

Health Literacy among Adult Patients with Chronic Diseases in Sabah

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ABSTRACT

Introduction: Health literacy (HL) determines the motivation and ability of individuals to access, understand, appraise and utilise information in ways which promote and maintain good health. Limited health literacy leads to poorer health outcomes and often incurs higher healthcare expenditures. **Methods:** A cross-sectional study was conducted across Sabah public health facilities between February and October 2020. Health literacy was measured using 12-item Short Form Health Literacy Survey (HLS-SF-12) and comprised of 3 domains (health care, disease prevention and health promotion). The HL index score was categorised as 'limited'(0-33), 'sufficient'(>33-42) and 'excellent'(>42-50). **Results:** A total of 337 patients were recruited. About half were males (n=172, 51%) with mean age of 52.6±12.3 years old. The top 3 comorbidities were hypertension (n=285, 84.6%), dyslipidemia (n=196, 58.2%) and diabetes mellitus (n=161, 47.8%). Health information was mainly accessed from television (n=285, 84.6%), smartphone (n=253, 75.1%) and radio (n=161, 47.8%). The median HL index score was 31.94(IQR 25-37.5), with 54.6% patients(n=184) having limited health literacy. The lowest median score was found in the context of disease prevention, 11(IQR 10-13) as well as when judging health information, 8(IQR 7-9). Age (adjusted b: -0.14), owning insurance (adjusted b: 3.19) and using smartphone to access health information (adjusted b: 6.93) demonstrated significant relationship with HL index. Final model equation of HL index was found to be 32.58 - (0.14*age) + (3.19*insurance) + (6.93*smartphone). **Conclusion:** The limited health literacy level observed in Sabah indicated the need of tailoring interventional programmes to vulnerable groups, especially the elderly. The use of digital platform, particularly smartphone, should be enhanced in disseminating health-related information and educating the public on critical judgement skills.

The Prevalence of Smartphone Addiction and Its Association with Depression, Anxiety and Stress among Adults Attending Two Public Primary Care Clinics in Seberang Perai Tengah, Penang

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ABSTRACT

Introduction: The number of smartphone users worldwide is estimated to be 3.6 billion, which is approximately 46% of the entire population. Hence, smartphone addiction has also been reported globally among frequent users. Literature review reveals that smartphone addiction was found to be associated with mental health issues, but there is a lack of studies done to look at smartphone addiction and psychological health among adults in Malaysia. **Methods:** A cross sectional study was conducted among 381 adults attending two public primary care clinics in Seberang Jaya Tengah. Demographic data and potential factors (total 17 factors were collected) associated with smartphone addiction was collected with a self-administered questionnaire, validated Dass-21 questionnaire and Smartphone Addiction Scale (SAS). **Results:** The prevalence of smartphone addiction was 56.4%. Using multiple logistic analysis, we found that factors such as being Malay, Chinese and experiencing anxiety symptoms were significantly associated with smartphone addiction. **Conclusion:** Prevalence of smartphone addiction was comparable to other local studies, but much higher as compared internationally. Malays and Chinese adults had higher prevalence of smartphone addiction, similar to another local study reporting that Malay students used smartphones for longer duration compared to Chinese and Indian/Other students. The significant association between anxiety and smartphone addiction was in congruence with several other studies. Thus, intervention via education of awareness of smartphone addiction; and to increase screening of mental illness among smartphone addiction are suggested especially in primary care settings.