

Does Good Knowledge on Dietary Risk Factors for Diabetes Translate into Good Dietary Practice? Findings from a Suburban Community in Tampin, Negeri Sembilan

Nizam Baharom, Zairina A. Rahman, Mohd Dzulkhairi Mohd Rani, Nadeeya Mohamad Nor, Nuurain Amirah Mohd Razi, Muhammad Arsyad Rohim, Wan Mohd Salman Wan Sallam, Wan Aina Mardhiah Wan Kamaruzaman, Shahzanani Shakirah Mohd Rifaie, Nazmi Aizuddin Adnan

Community Health Unit, Faculty of Medicine and Health Sciences, Universiti Sains Islam Malaysia (USIM), Faculty of Medicine and Health Sciences, Universiti Sains Islam Malaysia (USIM)

ABSTRACT

INTRODUCTION: Poor dietary habit is a common risk factor for major non-communicable diseases. The government continuously promotes good dietary habits to further reduce the risk of disease development. This study aims to describe the level of knowledge, attitude and practice on dietary risk factors for type-2 diabetes mellitus and their associated factors among adult population in a suburban community in Tampin, Negeri Sembilan. **METHODS:** In this cross-sectional study, 256 adults were interviewed using pre-tested, structured questionnaire using systematic random sampling of houses in a suburban housing estate in Tampin district, Negeri Sembilan. The questionnaire contained five sections namely socio-demographic details, medical history, knowledge, attitude and practice on dietary risk factors for type II diabetes mellitus. Knowledge, attitude and practice scores were transformed into percentage. **RESULTS:** The mean (s.d.) level of knowledge, attitude and practice on dietary risk factors were 78.75 (13.64), 72.25 (8.46) and 62.59 (7.64) respectively. Knowledge has weak positive correlation with dietary practice ($r=0.166$, $p=0.008$). Higher knowledge was associated with lower age ($r -0.2$, $p=0.001$), female vs male (81.63 (11.16) vs 75.54 (15.38), $p<0.001$) and ethnicity ($p<0.001$). Having diabetes is not significantly associated with better knowledge, attitude or practice on dietary risk factors. **CONCLUSION:** In this suburban community, higher knowledge on dietary risk factors for type 2 diabetes mellitus may not necessarily translate into better dietary practice. Current health campaigns could focus more on practical skills on dietary habits rather than just focusing on improving the knowledge.

KEYWORDS: dietary risk factors, diabetes, non-communicable diseases

Effectiveness of Group Cognitive Behavioral-Based Therapy on Pain and Functional Disability Among Knee Osteoarthritis Patients in Malaysian Government Hospitals

Chai Nien Foo, Manohar Arumugam, Lekhraj Rampal, Munn-Sann Lye, Sherina Mohd-Sidik, Zubaidah Jamil Osman

Universiti Tunku Abdul Rahman, Universiti Putra Malaysia, Cyberjaya University College of Medical Sciences

ABSTRACT

INTRODUCTION: Evidence of effectiveness of cognitive behavioral-based therapy in treating OA knee pain is lacking. This study aimed to develop, implement, and evaluate the effectiveness of a cognitive behavioral-based therapy module in treating knee pain and functional disability for patients with knee OA. **METHODS:** Three hundred patients aged 35 to 75 years diagnosed with knee OA (Kellgren grade ≥ 2 and visual analogue scale (VAS) score 40 or more) were randomly assigned to intervention group ($n=150$) and control group ($n=150$). Data was collected at baseline, immediate, one-month and six-month post treatment for knee pain intensity and functional disability (daily living and sport). Data collected was analysed using SPSS software with the application of mixed design repeated measured analysis of variance. **RESULTS:** One hundred and nineteen (79%) participants in the intervention group and 111 (74%) participants in the control group were included in the analysis at six months. The Knee injury and Osteoarthritis Outcome Score (KOOS) knee pain scores improved substantially in the intervention group, but not in the control group. The mean change in the KOOS knee pain score was 8.9 points (95%CI: -11.23, -6.62, $p=0.0001$) higher (less knee pain intensity) in the intervention group. Functional disability in daily living improved significantly in the intervention group ($p<0.05$). Functional disability in sport did not differ significantly between groups ($p>0.05$). **DISCUSSION:** The cognitive behavioral-based therapy module is effective in reducing knee pain intensity and functional disability in daily living in this knee OA population.

KEYWORDS: pain, functional disability, knee osteoarthritis, cognitive- behavioral