



DR. NATHRATUL AYESHAH BINTI ZULKIFLI

PENSYARAH PERUBATAN DU14

CONTACT

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ayeshahzul@usim.edu.my

Faculty: Fakulti
Perubatan Dan Sains
Kesihatan

SUPERVISION

PhD - Completed: 0, Ongoing: 0

Master - Completed: 0,
Ongoing: 1

AREAS OF EXPERTISE

Child Welfare (including Abuse, Protection, Rights, Street Children)

Psychiatry

Language Disorders (including Child Language Disorders, Acquired Language Disorders, Aphasia, Dyslexia)

ACADEMIC QUALIFICATION

Sarjana Kepakaran in Psikiatri (2021)

Bachelor (2007)

RESEARCH

1. CHILDHOOD LEARNING DISABILITIES

2026 GERAN KUMPULAN PENYELIDIKAN (KUP) ON GOING CO-RESEARCHER

2. KAJIAN PEMBANGUNAN PELAN TINDAKAN MENANGANI ANCAMAN JENAYAH SIBER NEGARA

2025 GERAN PENYELIDIKAN AGENSI KERAJAAN ON GOING CO-RESEARCHER

3. KESEJAHTERAAN EMOSI PASANGAN YANG MENDAPATKAN RAWATAN DI PUSAT SUBFERTILITI LPPKN: CABARAN DAN STRATEGI PENGURUSAN DAN PEMBANGUNAN MODUL INTERVENSI

2025 GERAN PENYELIDIKAN AGENSI KERAJAAN ON GOING CO-RESEARCHER

4. COMPARATIVE ANALYSIS OF POSTPARTUM DEPRESSION AND STRESS ON EXCLUSIVE BREASTFEEDING PRACTICES IN URBAN AND RURAL AREAS OF SOUTH SULAWESI, INDONESIA

2024 GERAN ANTARABANGSA ON GOING MAIN RESEARCHER

5. PSYCHOLOGICAL DISTRESS AMONG PERIODONTITIS PATIENTS IN USIM DENTAL POLYCLINIC

2024

GERAN PENYELIDIKAN PUSAT TANGGUNGJAWAB (PTJ)

ON GOING

CO-RESEARCHER

RESEARCH

6. MATERNAL HEALTH AND WELLBEING

2024 GERAN KUMPULAN PENYELIDIKAN (KUP) ON GOING CO-RESEARCHER

7. DEVELOPING CYBER SECURITY PROFESIONAL MODULES: TOWARDS DIGITAL RESILIENCE.

2024 GERAN PENYELIDIKAN INDUSTRI ON GOING CO-RESEARCHER

8. AN EVALUATION ON THE EFFECTIVENESS OF FAMILY PLANNING MOBILE APPLICATION (RANGLAH) TOWARDS IMPROVING THE UTILISATION OF FAMILY PLANNING AMONG HIGH-RISK PREGNANT WOMEN

2024 GERAN PENYELIDIKAN AGENSI KERAJAAN ON GOING CO-RESEARCHER

9. OPTIMIZING STUNTING PREVENTION: IDENTIFYING THE RELATIONSHIP BETWEEN BIRTH WEIGHT, EXCLUSIVE BREASTFEEDING AND SOCIAL ENVIRONMENT ON THE NUTRITIONAL STATUS OF TODDLERS IN RURAL AND URBAN AREAS OF SOUTH SULAWESI, INDONESIA

2024 GERAN ANTARABANGSA ON GOING CO-RESEARCHER

10. ANALYSIS OF THE LEVEL OF KNOWLEDGE AND SKILLS OF THE PUBLIC ON BASIC LIFE SUPPORT (CARDIOPULMONARY RESUSCITATION AND CHOKING) IN SOUTH SULAWESI, INDONESIA

2024 GERAN ANTARABANGSA ON GOING CO-RESEARCHER

11. STUDY AND ANALYSIS ON THE SOCIOCULTURAL APPROACH OF CORPORAL PUNISHMENT IN EDUCATIONAL SETTINGS IN MALAYSIA

2024 GERAN PENYELIDIKAN AGENSI KERAJAAN ON GOING CO-RESEARCHER

12. THE STUDY OF WELLBEING AND LIFE SATISFACTION AMONG EMPLOYEES IN ONE OF PUBLIC UNIVERSITY IN MALAYSIA

2023 BIDUNI MIZANNIYAH COMPLETED MAIN RESEARCHER

13. STIGMA AND FAMILY SUPPORT TOWARDS METHADONE MAINTENANCE THERAPY (MMT) CLIENTS FROM FAMILY PERSPECTIVE? A QUALITATIVE STUDY

2022 GERAN PENYELIDIKAN USIM ON GOING CO-RESEARCHER

14. SIGNIFIKASI PENGURUSAN STRES MENDEPANI CABARAN COVID-19: SATU TINJAUAN TERHADAP STRATEGI DAYA TINDAK PELAJAR USIM KE ARAH KESEJAHTERAAN DIRI

2021 GERAN PENYELIDIKAN KHAS COMPLETED CO-RESEARCHER

PUBLICATION

1. LPPKN 2025

2025 POLICY

2. FAMILY BEYOND BOUNDARIES: A CASE INSIGHT INTO ISLAMIC EXTENDED FAMILY DYNAMICS

INTERNATIONAL JOURNAL OF ACADEMIC RESEARCH IN BUSINESS AND SOCIAL SCIENCES

2024 JOURNAL ERA CORRESPONDING AUTHOR

3. THE STUDY OF WELLBEING AND LIFE SATISFACTION AMONG EMPLOYEES IN ONE OF PUBLIC UNIVERSITIES IN MALAYSIA

MEDICINE & HEALTH

2024 JOURNAL INDEX BY WOS & MYCITE MAIN AUTHOR

4. [FAMILY BEYOND BOUNDARIES: A CASE INSIGHT INTO ISLAMIC EXTENDED FAMILY DYNAMICS]

JURNAL ISLAM DAN MASYARAKAT KONTEMPORARI

2024 JOURNAL OTHER DATABASE CORRESPONDING AUTHOR

5. WARNA HIJAU DI DALAM AL-QURAN DAN PERANANNYA SEBAGAI ELEMEN NONFARMAKOLOGI BAGI MENGURANGKAN KADAR KEBIMBANGAN (ANXIETY)

JOURNAL OF MA'ALIM AL-QURAN WA AL-SUNNAH

2024 JOURNAL OTHER DATABASE MAIN AUTHOR

6. BRIDGING EMOTIONAL INTELLIGENCE AND CYBER LITERACY: A HOLISTIC APPROACH TO MENTAL RESILIENCE IN MALAYSIA'S B40 YOUTH

RDC AND WOMEN EMPOWERMENT CONFERENCE 2024

2024 PROCEEDING NON-INDEX CORRESPONDING AUTHOR

7. BRIDGING EMOTIONAL INTELLIGENCE AND CYBER LITERACY: A HOLISTIC APPROACH TO MENTAL RESILIENCE IN MALAYSIA'S DAMAI 2024 COMMUNITY ENGAGEMENT

THE 5TH APUCEN SUMMIT 2024 IN CHONGQING, CHINA

2024 PROCEEDING NON-INDEX MAIN AUTHOR

8. THE ROLE AND CULTURE OF AN EXTENDED FAMILY DYNAMIC IN ISLAMIC PERSPECTIVE : A CASE REPORT

ISLAMIC PSYCHOLOGY SUMMIT 2024

2024 PROCEEDING NON-INDEX MAIN AUTHOR

9. WAR TRAUMA AND PTSD IN CHILDREN

4TH SOUTHEAST ASIA CONFERENCE 2024 (SEAP2024)

2024 PROCEEDING NON-INDEX MAIN AUTHOR

10. THE DEVELOPMENT OF RANGLANGLAH, A FAMILY PLANNING MOBILE-BASED APPLICATION FOR PUBLIC USERS: THE CONCEPT AND USAGE POSSIBILITY.

THE 55TH ASIA PACIFIC ACADEMIC CONSORTIUM FOR PUBLIC HEALTH CONFERENCE 2024

2024 PROCEEDING NON-INDEX MAIN AUTHOR

11. UNDERSTANDING THE EVOLUTION OF FAMILY SUPPORT IN OPIOID ADDICTION RECOVERY JOURNEY: A QUALITATIVE STUDY

26TH FAMILY MEDICINE SCIENTIFIC CONFERENCE 2024

2024 PROCEEDING NON-INDEX MAIN AUTHOR

12. UNVEILING METHADONE PERCEPTIONS: INSIGHTS FROM FAMILY MEMBERS OF METHADONE MAINTENANCE THERAPY CLIENTS

7TH INTERNATIONAL CONFERENCE ON MOLECULAR BIOLOGY AND BIOTECHNOLOGY 2024 (ICMBB 2024) IN CONJUNCTION WITH 6TH USIM INTERNATIONAL HEALTH CONFERENCE (IHEC) 2024

2024 PROCEEDING SCOPUS MAIN AUTHOR

13. AKU DIJANGKITI KEHIDUPAN 3.0

2024 BOOK MAIN AUTHOR

PUBLICATION

14. "SAHABAT"

BUKU ANTOLOGI PUISI, CERPEN DAN ANEKDOT

2024 CHAPTER IN BOOK CO-AUTHOR

15. TRAUMA?RELATED HALLUCINATION IN AN 8?YEAR?OLD CHILD WITH DISSOCIATIVE SYMPTOMS

MALAYSIAN JOURNAL OF PSYCHIATRY

2023 JOURNAL OTHER DATABASE CO-AUTHOR

16. DIGITAL GAMING ADDICTION AMONG DEPRESSED CHILDREN

NATIONAL HEALTH SEMINAR 2023

2023 PROCEEDING NON-INDEX CO-AUTHOR & CO-EDITOR

17. DISCRIMINATION AGAINST EFFEMINATE STUDENT: A CASE STUDY

NATIONAL HEALTH SEMINAR 2023

2023 PROCEEDING NON-INDEX CO-AUTHOR

18. THE STUDY OF WELLBEING AND LIFE SATISFACTION AMONG EMPLOYEES IN ONE OF PUBLIC UNIVERSITIES IN MALAYSIA

USIM 9TH NATIONAL HEALTH SEMINAR 2023

2023 PROCEEDING NON-INDEX MAIN AUTHOR

19. PROTOCOL OF QUALITATIVE STUDY: EXPLORING PUBLIC PERCEPTION FACED BY FAMILY MEMBERS OF METHADONE CLIENT

USIM 9TH NATIONAL HEALTH SEMINAR 2023

2023 PROCEEDING WOS MAIN AUTHOR

20. MARI MEWARNA DAN JOM RILEKS VOL 2

2023 BOOK CO-AUTHOR

21. THE ASSOCIATIONS BETWEEN SOCIODEMOGRAPHIC, CLINICAL CHARACTERISTICS, AND PSYCHIATRIC ADMISSION AMONG PSYCHIATRIC PATIENTS AFTER ACUTE COMMUNITY TREATMENT

USIM INTERNATIONAL HEALTH CONFERENCE (IHEC)

2022 PROCEEDING SCOPUS CORRESPONDING AUTHOR

22. BURNOUT AMONG RESIDENT DOCTORS IN A TERTIARY HOSPITAL IN MALAYSIA, A CROSS SECTIONAL STUDY.

INTERNATIONAL CONFERENCE ON MEDICAL AND HEALTH SCIENCES

2022 PROCEEDING NON-INDEX CORRESPONDING AUTHOR

23. PENGAJARAN DAN PEMBELAJARAN SEMASA NORMA BAHARU: TINJAUAN TERHADAP TAHAP KEBAHAGIAAN PELAJAR

CABARAN SEMASA DALAM PENDIDIKAN, PENGURUSAN DAN SAINS SOSIAL

2022 CHAPTER IN BOOK CO-AUTHOR

24. KESAN PANDEMIK KE ATAS PSIKOLOGI DAN MENTAL MASYARAKAT DARIPADA PERSPEKTIF PERUBATAN

ISU DAN CABARAN NORMA BARU DI MALAYSIA. PERSPEKTIF PSIKOLOGI DAN KESIHATAN MENTAL

2022 CHAPTER IN BOOK MAIN AUTHOR

25. THE CHALLENGES AMONG FRONTLINERS DURING PANDEMIC COVID-19

COVID-19 AND WELL-BEING: A WAY FORWARD

2022 CHAPTER IN BOOK CO-AUTHOR

26. SUDDEN COGNITIVE DECLINE IN BIPOLAR MOOD DISORDER PATIENT WITH UNDERLYING SEVERE TARDIVE DYSKINESIA AFTER THE FAILURE OF HIS DEEP BRAIN STIMULATION DEVICE BATTERY

MALAYSIAN JOURNAL OF SCIENCE, HEALTH AND TECHNOLOGY

2021 JOURNAL MYCITE MAIN AUTHOR / CONTACT PERSON IN USIM

PUBLICATION

27. SYSTEMATIC REVIEW OF STRESS AND COPING STRATEGIES DURING PANDEMIC COVID-19 AMONG STUDENTS IN HIGHER LEARNING INSTITUTIONS

MALAYSIAN JOURNAL OF SOCIAL SCIENCES AND HUMANITIES (MJ - SSH)

2021 JOURNAL INDEX BY MYCITE 2019 CO-AUTHOR

28. PSYCHOLOGICAL FACTORS ASSOCIATED WITH DEPRESSION AND ANXIETY DURING COVID-19 PANDEMICS AMONG OUTPATIENTS WITH DEPRESSION

ALPHAPSYCHIATRY

2021 JOURNAL WOS MAIN AUTHOR / CONTACT PERSON IN USIM

29. TINJAUAN TERHADAP TAHAP TEKINAN PELAJAR UNIVERSITI SEMASA PANDEMIK COVID-19

MALAYSIAN JOURNAL OF SOCIAL SCIENCES AND HUMANITIES (MJ - SSH)

2021 JOURNAL INDEX BY MYCITE 2019 CO-AUTHOR

30. PATIENT-CENTRED COMMUNICATION IN THE USE OF ANTIDEPRESSANTS AMONG PEOPLE WITH DEPRESSION: A SCOPING REVIEW

SAINS MALYSIANA

2021 JOURNAL MYCITE MAIN AUTHOR / CONTACT PERSON IN USIM

31. EXPLORING PSYCHOLOGICAL STRESS AMONG HEALTH CARE WORKER AMID PANDEMIC COVID-19 IN MALAYSIA

REVISTA GEINTEC-GESTAO INOVACAO E TECNOLOGIAS

2021 JOURNAL WOS CO-AUTHOR

32. STRATEGI DAYA TINDAK PELAJAR DALAM ASPEK PENGURUSAN STRES MENDEPANI CABARAN COVID-19

INTERNATIONAL CONFERENCE ON QIDAH, RELIGIUS AND SOCIAL SCIENCES 2021

2021 PROCEEDING NON-INDEX CO-AUTHOR

33. BRIDGING SCIENCE AND RELIGION ? TREATMENT OF DEPRESSED MUSLIM PATIENTS USING ISLAMIC INTEGRATED COGNITIVE BEHAVIOURAL THERAPY

MALAYSIAN JOURNAL OF SCIENCE HEALTH & TECHNOLOGY

2020 JOURNAL OTHERS DATABASE CO-AUTHOR

34. DEVELOPMENT OF KNOWLEDGE, ATTITUDES, AND PRACTICES (KAP) TOWARDS COVID-19 PANDEMIC IN MALAYSIA

MED & HEALTH DEC 2020

2020 JOURNAL MYCITE MAIN AUTHOR / CONTACT PERSON IN USIM

35. BRIEF PSYCHOTIC DISORDER IN RELATION TO CORONAVIRUS, COVID-19 OUTBREAKS: A CASE REPORT

MALAYSIAN JOURNAL OF PSYCHIATRY

2020 JOURNAL MYCITE MAIN AUTHOR / CONTACT PERSON IN USIM

36. THE CHALLENGES AMONG FRONTLINERS DURING PANDEMIC COVID-19

COVID-19: ISSUE, IMPLICATION, AND SOLUTION

2020 CHAPTER IN BOOK CO-AUTHOR

37. SHARED DECISION MAKING IN THE USE OF ANTIDEPRESSANTS - BOOKLET OF SCRIPTS FOR DOCTORS SAPHIR STUDY

2018 BOOK CO-AUTHOR

CONSULTATION

1. PROJEK PERUNDINGAN KEMAMPUAN INSTITUT SOSIAL MALAYSIA (ISM) SEBAGAI AGENSI AKREDITASI KERJA SOSIAL MALAYSIA

INSTITUT SOSIAL MALAYSIA

International

2. PROJEK PERUNDINGAN MEMPERKASAKAN DAYA TAHAN MINDA MELALUI KECERDASAN EMOSI DAN KEMAHIRAN SIBER DALAM KALANGAN BELIA B40

MINISTRY OF FINANCE (MOF)

International

AWARDS/RECOGNITION

1. ANUGERAH PERKHIDMATAN CEMERLANG 2024

2025 UNIVERSITY

2. GROUP SUPERVISION SCHOLARSHIP AWARD

2025 INTERNATIONAL

3. ACADEMIC ADVISOR

PSYCHOLOGY FACULTY UNIVERSITY MALAYA

2025 NATIONAL

4. ACADEMIC ADVISOR

PSYCHOLOGY FACULTY UNIVERSITY MALAYA

2025 NATIONAL

5. ACADEMIC ADVISOR

PSYCHOLOGY FACULTY UNIVERSITY MALAYA

2025 NATIONAL

6. STAF CONTOH FAKULTI PERUBATAN DAN SAINS KESIHATAN BULAN MEI 2024

2024 UNIVERSITY

7. INNOVATION BANK CHALLENGES AWARD

2024 UNIVERSITY

8. TEMPAT KETIGA

2024 UNIVERSITY

9. SILVER AWARD: DAMAI 2024

2024 INTERNATIONAL

10. ACADEMIC ADVISOR

PUSAT REHABILITASI PERKESO TUN ABDUL RAZAK

2024 NATIONAL

11. ACADEMIC ADVISOR

SURUHANJAYA HAK ASASI MANUSIA (SUHAKAM)

2024 NATIONAL

12. ACADEMIC ADVISOR

PENILAI GERAN

2024 UNIVERSITY

13. ACADEMIC ADVISOR

PENILAI LAPORAN AKHIR GERAN PENYELIDIKAN RMC

2024 UNIVERSITY

14. ACADEMIC ADVISOR

PAW 4012

2024 UNIVERSITY

AWARDS/RECOGNITION

15. ACADEMIC ADVISOR

PAW 4012

2024 UNIVERSITY

16. ACADEMIC ADVISOR

MALAYSIAN ASSOCIATION FOR MATERNAL AND NEONATAL HEALTH

2024 NATIONAL

17. ACADEMIC ADVISOR

TASKFORCE PEMERKASAAN WANITA SEMPENA SAMBUTAN HARI WANITA SEDUNIA PERINGKAT USIM

2024 UNIVERSITY

18. ACADEMIC ADVISOR

MALAYSIA MEDICAL ASSOCIATIONS NEGERI SEMBILAN BRANCH ?EMPOWERING THE NEW GENERATION, CREATING A PROGRESSIVE CONTINUATION?

2024 NATIONAL

19. ACADEMIC ADVISOR

PROGRAM STREET DAKWAH KEMAS PARLIMEN RASAH 2024

2024 NATIONAL

20. ACADEMIC ADVISOR

FACULTY OF MEDICINE AND HEALTH SCIENCES USIM

2024 OTHERS

21. ACADEMIC ADVISOR

PERBADANAN SUMBER MANUSIA BERHAD

2024 NATIONAL

22. VISITING SCHOLAR

RESEARCH MANAGEMENT CENTRE UNIVERSITAS MUHAMMADIYAH MAKASSAR

2024 INTERNATIONAL

23. ACADEMIC ADVISOR

PAW 4012

2024 UNIVERSITY

24. ACADEMIC ADVISOR

MALAYSIAN MEDICAL ASSOCIATION (ADOLESCENT HEALTH COMMITTEE AND MMA NEGERI SEMBILAN BRANCH)

2024 NATIONAL

25. ACADEMIC ADVISOR

KURSUS BEHAVIOURAL SCIENCES AND PROFESIONAL DEVELOPMENT I

2024 UNIVERSITY

26. VISITING PROFESOR

UNIVERSITY MUHAMMADIYAH MAKASSAR

2024 INTERNATIONAL

27. ACADEMIC ADVISOR

UKM PAKARUNDING

2024 NATIONAL

28. ACADEMIC ADVISOR

USIM HEALTHCARE SDN BHD AND NATIONAL TV STATION

2024

NATIONAL

AWARDS/RECOGNITION

29. ACADEMIC ADVISOR

MAJLIS AGAMA ISLAM DAN ISTIADAT MELAYU KELANTAN (MAIK) :MUZAKARAH KEBANGSAAN

2024 NATIONAL

30. BUMBUDDY: CARING FOR TWO, PROTECTING LITTLE ONES

4TH INNOVATION BANK CHALLENGE 2024 (IBC 2024)

2024 UNIVERSITY GOLD

31. BRIDGING EMOTIONAL INTELLIGENCE AND CYBER LITERACY: A HOLISTIC APPROACH TO MENTAL RESILIENCE IN MALAYSIA'S YOUTH

2ND ASIA PACIFIC REGIONAL DEVELOPMENT COMMUNITY SUMMIT (RDC SUMMIT)

2024 ANTARABANGSA SILVER

32. CONSOLIDATION PRIZE - PERTANDINGAN MENULIS PUISI, SAJAK & DEKLAMASI

2023 UNIVERSITY

33. 3RD PRIZE FOR STAR SEARCH FPSK 2023

2023 OTHERS

34. ACADEMIC ADVISOR

UNIVERSITI SAINS ISLAM MALAYSIA

2023 UNIVERSITY

35. ACADEMIC ADVISOR

MULTIMEDIA UNIVERSITY - FACULTY OF CINEMATICS ART

2023 NATIONAL

36. ACADEMIC ADVISOR

PENILAIAN PEMBENTANGAN SSM Y4

2023 UNIVERSITY

37. ACADEMIC ADVISOR

PENILAIAN PEMBENTANGAN SSM Y4

2023 UNIVERSITY

38. ACADEMIC ADVISOR

HARI SAMBUTAN KESIHATAN MENTAL SEDUNIA PERINGKAT HOSPITAL PORT DICKSON 2023 JABATAN PSIKIATRI DAN KESIHATAN MENTAL HOSPITAL PORT DICKSON

2023 NATIONAL

39. ACADEMIC ADVISOR

KEEP RISING 2023 FOR ADOLESCENTS IN SMK DATUK HAJI ABDUL SAMAD

2023 NATIONAL

40. ACADEMIC ADVISOR

MASTER STUDENTS FROM FAKULTI KEPIMPINAN DAN KAUNSELING UNIVERSITY SAINS ISLAM MALAYSIA USIM

2023 NATIONAL

41. ACADEMIC ADVISOR

BAHAGIAN PSIKOLOGI DAN KAUNSELING, PUSAT HAL EHWAL PELAJAR (HEP), USIM

2023 UNIVERSITY

42. BRIDGING THE GAP: UNDERSTANDING FAMILY MEMBERS PERCEPTION AND SUPPORT TOWARDS METHADONE USER

INNOVATION BANK CHALLENGE 2023 (IBC2023)

2023 UNIVERSITY BRONZE

AWARDS/RECOGNITION

43. ACADEMIC ADVISOR

JABATAN FIQH DAN USUL AKADEMI PENGAJIAN ISLAM, UNIVERSITI MALAYA

2022

NATIONAL

44. ACADEMIC ADVISOR

JABATAN PSIKOLOGI UNIVERSITI MALAYA

2021

UNIVERSITY