

Prevalence and Factors Associated with Self-Reported Vision Disability Among Community-Dwelling Adults Aged 60 And Above in Malaysia: Findings from The National Health and Morbidity Survey (NHMS) 2018

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ABSTRACT

INTRODUCTION: Vision disability places elderly individuals at risk for a variety of negative health-related outcomes. This study examined the prevalence and factors associated with self-reported vision disability among elderly people in Malaysia. **METHODS:** Data for 3932 respondents in this study were drawn from the National Health and Morbidity Survey (NHMS) 2018, a nationwide cross-sectional study conducted among those individuals aged 60 years old and above in Malaysia. Respondents were recruited using stratified cluster sampling, covering both urban and rural areas from all states. Self-reported vision disability was determined based on interviewer-administered questions adapted from the Washington Group on Disability. Multiple logistic regression using complex sampling design was applied to identify factors that were significantly associated with vision disability. **RESULTS:** About 4.5% of elderly individuals aged 60 and older self-reported vision disability, even when wearing glasses or contact lenses. Among those who have the vision disability, 41% were found to have hypertension. Vision disability was found significantly higher among elderly with no formal education (aOR:7.93, 95%CI: 1.63,38.66) compared to tertiary education, primary education (aOR:5.16, 95%CI: 1.13, 23.64) compared to tertiary education and being unemployed (aOR:2.98, 95%CI: 1.64, 5.40)]. There was however, no significant difference in prevalence of associated factors based on locality, ethnicity, smoking and diabetes among the respondents. **DISCUSSION:** The majority of vision disability factors are avoidable. The importance of seeking timely treatment for visual impairment should be emphasized especially among elderly individuals in which these identified associated factors are prevalent.

KEYWORDS: disability, elderly, public health, vision disability

Prevalence of Anxiety Among Adolescents in Malaysia: Findings from The National Health and Morbidity Survey (NHMS) 2012 & 2017.

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ABSTRACT

INTRODUCTION: Poor mental health can be due to depression, anxiety or stress. Anxiety is one of the most common mental health problems among adolescents and the risk of developing anxiety is greatly increased during adolescence. The objective of this study is to compare the prevalence of anxiety among school-going adolescents in Malaysia in 2012 and 2017. **METHODS:** Data was obtained from NHMS 2012 and 2017 which targeted adolescents aged 13-17 years. The number of respondents recruited in 2012 was 24,708 and 27,497 in 2017. The sampling frame used was from the list of secondary schools from the Ministry of Education and Ministry of Rural and Regional Development. A self-administered, validated questionnaire utilizing the Depression, Anxiety, Stress Scale (DASS-21) was used. Descriptive analysis was done using SPSS version 20. **RESULTS:** The prevalence of anxiety was 39.6% (95%CI: 38.23, 41.06) for NHMS 2012 and 39.7% (95%CI: 38.39, 41.06) for NHMS 2017. Among males, the prevalence was 35.2% in 2012 and 37.1% in 2017. The prevalence of ever having had sexual intercourse in adolescents with anxiety had increased sharply from 9.7% in 2012 to 52.1% in 2017. The prevalence of anxiety among those who smoked cigarettes was 47.3% (95%CI: 44.45, 50.07) in 2017 which was three times higher compared to NHMS 2012 at 12.5% (95%CI: 11.10, 14.00). **DISCUSSION:** The prevalence of anxiety among adolescents is worrying with vast increases from 2012 to 2017 seen among adolescents who had sexual intercourse, smoked or were males. Therefore, mental health promotion and prevention targeting these adolescents should be prioritised.

KEYWORDS: anxiety adolescents, National Health and Morbidity Survey Malaysia.