

# APACPH 2020



## **PUBLIC HEALTH IN THE NEW NORMAL**

**5TH - 9TH DECEMBER 2020**



**VIRTUAL CONFERENCE**

**WEBCAST LIVE FROM COLOMBO, SRI LANKA**

**PANDEMIC MOVEMENT CONTROL ORDER (MCO)  
ENACTMENT AMONG COUPLES IN MALAYSIA**

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**Introduction & Objectives:** Given the importance of human psychological and behavioural factors in the face of COVID-19 pandemic, it is crucial to assess psychological and behavioural responses to the situation and determine how they affect the quality of relationship among couples who are living together.

**Methods:** The current study was an online survey study. There were 124 adults participated in the study. The inclusion participant criteria were: 18 years old and above, in a relationship for at least one year, this includes married and cohabiting couples.

**Results:** The study found that the participants perceived a significantly higher level of depression, anxiety, and stress during MCO in Malaysia as

Abstract ID: 051

**ASSOCIATION OF LONG-TERM MEDITATION WITH THE LEVELS OF TELOMERASE ENZYME, QUALITY OF LIFE AND MINDFULNESS LEVEL: A PILOT STUDY**

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**Introduction & Objectives:** Meditation is a set of techniques which are used to connect oneself to one's deepest inner self. A growing body of evidence suggests that long-term meditation practice may have beneficial effects such as enhanced telomere regulation. This study aims to investigate the association of long-term meditation with the levels of plasma telomerase enzyme, quality of life (QOL) and the mindfulness level.

**Methods:** Plasma telomerase levels of 12 long-term, experienced meditators and 12 age, gender and educational level matched control subjects who had never practiced any form of meditation, were assayed. Telomerase levels were measured



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using Human TE (Telomerase) Enzyme-linked Immunosorbent Assay (EUSA) Kit. Socio-demographic data were collected and the QOL and the five facet mindfulness questionnaires (FFMQ) were also administered to all participants. Independent sample t-test was used to compare the mean telomerase levels, QOL and mindfulness level between meditators and controls.

**Results:** 18 of the 24 participants (75%) were male and mean age of the meditators and controls were 39.0 and 38.6 years, respectively. Meditators had significantly higher telomerase levels than the controls (meditators: mean±SD=9.82±1.99;

in current COVID-19 outbreak situation in Sabah, Malaysia, to examine the effect of individual differences on preparedness and readiness among nurses, and to examine the effect of COVID-19 preparedness on anxiety among nurses.

**Methods:** There were 148 nurses from Sabah, Malaysia participated in the current study. The measure used included: Two questions related to previous experience with disaster situations; the Emergency Preparedness Information Questionnaire (EPIQ); The Nurse Assessment of Readiness Scale (NARS); and the State-Trait Anxiety Inventory (STAI Form Y).