

UNIVERSITI TEKNOLOGI MARA

**DIETARY BEHAVIOUR AND MENTAL WELLNESS IN POST
COVID PATIENTS WITH NON-COMMUNICABLE DISEASE IN
SELANGOR**

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ABSTRACTS

According to the World Health Organization (WHO), non-communicable diseases (NCDs) are a class of illnesses that do not primarily result from acute infections, frequently necessitate long-term care, and impact long-term health. Given the rising prevalence of NCD among post-COVID patients and mental illness in this country, hence, this research objective is to determine the mental wellness and dietary behaviour in post-COVID patients with non-communicable diseases, especially in those who have type 2 diabetes mellitus and hyperlipidemia in Selangor. Using a cross-sectional study design, data were collected from patients who have recovered from COVID-19 at Hospital Al-Sultan Abdullah in UiTM Puncak Alam and Clinical Training Centre (CTC), UiTM Sungai Buloh. Purposive sampling was used, and a sample size of 135 participants was established to include people with specific NCDs. The questionnaire included sections on sociodemographic data, anthropometric and biochemical compliance, an eating behaviour pattern questionnaire (EBPQ), and a mental health assessment with depression, anxiety, and stress scales (DASS-21). The prevalence of Type 2 Diabetes Mellitus and Hyperlipidemia was reported to be 13.3% and 38.5% after COVID-19. Furthermore, the results showed that the pandemic significantly affected these participants' dietary behaviour and mental health. Meal skipping was found to be significantly association with anxiety ($B \pm SE$: -, OR: 0.02, $p=0.007$, 95% CI: -6.74 - -1.05). In summary, early intervention to reduce the risk of developing anxiety in post-COVID patients can be taken into consideration by offering dietary counselling to promote healthy dietary behaviour, which can positively impact mental health.

Keywords: COVID-19, Post-COVID Patients, Non-Communicable Diseases (NCDs)

Type 2 Diabetes Mellitus, Hyperlipidemia, Mental Wellness, Dietary Behaviour

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CHAPTER ONE

INTRODUCTION

This chapter provides a comprehensive introduction, outlining the research background, problem statement, justification, significance, research questions, objectives, hypothesis, and the research framework. It started with explaining how COVID-19 started to exist and how it affected people all over the world, particularly those who had non-communicable diseases (NCDs) including hyperlipidemia and type 2 diabetes. Furthermore, the chapter also emphasizes the increased vulnerability of these patients to severe COVID-19 outcomes and explores the interconnectedness of COVID-19 and NCDs. In addition, the study's objectives were to examine the dietary behaviour and mental health of post-COVID patients with non-communicable diseases (NCDs) in Selangor, Malaysia, and determine the associations that present between these variables and sociodemographic characteristics.

1.1 Research background

The novel coronavirus disease known as SARS-CoV-2, or severe acute respiratory syndrome coronavirus 2, is the source of the outbreak that the World Health Organization (WHO) formally proclaimed a pandemic in December 2019. Coronaviruses, specifically β -coronaviruses, spread through infected individuals' respiratory secretions, saliva, or respiratory droplets. COVID-19 patients with positive test results exhibit a wide spectrum of clinical symptom severity, ranging from multi-organ failure and acute respiratory distress syndrome to being entirely asymptomatic. 16,341,920 COVID-19 cases and 650,805 deaths have been documented globally as of July 28, 2020 (Leung et al., 2020). As of October 24, 2023, the total number of people infected with COVID-19 in Malaysia was over 4,810,082 individuals, and the number of deaths was over 44,126 (Pal & Bhadada, 2020).