

CURRICULUM VITAE



Name: Chew Boon How
Position: Associate Professor
Department: Family Medicine
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Education

1. PhD, University of Utrecht, the Julius Center for Health Sciences & Primary Care, University Medical Center Utrecht, The Netherlands, December 2013- December 2017.
2. Master in Family Medicine (MMed. Fam. Med.), 2007, University of Malaya, Kuala Lumpur.
3. Medicine Degree (M.D.), 1999, University Science Malaysia (USM), Kubang Kerian, Kelantan, Malaysia.

Areas of Interest

1. Clinical epidemiology
2. Primary care diabetology
3. Chronic diseases
4. Healthcare system & service delivery
5. Medical education

Professional Qualification/ Membership/ Affiliation

1. Life member of Malaysian Medical Association (MMA) since 2008
2. Good Clinical Practice (GCP) Certified since 9 July 2008, Clinical Research Centre, Hospital Ipoh, Malaysia.
3. Life member of the Association of Clinical Registry Malaysia (ACRM) since 2009
4. Life member of Family Medicine Specialist Association (FMSA) of Malaysia since 2009
5. A member of Academy of Family Physicians Malaysia (AFPM) since 2010
6. Attended Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT™) Professional Test User Certification Program, 23-24 November 2010, Sydney, Australia.
7. Editorial Board Member of the Malaysian Family Physician (MFP) since 2015
8. Editorial Board Member of the International Journal of Diabetes Research (ISSN 2414-2409) since 2016
9. Editorial Board Member of the World Journal of Diabetes (ISSN 1948-9358) since 2016

Appointments (Inside and Outside UPM)

1. Visiting Senior Lecturer to the Psychological Medicine, Institute of Psychiatry, Psychology and Neuroscience, King's College School: London, London, GB. 2020-01-01 to 2022-12-31
2. Topics Editor (Frontiers in Endocrinology, Section Diabetes). Frontiers Media SA: Lausanne, VD, CH. 2020-01 to 2020-12
3. A member of the international Committee for Talent Development of Danish Diabetes Academy 2018-2020.
4. A Panel Member of the Ethics Committee for Research Involving Human Subjects (JKEUPM) May 2019-Sept. 2020.
5. An External Reviewer for "Scientific Review Board" of the Malaysian Institute for Health Systems Research Jun 2019 – December 2020 (SRB-IHSR).
6. Guest Editor (Journal of International Medical Research. SAGE Publications Ltd: London, GB. 2016 to 2017

Journals (in 5 years)

2016

1. **Chew Boon How**, Cheong Ai Theng, Mastura Ismail, Zuhra Hamzah, Mohd Radzniwan A. Rashid, Mazapuspavina Md Yasin, Norsiah Ali, Noridah Mohd Salleh, Baizury Bashah. A Nationwide Survey of Public Healthcare Providers' impressions of Family Medicine Specialists in Malaysia- A Qualitative Analysis of Written Comments. *BMJ Open* 2016;6:e009375. DOI:10.1136/bmjopen-2015-009375. <http://bmjopen.bmj.com/cgi/content/full/bmjopen-2015-009375?ikey=2k02nMXuLl2DewH&keytype=ref> [ISSN: 2044-6055; 2015 ISI impact factor 2.562 Q2 (Medicine, General & Internal)]
2. Yee Lin Gan, Oi Ming Lai, **Boon How Chew**, Kah Hay Yuen, Kalanithi Nesaretnam, Kim-Tiu Teng, Kanga Rani Selvaduray, Puvaneswari Meganathan, Ju Yen Fu. Safety Assessment Of Tocotrienols Supplementation In Subjects With Metabolic Syndrome: A Randomised Trial. *Journal of Oil Palm Research* 2016; 28(1): 34-43. <http://jopr.mpob.gov.my/safety-assessment-of-tocotrienol-supplementat-ion-in-subjects-with-metabol-ic-syndrome-a-randomised-control-trial/?v=true> [ISSN: 1511-2780; 2015 ISI impact factor 0.544 Q4 (Food Science & Technology)].
3. **Boon-How Chew**, Rimke Vos, Sherina Mohd-Sidik, Guy E.H.M. Rutten. Diabetes-related distress, depression and distress-depression among adults with type 2 diabetes in Malaysia. *PLoS One* 2016; 11(3): e0152095. DOI:10.1371/journal.pone.0152095. <http://journals.plos.org/plosone/article?id=10.1371%2Fjournal.pone.0152095> [ISSN: 1932-6203; 2015 ISI impact factor 3.057 Q1 (Multidisciplinary Sciences)]
4. **Boon-How Chew**, Rimke Vos, Sherina Mohd-Sidik, Guy E.H.M. Rutten. EDDMQoL- Dataset for the Study on Diabetes-Related Distress, Depression and Distress-Depression among Adults with Type 2 Diabetes Mellitus in Malaysia.sav. Figshare 2016. DOI: 10.6084/m9.figshare.3103060. <https://dx.doi.org/10.6084/m9.figshare.3103060.v1>.
5. **Boon-How Chew**, Ping-Yein Lee, Ai-Theng Cheong, Mastura Ismail, Sazlina Shariff-Ghazali, Pik-Pin Goh. Messages from the Malaysian Diabetes Registries on Diabetes Care in Malaysian public healthcare facilities. *Prim Care Diabetes* 2016; 10: 383-386. DOI: <https://doi.org/10.1016/j.pcd.2016.07.003> <http://www.sciencedirect.com/science/article/pii/S1751991816300559> [ISSN: 1751-9918; 2015 ISI impact factor 1.570 Q2 (Primary Health Care)]
6. Aaron Fernandez, Kit-Aun Tan, Stephanie Knaak, **Boon How Chew**, Sazlina Shariff Ghazali. Effects of Brief Psychoeducational Program on Stigma in Malaysian Pre-clinical Medical Students: A Randomized Controlled Trial. *Acad Psychiatry* (2016); 40(6): 905-911. doi:10.1007/s40596-016-0592-1. <http://link.springer.com/article/10.1007/s40596-016-0592-1> [Print ISSN: 1042-9670; Online ISSN: 1545-7230; 2015 ISI impact factor 1.217 Q2 (Multidisciplinary Sciences)]
7. Anis Safura Ramli, Sharmini Selvarajah, Maryam Hannah Daud, Jamaiyah Haniff, Suraya Abdul-Razak, Tg Mohd Ikhwan Tg-Abu-Bakar-Sidik, Mohamad Adam Bujang, **Boon How Chew**, Thuhairah Rahman, Seng Fah Tong, Asrul Akmal Shafie, Verna KM Lee, Kien Keat Ng, Farnaza Ariffin, Hasidah Abdul-Hamid, Md Yasin Mazapuspavina, Nafiza Mat-Nasir, Chun W Chan, Abdul Rahman Yong-Rafidah, Mastura Ismail, Sharmila Lakshmanan and Wilson HH Low for the EMPOWER-PAR Investigators. Effectiveness of the EMPOWER-PAR Intervention in Improving Clinical Outcomes of Type 2 Diabetes Mellitus in Primary Care: A Pragmatic Cluster Randomised Controlled Trial. *BMC Family Practice* 2016; 17:157. DOI 10.1186/s12875-016-0557-1. <http://rdcu.be/mD8w> [ISSN: 1471-2296; 2014 ISI impact factor 1.641 Q2 (Primary Health Care)]

2017

8. **Boon-How Chew**, Rimke Vos, Sazlina Shariff Ghazali, Nurainul Hana Shamsuddin, Aaron Fernandez, Firdaus Mukhtar, Mastura Ismail, Azainorsuzila Mohd Ahad, Narayanan N. Sundram, Siti Zubaidah Mohd Ali, Guy EHM Rutten. The effectiveness of a value-based EMotion-cognition-Focused educational programme to reduce diabetes-related distress in Malay adults with Type 2 diabetes (VEMOFIT): study protocol for a cluster randomised controlled trial. *BMC Endocrine Disorders*. 2017;17:22. DOI: 10.1186/s12902-017-0172-8.

<http://bmcendocrdisord.biomedcentral.com/articles/10.1186/s12902-017-0172-8> [ISSN: 1472-6823; 2016 ISI impact factor 2.275 Q3 (ENDOCRINOLOGY & METABOLISM)]

9. **Boon-How Chew**, Rimke C. Vos; Monique Heijmans; Sazlina Shariff-Ghazali; Aaron Fernandez; Guy E.H.M. Rutten. Validity and reliability of a Malay version of the Brief Illness Perception Questionnaire for patients with type 2 diabetes mellitus. *BMC Medical Research Methodology*. 2017;17:118. DOI 10.1186/s12874-017-0394-5. <http://rdcu.be/uJbH>. [ISSN: 1471-2288; 2016 ISI impact factor 3.295 Q1 (HEALTH CARE SCIENCES & SERVICES)]
10. Yee-Lin Gan, Ju-Yen Fu, Oi-Ming Lai, Boon-How Chew, Kah-Hay Yuen, Kim-Tiu Teng, Kalanithi Nesaretnam, Kanga Rani Selvaduray, Puvaneswari Meganathan Effect of palm-based tocotrienols and tocopherol mixture supplementation on platelet aggregation in subjects with metabolic syndrome: a randomised controlled trial. *Scientific Reports* 2017;7: 11542. DOI:10.1038/s41598-017-11813-w. <https://www.nature.com/articles/s41598-017-11813-w.pdf> [ISSN: 2045-2322; 2016 ISI impact factor 4.259 Q1 (MULTIDISCIPLINARY SCIENCES)]
11. **Boon-How Chew**, Rimke C. Vos, Rob JPM Scholten, Guy EHM Rutten. Psychological interventions for diabetes-related distress in patients with type 2 diabetes mellitus. *Cochrane Database of Systematic Review* 2017. Issue 9. Art. No.: CD011469. DOI: 10.1002/14651858.CD011469.pub2. <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD011469.pub2/abstract> [ISSN: 1469-493X; 2016 ISI impact factor 6.264 Q1 (MEDICINE, GENERAL & INTERNAL)]
12. **Boon-How Chew**, Rimke C. Vos, Rebecca K. Stellato, Guy E.H.M. Rutten. Diabetes-Related Distress and Depressive Symptoms Are Not Merely Negative over a 3-Year Period in Malaysian Adults with Type 2 Diabetes Mellitus Receiving Regular Primary Diabetes Care. *Frontiers in Psychology* 2017;8:1834. DOI: 10.3389/fpsyg.2017.01834 [ISSN: 1664-1078; 2016 ISI impact factor 2.321 Q2 (PSYCHOLOGY, MULTIDISCIPLINARY)]
13. **Boon How Chew**. Handling emotional distress in Malaysian adults with type 2 diabetes. *Newsletter General Practice* 2017; jaargang 7: [Nummer 4, december 2017](#), [Onderzoek2](#). Department of General Practice, Julius Center, University Medical Center Utrecht, The Netherlands. <http://portal.juliuscentrum.nl/News/HAGnieuwsbrieven/2017jaargang7/Nummer4december2017/Articles/Onderzoek2.aspx>

2018

14. Meor Fairuz Rizal Meor Anuar Shuhaili, **Chew Boon How**, Intan Nureslyna Samsudin, Hejar Abdul Rahman, Johnson Stanslas, Shariful Hasan, Zalinah Ahmad, Subashini C. Thambiah. Biochemical effects of statins on lipid parameters among newly diagnosed dyslipidaemia subjects in primary care. *Malaysian Journal of Medicine & Health Sciences* 2018; 14(1): 7-14. [ISSN: 1675-8544; Scopus] http://psasir.upm.edu.my/59692/1/2018031608372202_MJMHS_Vol14_No1_Jan2018_0057_-_4th_proof.pdf
15. **Boon-How Chew**, Rimke C. Vos, Rebecca K. Stellato, Mastura Ismail, Guy E.H.M. Rutten. Effectiveness of an emotion-cognition-focused educational program to reduce diabetes distress in adults with type 2 diabetes (VEMOFIT): a cluster randomized controlled trial. *Diabetic Medicine* 2018;35(6):750-759. DOI: 10.1111/dme.13615. [ISSN: 1464-5491; 2016 ISI impact factor 3.054 Q2 (ENDOCRINOLOGY & METABOLISM)] <https://onlinelibrary.wiley.com/doi/epdf/10.1111/dme.13615>
16. **Boon-How Chew**, Aaron Fernandez and Shariff-Ghazali Sazlina. Psychological interventions for behavioral adjustments in diabetes care- a value-based approach to disease control. *Psychology Research and Behavior Management* 2018; 11:145-155. DOI: 10.2147/PRBM.S117224. [ISSN: 1179-1578] 2017 ISI impact factor 1.952 Q2 (PSYCHOLOGY, CLINICAL)] https://www.dovepress.com/articles.php?article_id=38152
17. **Boon-How Chew**, Rimke C. Vos, Frans Pouwer, Rebecca K. Stellato, Guy E.H.M. Rutten. The associations between diabetes distress and self-efficacy, medication adherence, self-care activities and disease control depend on the way diabetes distress is measured: Comparing the DDS-17, DDS-2 and the PAID-5. *Diabetes Research Clinical Practice* 2018; 42:74-84. DOI: 10.1016/j.diabres.2018.05.021. [ISSN: 0168-8227; ISI impact factor 3.639 Q2 (ENDOCRINOLOGY & METABOLISM)] <https://www.sciencedirect.com/science/article/pii/S0168822717320326?via%3Dihub>

2019

18. **Boon-How Chew**. Planning and Conducting Clinical Research: The Whole Process. *Cureus* 2019;11(2):e4112; DOI:10.7759/cureus.4112 [ISSN: 2168-8184; 2018 ISI Emerging [Sources Citation Index](#)]
19. **Boon How Chew**; Rimke C. Vos; Aaron Fernandez; Sazlina Shariff Ghazali; Nurainul Hana Shamsuddin; Mastura Ismail; Guy E.H.M. Rutten. The effectiveness of an emotion-focused educational programme in reducing diabetes distress in adults with type 2 diabetes mellitus (VEMOFIT) at 12-month follow-up: a cluster randomized controlled trial. *Ther Adv Endocrinol Metab* 2019;10: 1–8. [ISSN: 2042-0188; ISI impact factor 3.978 Q2 (ENDOCRINOLOGY & METABOLISM)] <https://doi.org/10.1177/2042018819853761>
20. Shuen-Yeing Mo, Oi-Ming Lai, **Boon-How Chew**, Ruhaini Ismail, Sallehudin Abu Bakar, Norli Abdul Jabbar, Kim-Tiu Teng. Interesterified palm olein lowers postprandial glucose-dependent insulinotropic polypeptide response in type 2 diabetes. *European Journal of Nutrition* 2019;58(5):1873–1885. [ISSN: 1436-6207; ISI impact factor 4.449 Q1 (NUTRITION & DIETETICS)] <https://doi.org/10.1007/s00394-018-1738-6>
21. C. Thambiah, Subashini; Meor Anuar Shuhaili, Meor Fairuz Rizal; **Chew, Boon How**; Samsudin, Intan Nureslyna; Abdul Rahman, Hejar; Stanslas, Johnson; Hasan, Shariful; Ahmad, Zalinah. A Pilot Study on the Association between SLCO1B1 rs4363657 Polymorphism and Muscle Adverse Events in Adults with Newly Diagnosed Dyslipidaemia who were prescribed a Statin: The Malaysian Primary Health Care Cohort. *Biomarkers* 2019. DOI: [10.1080/1354750X.2019.1648554](https://doi.org/10.1080/1354750X.2019.1648554) [ISSN: 1366-5804; ISI impact factor 1.730 Q3 (BIOTECHNOLOGY & APPLIED MICROBIOLOGY)]

2020

22. Kamilya Jameel Baljon, Muhammad Romli, Adibah Ismail, Lee Khuan, **Boon-How Chew**. Effectiveness of breathing exercises, foot reflexology and back massage (BRM) on labour pain, anxiety, duration, satisfaction, stress hormones and newborn outcomes among primigravidae during the first stage of labour in Saudi Arabia: a study protocol for a randomised controlled trial. *BMJ Open* 2020;10:e033844. doi: 10.1136/bmjopen-2019-033844. [ISSN: 2044-6055; ISI impact factor 2.376 Q1 (CLINICAL MEDICINE)] <http://bmjopen.bmj.com/cgi/content/full/bmjopen-2019-033844>
23. Saidatul Akmar Mohammad Redzuan, Priyasini Suntharalingam, Thenmoli Palaniyappan, Venotha Ganasan, Puteri Normalina Megat Abu Bakar, Paream Kaur, Lili Zuryani Marmuji, Subashini Ambigapathy, V Paranthaman, **Boon How Chew**. Prevalence and risk factors of postpartum depression, general depressive symptoms, anxiety and stress (PODSAS) among mothers during their 4-week postnatal follow-up in five public health clinics in Perak: A study protocol for a cross-sectional study. *BMJ Open* 2020;10:e034458. doi: 10.1136/bmjopen-2019-034458. [ISSN: 2044-6055; ISI impact factor 2.376 Q1 (CLINICAL MEDICINE)] <http://bmjopen.bmj.com/cgi/content/full/bmjopen-2019-034458>

Conference Proceedings (in 5 years)

1. BH Chew, RC Vos, RK Stellato, SS Ghazali, M Ismail, GEH Rutten. [The value-based emotion-cognition-focused educational programme to reduce diabetes distress in adults with type 2 diabetes: a cluster randomised controlled trial](#). *DIABETOLOGIA* 60, S63-S64. 53rd EASD Annual Meeting, Lisbon, Portugal. September 11-15, 2017. [Proceedings-Oral Presentation] ISSN: 0012-186X; 2016 ISI impact factor 6.080 Q1 (Endocrinology & Metabolism)]
2. BH Chew, RC Vos, RK Stellato, SS Ghazali, M Ismail, GEH Rutten. The Effectiveness Of An Emotion-Focused Educational Programme In Reducing Diabetes Distress In Adults With Type 2 Diabetes Mellitus (VEMOFIT) At 12-Month Follow-Up: A Cluster Randomised Controlled Trial. 22nd WONCA World Conference of Family Doctors (WONCA 2018), Seoul, South Korea, October 17 to 21, 2018. [Proceedings-Oral Presentation]
3. BH Chew, SWH Lee. Evidence-based Practice. 5th ASEAN Regional Primary Care Conference (ARPaC 2019), Kuala Lumpur, Malaysia, March 28 to 30, 2019. [Workshop-Oral Presentation] *Malays Family Physician*. 2019;14(Suppl 1):24. [ISSN: 1985-2274; Scopus]
4. SM Liew, SG Sazlina, BH Chew. Medical Writing Workshop. 7th Asia Pacific Primary Care Research Conference 2019 (APPCRC 2019), Penang, Malaysia, June 27 to 29, 2019.
5. **Noriza Wahab**; Abdul Jamil Ahmad; Azianey Yusof @ Abdullah Saari; Habshoh Hat; Hasniza Hasim; Mohd Faudzi Bin Abdullah; Nor Azah Mohamad Nawawi; Norihan Bt Abu Bakar; Norzazalina Bt Samsudin; Shakirah Ismail; Zamri Bin Mansor; Sri Wahyu Taher; **Boon-How Chew**. 22nd Family Medicine Specialist Conference, Borneo Convention Centre, Kuching, Sarawak 1st – 3rd AUGUST 2019. Prevalence and correlates of diabetes distress and depressive symptoms among 1184 adults with type 2 diabetes in 12 public health clinics in Kedah Malaysia (EDIPEQS-DD): a



cross-sectional study. [Oral Presentation] *Malays Family Physician*. 2019;14(Suppl 2):24. [ISSN: 1985-2274; Scopus]

6. Noriza Wahab; Abdul Jamil Ahmad; Azianey Yusof @ Abdullah Saari; Habshoh Hat; Hasniza Hasim; Mohd Faudzi Bin Abdullah; Nor Azah Mohamad Naw; Norihan Bt Abu Bakar; Norzazalina Bt Samsudin; Shakirah Ismail; Zamri Bin Mansor; Sri Wahyu Taher; **Boon-How Chew**. Diabetes-specific quality of life and its correlates among 1184 adults with type 2 diabetes in 12 public health clinics in Kedah Malaysia (EDIPEQS-DQOL): a cross-sectional study. 22nd Family Medicine Specialist Conference, Borneo Convention Centre, Kuching, Sarawak 1st – 3rd AUGUST 2019. [Poster Presentation] *Malays Family Physician*. 2019;14(Suppl 2):24. [ISSN: 1985-2274; Scopus]

Books (If any)

1. **Chew Boon How**. 2019. Understanding and Conducting Clinical Research- A Clinical Epidemiology Approach by a Clinician for Clinicians. ISBN 978-967-960-449-8. UPM Serdang. Malaysia.
2. **Chew Boon How**. 2019. An Illustrated Version- Understanding and Conducting Clinical Research- A Clinical Epidemiology Approach by a Clinician for Clinicians. ISBN 978-967-960-450-4. UPM Serdang. Malaysia.
3. **BH Chew**. Handling emotional distress in Malaysian adults with type 2 diabetes [PhD Dissertation]. University Utrecht, Utrecht 2017. ISBN: 978-90-393-6896-1. <https://dspace.library.uu.nl/handle/1874/356682>
4. **Chew Boon How**. Religions and Religiosity on Type 2 Diabetes Mellitus in Primary Care: The Effect of Religions & Religiosity on the Control of T2D Using the Beliefs and Value Scale. LAP LAMBERT Academic Publishing, Germany. November 23, 2012. ISBN: 3838371496; ISBN-13: 978-3838371498. <https://www.amazon.com/Religions-Religiosity-Diabetes-Mellitus-Primary/dp/3838371496>
5. **Chew Boon How**, Cheong Ai Theng, Sazlina Shariff-Ghazali (Eds). An Introduction to Family Medicine And Its Essential Skills in Primary Medical Care. Universiti Putra Malaysia Press, Serdang. 2015. ISBN: 978-967-344-433-5. <http://research.intllabs.com/product/an-introduction-to-family-medicine-and-its-essential-skills-in-primary-medical-care/>

Chapter in Books (If any)

1. Khalida Ismail, Stefan R. Bornstein, Andreas Barthel and Julio Licinio (Eds). Kirsty Winkley, Ebaa Al-Ozairi and **Boon How Chew**. Chapter 17: Cultural and global perspectives: Depression and Type 2 Diabetes. Oxford University Press, 2018. ISBN: 9780198789284. <https://www.oupjapan.co.jp/en/node/22788>
2. **Chew BH**, Fatanah I, Noridah M.S, Ramli A.S, Zil Falillah M.S. National Healthcare Establishments & Workforce Statistics (Primary Care) 2008-2009. Chapter 4: Primary Care Services in Malaysia. The National Healthcare Statistics Initiative (NHSI). Clinical Research Centre, National Institute of Health, Malaysia. March 2011. ISSN: 2231-7899.
3. **Chew BH**, Fatanah I, Noridah M.S, Ramli A.S, Zil Falillah M.S. National Healthcare Establishments & Workforce Statistics (Primary Care) 2008-2009. Chapter 5: Primary Care Facilities in Malaysia. The National Healthcare Statistics Initiative (NHSI). Clinical Research Centre, National Institute of Health, Malaysia. March 2011. ISSN: 2231-7899.

Research Grants

Received 2020

1. Principal Investigator & MyPAIR-NCD Newton (RM 828,300) for The **Malaysian Gestational Diabetes and Prevention Of Diabetes Study (MYGODDESS)**.

On-going

1. MPOB (RM 1,549,000) for Red Palm Olein on Inflammation and Gut Health.
2. MPOB (RM 500,600) for Anti-inflammatory Effect of Tocotrienol Supplementation in Subjects with Moderately Elevated Inflammation (INTOC).
3. Ummu Al-Qura University, Saudi Arabia (Rs 95,800 about RM 105,700) for The effectiveness of breathing exercise, foot reflexology, and back massage (BRM) during the first stage of labor on labor pain, duration, anxiety, satisfaction, stress hormones, and newborn outcomes in women in Saudi Arabia who are pregnant for the first time.

4. Technological Horizons For Compound Fertilizer Factory, Saudi Arabia (RM 50,000) for Effectiveness of Chronic Kidney Disease Nurse-Led Self-Management (CKD-NLSM) Program: A Randomised Controlled Trial.
5. Geran Putra IPS (RM 24,438) for Psychosocial adjustment of persons with spinal cord injury in Malaysia and its association with spiritual belief.

Research Grants				
No.	Project Title	Amount (RM)	Year	Source of Fund
1.	The effectiveness of a value-based emotion-focused educational programme to reduce diabetes-related distress in adults with type 2 diabetes (VEMOFIT). NMRR-15-1144-24803. NCT02730078.	RM 155,800	2015	MOH-NIH Research Grant (MRG)
2.	Emotional Distress and its Effect on Disease Control, Medication Adherence and Quality of Life in Patients with Type 2 Diabetes Mellitus [EDDMQoL] NMRR-12-1167-14158.	RM 22,000	2012	UPM, RUGS 3
3.	Perception of Malaysian Healthcare Professional on Family Medicine Specialists (PERFAMS). NMRR-11-1054-9190	RM10,000 + RM 3,000	2011	FMSA+UPM

Awards/ Recognition (Current)				
No.	Name of awards	Award Authority	Award Type	Year
1.	Excellence in Service Award	State of Perak Health Office		2008
2.	Excellence in Service Award	Universiti Putra Malaysia		2011
3.	Excellence in Service Award	Universiti Putra Malaysia		2012
4.	Excellence in Service Award	Universiti Putra Malaysia		2013
5.	Excellence in Service Award	Universiti Putra Malaysia		2018
6.	Excellence in Service Award	Universiti Putra Malaysia		2019
7.	Best 5 Clinical Researchers' Award	Faculty of Medicine & Health Sciences, UPM		2012
8.	Best poster presentation award (1st prize) from College of Family Physicians, Singapore in conjunction with the 4th Asia Pacific Primary Care Research Conference	National University of Singapore, Singapore		2012
9.	Best 10 Clinical Researchers' Award	Faculty of Medicine & Health Sciences, UPM		2013
10.	Best 10 Clinical Researchers' Award	Faculty of Medicine & Health Sciences, UPM		2014
11.	The 2 nd Prize of the Best 10 Clinical Researchers' Award	Faculty of Medicine & Health Sciences, UPM		2015
12.	Excellence in Publication - Individual Category	The Deputy Vice Chancellor (Research and Innovation), UPM		2016
13.	Top 10 Most Prolific Researchers- Clinical Category	Faculty of Medicine & Health Sciences, UPM		2018

Professional Services/ Consultation			
No.	Year	Title	Authority
1.	2012, 2014, 2016	Research Championship coach for the 4th Asia Pacific Primary Care Research Conference	FMSA
2.	2012	Abstract reviewer 16 th Malaysian Family Medicine Scientific Conference	FMSA
3.	2014	Reviewer for a research proposal and grant	Curtin University Sarawak
4.	2015	Reviewer for a research proposal and grant for of	Family Physicians Malaysia (AFPM)
5.	2016	Book Proposal Reviewer	Elsevier Inc: New York, NY, US
6.	2018	Abstract reviewer 7 th Asia Pacific Primary Care Research Conference	Asia Pacific Primary Care Research Group

7.	2018-2020	A member of the international Committee for Talent Development of Danish Diabetes Academy	Danish Diabetes Academy
8.	2019	Final consensus panelist for the SCORE-IT DIABETES project, 24th January 2019	University of Liverpool, UK
9.	2019	Mobile App Content Reviewer	Babylon Partners Limited: Chelsea, London, MA, GB

Student Supervision			
PhD (Main Supervisor)			
No.	Name	Title	Status
1.	Ikil Iman Mohd Sa'id	A SR on process evaluation of DPI among women with GDM	On-going
2.	Zhao Yuanyuan	A qualitative research on the preferred approaches, barriers and facilitators of a DPI in women with GDM	On-going
3.	Al Sawad Ayat Ali A	A qualitative report on an evidence-based and the preferred approaches, barriers and facilitators of a DPI in women with GDM	On-going
4.	Kamlyia Balgoon	Look into the some of the outcomes from the feasibility RCT of a GDM mobile apps in women with GDM and/or post-partum women with a history of GDM	On-going

Master with Thesis (Main Supervisor)			
No.	Name	Title	Status
1.	Choiriyatul Azmiyaty	The healthcare providers' preferred approaches, barriers and facilitators of diabetes prevention intervention (DPI) including digitalised DPIs (such as through an app) in women with GDM and a nationwide survey of doctors' attitudes on the DPI and the components of the digitalised DPI approaches.	On-going
2.	Pamela Yap Phui Har	The preferred approaches, barriers and facilitators of blood sugar profile (BSP) monitoring in women with GDM and a nationwide survey of medical laboratory technicians' attitudes on BSP monitoring and/or using a digitalised DPI approach/ the app.	On-going
3.	Nur Hafizah Mahamd Sobri	The preferred approaches, barriers and facilitators of a diabetes prevention intervention (DPI), including a digitalized DPI eg. mobile app in women with gestational diabetes mellitus.	On-going
4.	Mourad Seghir	A non-experimental study on the medical emergencies and hypoglycaemic events/attacks in pregnancy and GDM, comparing its symptomatology, patterns and severity to T1D and T2D.	On-going
5.	Ajeroh Henry Waire	The construction of atlas to examine the variability in complex cardiac anatomical structure in people with type 2 diabetes.	On-going
6.	Danial Asyraf Bin Saharuddin	Psychosocial adjustment of person with spinal cord injury in Malaysia and its association with spiritual belief.	On-going

Master without Thesis (Main Supervisor)			
No.	Name	Title	Status
1.	Fakhrul Radhi Bin Mohd Fazli		On-going
2.	Thresaangelin Pulvendiran		On-going
3.	Keng Wei Xiong	Primary Care Physicians Perceived Barriers In Management Of Type 2 Diabetes Mellitus In Malaysia: A Nationwide Cross-sectional Survey	On-going

Attended Seminars/ Workshops/ Forums both National and International			
No.	Year	Title	Organizers
1.	2008	Good Clinical Practice (GCP)	Clinical Research Centre, Hospital Ipoh, Malaysia
2.	2010	Attended Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT™) Professional Test User Certification Program	Australia Psychological Association
3.	2011	Developing a protocol for Cochrane Systematic Review	Julius Centre, UM
4.	2012	New horizons in scientific writing and publishing	Asia Pacific of Medical Journal Editors Convention
5.	2013	First International Conference: Bioethics and Professional Practice	United Nations Educational, Scientific and Cultural Organization (UNESCO)
6.	2013	Driving success in Research, Innovation and Commercialisation	Thomson-Reuters & UPM
7.	2013	e-Learning course on Basics of Health Economics	The World Bank Institute
8.	2014	Therapeutic Meta Analysis	Julius Centre, Utrecht
9.	2014	Advanced Topics in Causal Research: Confounding and Effect Modification	Julius Centre, Utrecht
10.	2014	Prognostic Research	Julius Centre, Utrecht
11.	2014	Generalized Linear Models	Julius Centre, Utrecht
12.	2014	Clinical Epidemiology	Julius Centre, Utrecht
13.	2014	Mixed Models	Julius Centre, Utrecht
14.	2014	Study Design in Etiologic Research	Julius Centre, Utrecht
15.	2014	Clinical Trials and Drug Risk assessment	Julius Centre, Utrecht
16.	2014	Classical Methods in Data Analysis	Julius Centre, Utrecht
17.	2014	Modern Methods in Data Analysis	Julius Centre, Utrecht
18.	2018	Supervising Graduate Research	Centre for Academic Development (CADE) UPM
19.	2018	Evidence-based Medicine workshop	UM-UPM
20.	2018	Embedding Rapid Reviews in Health System Decisions Making (ERA)	WHO-IHSR
21.	2019	Bengkel Latihan SOP Jawatankuasa Etika Universiti Untuk Penyelidikan Melibatkan Manusia (JKEUPM)	JKEUPM UPM
22.	2019	Developing Project Proposals to apply for International Funds	MOSTI

Intellectuals Property			
Intellectual Property Rights / Patent Granted			
No.	Date	Patent No.	Name
1.	20161227	1205	Diari VEMOFIT
2.	20161227	1204	Buku Kerja VEMOFIT
3.	20161227	1203	Risalah-risalah Maklumat 1-10
4.	20161227	1202	Malay Brief Illness Perception Questionnaire (MBIPQ)
5.	20161227	1201	The Malay version 17-item Diabetes Distress Scale (MDDS-17)

Patent Field			
No.	Date	Patent No.	Name
1.			
2.			