

## The Impact of Essential Psychosocial Intervention Make Easy (EPIME) On Quality of Life of Methadone Clients

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### ABSTRACT

**INTRODUCTION:** The key to the success of Methadone Maintenance Therapy is patients' compliance that can be possibly achieved by high motivation. Studies have shown that psychosocial intervention is an effective adjunct therapy to the methadone in treating the drug dependence patients. However, in reality, the psychosocial component often neglected and missing from the local Methadone Maintenance Therapy Program due to human resource constraints and inadequate training. This study aims to evaluate the implementation of Essential Psychosocial Intervention Make Easy (EPIME) module as an adjunct to the standard MMTP in health clinics. **METHODS:** A prospective comparative intervention study in 2015-2016. 145 patients were assigned to EPIME plus Standard MMT and Standard MMT alone groups. **RESULTS:** Significant and positive QOL impacts were demonstrated especially the Environment Domain (mean difference=6.6, CI: 0.7-12.5,  $p=0.028$ ) and Physical Domain (mean difference=5.3, CI: 0.2-10.0,  $p=0.04$ ) in the EPIME plus Standard MMT group compared with the Standard MMT alone group. **DISCUSSION:** EPIME can be implemented in a larger scale in public health clinics in Malaysia.

**KEYWORDS:** methadone, EPIME, psychosocial

## The Knowledge, Attitude and Practice of Urban and Rural Population in Negeri Sembilan On Non-Communicable Diseases

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### ABSTRACT

**INTRODUCTION:** Non-communicable diseases (NCDs) are the leading cause of death globally. Rapid urbanisation and sedentary lifestyle are among the main factors contributed to high prevalence of NCDs. This study was carried out with the aim to assess the knowledge, attitude and practice of NCDs among urban and rural adult population in Negeri Sembilan, Malaysia. **METHODS:** A cross-sectional study was conducted in several urban and rural areas in Negeri Sembilan using cluster sampling method. A total of 486 respondents were interviewed using validated using pre-tested, structured questionnaire. Statistical analysis was computed using the IBM SPSS version 24. **RESULTS:** A total of 486 respondents with 207 (42.6%) from urban areas and 279 (57.4%) from rural areas participated in this study. Their mean age was 53.68 (SD=19.69) and slightly more than half of them were females (58.2%). Majority of the respondents (73.7%) have good knowledge, (76.1%) good attitude while (58.6%) have moderate practice of NCDs. When comparing the urban and rural population, majority of the urban population (78.7%) have good knowledge of NCDs while majority of the rural population have good attitude (93.2%) of NCDs. For practice of NCDs, majority of rural populations have good practice scores when compared to the urban population. **DISCUSSION:** Our health promotion and health education activities should focus to increase the knowledge of rural population on NCDs while encouraging better attitudes and practices among the urban population.

**KEYWORDS:** health promotion, urban, rural, KAP, NCD