian University (2012)
- ▶ Clinical Practice Guidelines : Management of Acne (2012)
- ▶ Youth Peer Education For risk Behavior Modification in HIV/AIDS Prevention 'A TRAINING MODULE FOR TRAINERS' Manual (2011)
- ▶ Psych-CLEAR™ : A guide for medical students through aspects of common psychopathology that is discussed in undergraduate psychiatric postings (2010)
- ▶ DVD on Application of Condom (2009)

Professional Affiliation & Membership

- ▶ Malaysian Society of Clinical Psychology
- ▶ Malaysian Society of Behavioural Science
- ▶ Advisor to IMAN Consultancy
- ▶ Board of Directors of Effective Living Sdn Bhd.

This is a brief resume, full CV is available upon request.