Workplace bullying and its association with depression and self-esteem amongst health care workers in selected hospitals in Sarawak

Peter Chang Chung Meng, Anselm Su Ting, Mohd Mizanur Rahman

Department of Community Medicine and Public Health, Universiti Malaysia Sarawak (UNIMAS)

ABSTRACT

Introduction: Bullying at the workplace has been recognised as an increasing problem amongst healthcare staff, and also associated with a low self-esteem and depression. This study was aimed to determine the proportion of bullying amongst healthcare workers in selected hospitals in Sarawak and its association between depression and self-esteem. **Methods:** A cross sectional study using self-administered questionnaires was done in three selected hospitals in Sarawak. The questionnaires were distributed to doctors, nurses and medical assistants during their teaching sessions. The questionnaires consisted of socio-demographics, Negative Acts Questionnaire, Beck Depression Inventory, and Rosenberg Self-Esteem scale. A total of 426 samples were included for analysis, after discarding 72 samples due to grossly missing information. The response rate was 71.1%. **Results:** Majority of the respondents were of the age group 25 to 29 years old. Nurses comprised 45.5% of the study population, followed by doctors (37.8%), whilst the rest were medical assistants and midwives. Based on the definition of bullying as at least two occurrences of any negative act either on a weekly or daily basis, 20.7% of respondents had been bullied. 22.5% of the study group had mild to severe depression, and 8.5% had a low self-esteem. There was an association between depression and being bullied, with a p value of <0.001. Those healthcare workers who had a low self-esteem were associated with higher exposure to bullying, with a p value <0.001. The factors associated with bullying werethe younger age group, shorter length of service, shifting work, non-managerial position and the designation as a doctor. **Discussion:** A significant proportion of healthcare workers had been bullied, and bullying exposure was shown to be associated with depression and low self-esteem. Hence, regular screening for bullying, depression and low self-esteem should be done to enable early intervention.

KEY WORDS:
Healthcare workers, bullying, depression, self-esteem

Zika virus knowledge and awareness: A community-based survey in Kuala Lumpur, Malaysia

Halyna Lugova, Mohammad Aqil Daher, Nur Adnin Afizi Ahmad, Mala Manickam, Aye Aye Mon, Adlina Suleiman

Faculty of Medicine and Defence Health, National Defence University of Malaysia

ABSTRACT

Introduction: Zika virus (ZIKV) is an emerging global pathogen, and the number of people tested positive for ZIKV is growing in South-East Asia. The objective of this study is to assess the community knowledge and attitudes towards ZIKV to inform public health authorities in context of response to ZIKV spread in Malaysia. **Methods:** A cross-sectional study was conducted in Kuala Lumpur, Malaysia. A total of 327 residents of a low-cost housing area were selected based on probability sampling method. Data were collected via self-administered pre-tested structured questionnaires and analysed descriptively. A univariate general linear regression model was generated to assess the effects of socio-demographic factors on the total knowledge and attitude scores. **Results:** The overall response rate was 80.5%. Majority of the respondents were females (66.7%), mean age was 43.3±15.6 years. Most of the respondents showed a low knowledge (223; 75.6%) and a negative attitude (189; 62.4%) towards ZIKV and its prevention. Only a small proportion of participants considered that ZIKV can be transmitted sexually (59, 18.4%), and can cause severe problems with health (80; 25.5%). A large proportion of respondents (129; 41.0%) considered they had no personal responsibilities in ZIKV prevention. Effect of age [F (4) =3.66, p=0.006] and ethnicity [F (2) =4.18, p=0.016] were found for total knowledge score about ZIKV. Respondents aged 50-59 (12.9±5.5) and 30-39 (12.2±5.5) reported significantly higher knowledge than did the respondents aged 60 years and older (9.0±6.5). Malay (12.2±0.5) reported significantly higher knowledge than Indian (10.2±0.6). **Conclusion:** There is a need to increase knowledge about ZIKV. This would help to nurture positive attitudes and maintain good preventive practices among the public as it is critical for adequate public health response to ZIKV spread in Malaysia.

KEY WORDS:
Zika virus, knowledge, attitude, community, Malaysia