

The effectiveness of SANUBARI optimal health program as a wellness-based self-management intervention to improve mental health & well-being among house officers in Kedah: A quasi-experimental study (SANUBARI-HO)

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ABSTRACT

Introduction: The prevalence of stress, burnout, anxiety, and depression is a significant concern among house officers in Malaysia. Optimal Health Program (OHP) was developed as a self-management intervention that supports self-efficacy in achieving optimal well-being. This study used the adapted Malay OHP named SANUBARI done in five weekly online sessions to determine the effectiveness in six domains of health: Physical, Emotional, Social, Intellectual, Occupational, and Spiritual, as measured by the Optimal Health Wheel (OHWL). **Methods:** Using a non-clinical, quasi-experimental design, the study selected intervention hospitals (HSAH and HK) with trained OHP facilitators, while control hospitals (HSB) matched the same locality and burden criteria. This study includes house officers who have been working for more than 6 weeks in their 1st to 4th postings. Assessments were conducted at baseline, at the third and fifth sessions, and at the 9th week post-intervention. **Results:** A total of 67 house officers participated, comprising 38 males and 29 females, with a median age of 26. All participants completed the five assessment sessions. The analysis using repeated measure ANOVA demonstrated significant differences ($p < 0.05$) between the intervention and control groups for all domains except occupational. **Conclusion:** The intervention group displayed improvements across all domains, while the control group's scores showed a downward trend in all domains. Participants who underwent SANUBARI (OHP) were more satisfied with their general well-being compared to the control group, and this continued until the 9th week post-intervention. In conclusion, the SANUBARI program appears to be a valuable tool for supporting self-efficacy among junior doctors.