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Address: Fakulti Perubatan
Dan Sains Kesihatan

SUPERVISION

PhD - Completed: 4, Ongoing: 0

Master - Completed: 2, Ongoing: 1

AREAS OF EXPERTISE

Human Physiology

Community Nutrition

Sleep Disorder

BIOGRAPHY

A lecturer from Fakulti Perubatan Dan Sains Kesihatan. Holds a Phd in Pemakanan.

ACADEMIC QUALIFICATION

Phd in Pemakanan (2015)

Master in Sains Perubatan (Perubatan Da (2007)

Bachelor in Sains Bioperubatan (2002)

RESEARCH

1. ACCURACY, RELIABILITY, AND VALIDITY OF INBODY BIOELECTRICAL IMPEDANCE ANALYZER (BIA) FOR THE ASSESSMENT OF BODY COMPOSITION AT DIFFERENT TIME POINT OF THE DAY

2024 ON GOING MAIN RESEARCHER

2. MODELLING OF PHYSIOLOGICAL VARIATION AND DEVELOPMENT OF A VALIDATED TOOL FOR DISRUPTIVE CIRCADIAN REGULATION AMONG HEALTHCARE SHIFT WORKERS

2024 ON GOING MAIN RESEARCHER

3. CONCEPTUALISING THEORY ON SYNCHRONISATION BETWEEN THE CHRONOTYPE DIVERSITY, WORKING SCHEDULE, AND CIRCADIAN RHYTHM, WITH THE WORK-RELATED WELL-BEING AMONG WORKFORCE IN MALAYSIA.

2023 ON GOING MAIN RESEARCHER

4. THE INCIDENCE OF POST-OPERATIVE COGNITIVE DYSFUNCTION IN HIGH RISK CARDIOTHORACIC SURGERY PATIENTS RECEIVING DEXMEDETOMIDINE AND ITS GENE EXPRESSION

2020 ON GOING MAIN RESEARCHER

5. INTERACTION OF PSYCHOSOCIAL WELL-BEING WITH PHYSICAL HEALTH OF B40 SHIFT WORKERS IN URBAN AREAS OF MALAYSIA

2019 COMPLETED MAIN RESEARCHER

6. DEVELOPMENT OF HOME LELECTROCARDIOGRAM ASSESMENT REALIABLE TOOL (HEART) : A CLOUD BASED, WEARABLE, WIRELESS, SINGLE-LEAD ELECTROCARDIOGRAM

2019 ON GOING MAIN RESEARCHER

7. EXPLORING THE CULTURAL HERITAGE AND NUTRITIONAL VAKUES OF FOOD IN KAMPUNG BHARU FOOD TRAIL

2019 COMPLETED MAIN RESEARCHER

8. THE EFICACY OF HEALTH EDUCATION INTERVENTION PROGRAMME ON QUALITY OF LIFE ELDERLY WITH MILD COGNITIVE IMPAIRMENT (MCI) IN USIM'S KAMPUNG MIZAN

2017 COMPLETED MAIN RESEARCHER

9. PHYSIOLOGICAL AND PHYSICAL FITNESS OF MALAYSIAN YOUTH (MALE) UNDERGOING ARCHERY TRAINING PROGRAMME.

2015 COMPLETED MAIN RESEARCHER

10. THE DIFFERENCE OF B-TYPE NATRIURETIC PEPTIDE (BNP) LEVEL AMONG PRIMARY HYPERTENSIVE PATIENTS WITH CO

2008 COMPLETED MAIN RESEARCHER

PUBLICATION

1. ELUCIDATING THE CHRONONUTRITION PATTERNS AND SLEEP QUALITY AMONG SUBFERTILE PATIENTS WITH DIFFERENT VITAMIN D LEVELS

2025 JOURNAL

2. CHRONONUTRITION BEHAVIOUR AND ITS ASSOCIATION WITH BODY WEIGHT AMONG COLLEGE STUDENTS IN MALAYSIA

2025 PROCEEDING

3. DIAGNOSTIC ACCURACY AND METHODOLOGICAL VALIDATION OF THE INBODY 970S MULTI-FREQUENCY BIOELECTRICAL IMPEDANCE ANALYSIS DEVICE WITH DUAL-ENERGY X-RAY ABSORPTIOMETRY IN ASSESSING BODY COMPOSITION AMONG HEALTHY MALAYSIAN ADULTS

2025 PROCEEDING

4. EVIDENCE FROM CLINICAL TRIALS ON SYNTHETIC PROTEASE INHIBITORS IN ORAL, HEAD, AND NECK CANCER

2025 CHAPTER IN BOOK

5. DIET AND NUTRITION IN DISEASE PREVENTION AND MAINTENANCE OF HEALTHY LIFESTYLE

2025 CHAPTER IN BOOK

6. THE ROLE OF PRECONCEPTION VITAMIN D INTAKE IN PREVENTING GESTATIONAL DIABETES MELLITUS (GDM): A SYSTEMATIC REVIEW AND META-ANALYSIS

2024 PROCEEDING

7. CHRONONUTRITION BEHAVIOR DURING THE COVID-19 PANDEMIC AND ITS RELATIONSHIP WITH BODY WEIGHT AMONG COLLEGE STUDENTS

2023 JOURNAL

8. KNOWLEDGE, ATTITUDE AND PRACTICE, AND ASSOCIATED FACTORS TOWARDS DIABETES MELLITUS AMONG ADULTS IN RURAL MALAYSIA

2023 PROCEEDING

9. SHEDDING LIGHT ON FERTILITY: VITAMIN D SUPPLEMENTATION'S IMPACT ON REPRODUCTIVE HORMONES - A SYSTEMATIC REVIEW

2023 PROCEEDING

10. SIMPLE COORDINATION AND COGNITIVE STIMULATION ACTIVITIES FOR COGNITIVE FUNCTION ASSESSMENTS USING FUNCTIONAL NEAR-INFRARED SPECTROSCOPY

2022 JOURNAL

11. NATURAL PRODUCTS IN MITIGATION OF BISPHENOL A TOXICITY: FUTURE THERAPEUTIC USE

2022 JOURNAL

12. KNOWLEDGE, ATTITUDE, AND PRACTICES OF NON-COMMUNICABLE DISEASES: COMPARISON BETWEEN ORANG ASLI AND MALAY FROM RURAL AREA IN NEGERI SEMBILAN, MALAYSIA: A COMPARATIVE STUDY

2020 JOURNAL

13. CONSEQUENCES OF CIRCADIAN DISRUPTION IN SHIFT WORKERS ON CHRONONUTRITION AND THEIR PSYCHOSOCIAL WELL-BEING

2020 JOURNAL

14. PHILANTHOTOXIN-343 ATTENUATES RETINAL AND OPTIC NERVE INJURY, AND PROTECTS VISUAL FUNCTION IN RATS WITH N-METHYL-D-ASPARTATE-INDUCED EXCITOTOXICITY

2020 JOURNAL

15. KNOWLEDGE, ATTITUDE AND PRACTICES OF SUGAR-SWEETENED BEVERAGES: A CROSS-SECTIONAL STUDY AMONG ADOLESCENTS IN SELANGOR, MALAYSIA

2020 JOURNAL

16. CHANGES OF PERCEIVED SELF ESTEEM DIMENSION USING ARCHERY AS A WEEKLY EXERCISE REGIME IN SEDENTARY YOUTH

2020 JOURNAL

17. ASSOCIATION OF MICRO RNA AND POSTOPERATIVE COGNITIVE DYSFUNCTION: A REVIEW

2020 JOURNAL

18. SINGING IMPROVES OXYGEN SATURATION IN SIMULATED HIGH-ALTITUDE ENVIRONMENT

2020 JOURNAL

19. INFLUENCE OF ISOMETRIC CONTRACTION DURING ARCHERY TRAINING AND DETRAINING ON THE MUSCLES AND HAND GRIP STRENGTH IN SEDENTARY YOUTH: A RANDOMIZED CONTROLLED TRIAL

2020 PROCEEDING

20. MUSCLE STRENGTH IN MALE YOUTH THAT PLAY ARCHERY DURING LEISURE TIME ACTIVITY

2020 CHAPTER IN BOOK

21. COMPARISON OF HEART RATE VARIABILITY AMONG MALAY MALE YOUNG ADULT WITH DIFFERENT BMI AND LEVEL OF ADIPOSITY

2019 JOURNAL

22. THE KNOWLEDGE, ATTITUDE AND CONFIDENCE ON FIRST AID RESPONSE AMONG CHILDCARE PROVIDERS FOLLOWING FAT4CP? TRAINING IN NEGERI SEMBILAN, MALAYSIA

2019 JOURNAL

23. ARCHERY INTERVENTION PROGRAMME IMPROVES MUSCLE STRENGTH AND HEART RATE VARIABILITY OF SEDENTARY YOUTH

2019 PROCEEDING

24. VALIDATION OF FAT4CP? FIRST AID MODULE AND ASSESSMENT TOOL: EVALUATING MODULE ACCEPTANCE AND THE KNOWLEDGE, ATTITUDE AND CONFIDENCE (KAC) ON FIRST AID RESPONSE AMONG CHILDCARE PROVIDERS.

2018 JOURNAL

25. DEVELOPMENT & VALIDATION OF THE FAT4CP? ASSESSMENT TOOL: ASSESSING KNOWLEDGE, ATTITUDE AND CONFIDENCE (KAC) AMONGST CHILDCARE PROVIDERS IN FIRST AID.

2018 PROCEEDING

26. VALIDATION OF FAT4CP ? QUESTIONNAIRE TO ASSESS KNOWLEDGE, ATTITUDE & CONFIDENCE OF CHILDCARE PROVIDERS IN FIRST AID

2018 PROCEEDING

27. BAROREFLEX FUNCTION IN MALAY MALE YOUTH WITH DIFFERENT BMI AND LEVEL OF ADIPOSITY

2018 PROCEEDING

28. A CASE-CONTROL STUDY ON MUSCLE STRENGTH OF MALE YOUTH WITH ARCHERY TRAINING.

2018 PROCEEDING

29. ?HER SHAPE? INTERVENTION PROGRAMME FOR OBESE WOMEN WITH HIGH BREAST ADIPOSITY.

2017 JOURNAL

30. RELIABLE MONITORING OF OXYGEN SATURATION VIA PULSE OXIMETRY: WHICH SITE TO CHOOSE?

2017 JOURNAL

31. RECOMMENDED PHYSICAL ACTIVITY AND INTENSITY LEVELS TO REDUCE EXCESS OF BODY FAT AMONGST MALAY FEMALE UNIVERSITY STUDENTS IN MALAYSIA

2017 JOURNAL

32. RELIABLE MONITORING OF OXYGEN SATURATION VIA PULSE OXIMETRY: WHICH SITE TO CHOOSE?

2017 PROCEEDING

33. MENCAPAI BERAT BADAN IDAMAN: TEKNIK KEKUATAN MINDA

2017 BOOK

34. TREND OF PHYSICAL ACTIVITY, DIETARY INTAKE AND BODY COMPOSITION AMONG WOMEN WITH HIGH BREAST ADIPOSITY

2015 JOURNAL

35. THE HER SHAPE PROGRAMME: POTENTIAL INTERVENTION FOR OBESE WOMEN WITH HIGH BREAST ADIPOSITY

2015 PROCEEDING

36. VALIDATION OF ELECTRICAL IMPEDANCE TOMOGRAPHY QUALITATIVE AND QUANTITATIVE VALUES.

2014 JOURNAL

37. VALIDATION OF ELECTRICAL IMPEDANCE TOMOGRAPHY QUALITATIVE AND QUANTITATIVE VALUES AND COMPARISON OF THE NUMERIC PAIN DISTRESS SCORE AGAINST MAMMOGRAPHY

2014 JOURNAL

38. PLASMA BNP LEVEL AS MARKER FOR EARLY DETECTION OF HEART FAILURE IN PRIMARY HYPERTENSIVE PATIENTS

2011 JOURNAL

39. CORRELATION OF NSE AND S100 β WITH NEUROCOGNITIVE FUNCTION ASSESSMENT OF POST CABG PATIENTS RECEIVING DEXMEDITOMIDINE SEDATION : A PILOT STUDY

2011 PROCEEDING

40. CORRELATION OF NSE AND S100 β WITH NEUROCOGNITIVE FUNCTION ASSESSMENT OF POST CABG PATIENTS RECEIVING DEXMEDITOMIDINE SEDATION : A PILOT STUDY

2011 PROCEEDING

41. CORRELATION OF NSE AND S100 β WITH NEUROCOGNITIVE FUNCTION ASSESSMENT POST CABGSURGERY

2011 PROCEEDING

42. ASSOCIATIONS BETWEEN PRIMARY HYPERTENSION AND GENES IN THE RENIN ANGIOTENSION SYSTEM : A PROSPECTIVE TWO-CENTER STUDY IN UNIVERSITY KEBANGSAAN MALAYSIA MEDICAL CENTER AND INTERNATIONAL MEDICAL UNIVERSITY CARDIOLOGY CLINIC.

2010 JOURNAL

43. THE BIOCHEMISTRY PROFILES OF DEXMEDITOMIDINE FOLLOWING CARDIAC SURGERY

2010 PROCEEDING

44. CORRELATION OF PLASMA B-TYPE NATRIURETIC PEPTIDE LEVEL WITH EJECTION FRACTION IN PRIMARY HYPERTENSIVE PATIENTS

2009 PROCEEDING

45. THE HAEMODYNAMIC PROFILES OF DEXMEDETOMIDINE IN PAEDIATRIC PATIENTS FOLLOWING CARDIAC SURGERY

2009 PROCEEDING

46. THE RESPIRATORY PROFILES OF DEXMEDITOMIDINE IN PAEDIATRIC PATIENTS FOLLOWING CARDIAC SURGERY.

2009 PROCEEDING

47. RENIN ANGIOTENSIN CANDIDATE GENES AS A PREDICTOR MARKER FOR CARDIOVASCULAR COMPLICATIONS IN PRIMARY HYPERTENSION PATIENTS.

2008 PROCEEDING

48. THE IMPORTANCE OF RENIN ANGIOTENSIN GENE POLYMORPHISM IN DETERMINING THE RISK OF PRIMARY HYPERTENSION.

2008 PROCEEDING

49. BNP PLASMA LEVEL AS A NOBEL MARKER FOR EARLY DETECTION OF CVS COMPLICATIONS IN PRIMARY HYPERTENSION PATIENTS

2008 PROCEEDING

CONSULTATION/ADULATION

1. COMMERCIALIZATION OF PORTABLE VITAL SIGN BLOOD ANALYSIS DEVICE (FLOBO)

2021 NATIONAL OSA TECHNOLOGY SB

2. SHARIAH COUNCIL MEMBER

2017 NATIONAL MADCAT WORLD SDN BHD

3. PERUNDING KEPADA PERSATUAN TASKA NEGERI SEMBILAN

2017 NATIONAL TORAY KNOWLEDGE TRANSFER GRANT

4. DEXMEDITOMIDINE: NEUROCOGNITIVE EFFECT FOR POST CABG PATIENT

2011 UNIVERSITY IJN

5. DEXMEDITOMIDINE : CARDIOVASCULAR EFFECT POST CABG

2011 UNIVERSITY IJN

AWARDS/RECOGNITION

1. HIGHEST IMPACT JOURNAL PUBLICATION (ORIGINAL RESEARCH ARTICLE)

2025 UNIVERSITY

2. BEST RESEARCHER AWARD

2025 UNIVERSITY

3. TOP 10% WITH HIGHEST CITATIONS

2025 UNIVERSITY

4. TOP 10% WITH HIGH H-INDEX

2025 UNIVERSITY

5. ADVISORY / EDITOR / EDITORIAL

2025 NATIONAL