

Suicidal Ideation Among Adolescents: Does Family and Peer Support Play a Role?

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ABSTRACT

INTRODUCTION: Suicide is the leading cause of death among young people globally. Risk and protective factors play a critical role in suicide prevention. This study aimed to identify the relationship between family and peer support with suicidal ideation among adolescents in Malaysia. **METHODS:** Data from the 2017 Adolescent Health Survey, a nation-wide school-based survey, using 2-stage cluster sampling design was analysed. The survey used validated self-administered anonymous Global School-based Student Health Survey and Depression Anxiety and Stress Scale, DASS-21 questionnaires. The survey targeted school-going adolescents age 13-17 years. **RESULTS:** Overall response rate was 89.0%. The prevalence of suicidal ideation among school-going adolescents in Malaysia was 10.0% (95% Confidence interval: 9.2, 10.8). Adolescents with positive parental connectedness and bonding were 25% and 24% less likely to have suicidal ideation. Other protective factors are “stay with both parents” and “have close friends” which showed 13% and 53% less risk of suicidal ideation. In contrast, suicidal ideation was significantly higher among girls, those from urban area, who were depressed, felt lonely, having anxiety, been bullied, abused physically or emotionally at home and those who consumed alcohol. **DISCUSSION:** Family and peer supports were found as important protective factors against suicidal ideation among adolescents in Malaysia. Identifying the risk and protective factors can provide areas of emphasis for interventions that help prevent suicide. Strategies and activities should be planned to enhance family and peer cohesiveness while reducing modifiable risk factors.

KEYWORDS: suicidal ideation, parental connectedness, close friend

Systematic Review Protocol: The Effectiveness of Vaccination and Good Hygiene Practice among Food Handlers in Prevention of Typhoid Fever

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ABSTRACT

INTRODUCTION: Typhoid fever is a vaccine preventable disease caused by *Salmonella typhi* that spreads through contaminated food and water. The incidence in developing countries is still a public health problem due to overcrowded living, inadequate sanitation and poor hygiene practices. The aim of study was to identify the number of typhoid incidents among food handler who took typhoid vaccination and applied good hygiene practices. **Methodology:** Articles with study design of observational studies (cohort, case-control and cross-sectional studies) and Randomized Control Trial will be reviewed. All studies until January 2019 will be retrieved. Our intervention will involve vaccination and good hygiene practice among food handlers. Any good hygiene practice such as performing hand hygiene before and after food service, carrying out pest control screening (flies screen) and use of safe water (chlorination) for food serving will be included as intervention. We will obtain the relevant articles according to the keywords using electronic databases such as PubMed, Scopus, Hindari and EBSCO. Research team members will independently screen all abstracts and full-text, included and excluded studies using PRISMA-P. A descriptive data analysis using IBM Software SPSS Version 23 will be performed. **RESULTS:** The outcome of interest will be the incidence of typhoid fever among food handlers in different settings such as among those who took vaccination and those who applied good hygiene practices.

KEYWORDS: systematic review protocol, vaccination, typhoid fever, hygiene practice, food handlers