

PH5: Effects Of F.E.A.T (Fit, Eat, Active, Training) Physical Activity Module on Body Composition and Cardiometabolic Risk Factors in Community-Dwelling Obese Adults

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ABSTRACT

Introduction: Structured physical activity program with behavioural interventions are shown to be more successful than exercise program alone in improving weight status and cardiometabolic health in obesity. The aim of this study was to evaluate the effects of a 12-week F.E.A.T module combining physical activity and behavioural strategies on body composition and cardiometabolic risk factors in adult obesity. **Methods:** 31 overweight/obese adults (BMI: 28.7 ± 4.9 kg/m²) aged 25-59 years underwent intervention, consisting prescribed aerobic and resistance exercise sessions 5d/week for physical activity strategies, while focusing on goal-setting of 10,000 steps/daily, self-monitoring and peer support group as behavioural strategies. Anthropometric measures such as body weight (Wt), body mass index (BMI) and percentage of body fat (% BF), as well as cardiometabolic risk parameters such as blood pressure (BP), waist circumference (WC), fasting blood glucose (FBG), triglycerides (TG), total cholesterol (TC), low-density lipoprotein (LDL) and high-density lipoprotein (HDL) were obtained at beginning and completion of the intervention. **Results:** The intervention resulted in significant reductions in Wt (-3.6%, $p=0.0001$), BMI (-3.8%, $p=0.0001$), %BF (-4.3%, $p=0.0001$), WC (-9.9%, $p=0.0001$), and TC (-5.0 %, $p=0.009$) after 12-weeks. A reduction in HDL concentrations (-6.6%, $p=0.006$) was observed, while BP, FBG, TG and LDL values remained unchanged. **Conclusion:** The F.E.A.T module combining physical activity and behavioural strategies resulted in favourable improvements in body composition, albeit modest, as well as some reductions in cardiometabolic risks in overweight/obese adult.

KEY WORDS:

Physical activity, cardiometabolic risk factors, obesity, adult

PH6: Exploring The Risk Factors of Emotional and Behavioural Problems among Adolescents in Hulu Langat District: A Qualitative Study

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ABSTRACT

Introduction: Emotional and behavioural problems are a growing public health issue especially among adolescents. These problems should be detected early to ensure early referral to specialized personnel, in order for early intervention to take place. This study aims to explore the underlying problems or risk factors that may contribute to the development of emotional and behavioural problems among teenagers attending public schools in Daerah Hulu Langat Selangor. **Methods:** This study utilized a qualitative study design in which 10 students were invited to participate in a Focus Group Discussion (FGD). These students were initially detected to have borderline and abnormal scores during a prior quantitative study when answering the Strengths and Difficulties Questionnaire (SDQ). The responses from the participants during the FGD were literally recorded throughout the session. A computerized qualitative data analysis program, the Atlas Ti, was utilized to identify the relevant themes. **Results:** We identified five key themes in which four of these were similar to previous studies which were low parental involvement, harsh and inconsistent discipline, low parental monitoring, as well as lack of love that was shown by parents. We also discovered a new theme which was lack of religious activities among family members. **Conclusion:** From this study we found similar risk factors as shown in previous studies as well as a new one. Religiosity was found to have an important contribution whereby shortcoming in this aspect which surround the children's life, may predict future emotional and behavioural problems

KEY WORDS:

Emotional and behavioural problems, mental health, adolescents, risk factors, qualitative study