

UNIVERSITI TEKNOLOGI MARA

**THE ASSOCIATION OF DEPRESSION,
ANXIETY AND STRESS WITH
DIETARY INTAKE AMONG ADULTS
IN KLANG VALLEY SELANGOR**

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**Thesis submitted in fulfilment
of the requirements for the degree of
Bachelor (Hons.) of Nutrition and Dietetics**

Faculty of Health Science

January 2016

DECLARATION

I am Nur Nazurah binti Yunos, hereby declare that I am the sole author of this thesis entitled “The Association of Depression, Anxiety, and Stress with Dietary Intake among Adults in Klang Valley Selangor” and that neither any part of this thesis nor the whole of the thesis has been submitted for a degree to any other University or Institution other than that of an undergraduate degree in Nutrition and Dietetics studied at the University Teknologi Mara (UiTM) Puncak Alam.

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ABSTRACT

Depression, anxiety and stress are the most studied and reported form of mental illnesses. The burden of these psychological disorders seems to be increasing among adults in Malaysia. These psychological disorders are most well-known factors that have been associated with problems in dietary intake of an adult. The main objective of this study was to determine the level of depression, anxiety, and stress of adults around Klang Valley. Besides, this research was conducted to determine the association between depression, anxiety, and stress with dietary intake. A cross sectional study design will be used to determine the prevalence of depression, stress and anxiety and its associated factors among 71 participants who lives at area around Klang Valley, Selangor. One-way Anova is used to determine whether there are any significant differences between the means of variables. Characteristics of subjects were described as means, standard deviations, and median. Normality was assessed using boxplots and histograms and Kolmogorov-Smirnov test. Pearson correlation test used to determine the relationship between depression, anxiety, and stress with dietary intake. Mean with standard deviation was used to present the comparison of the mean data. The overall prevalence of depression, anxiety and stress among adults were 22.5%, 47.9% and 22.5% respectively. Male had a higher prevalence of depression, anxiety and stress than female. For the conclusion, this study suggests that there are certain risk factors other than dietary intake which predispose adults to psychological disorder such as stress, anxiety and depression. Prevalence of depression and stress among adults in Klang Valley was low, however prevalence of anxiety was high. There was no association between anxiety and stress with energy intake. However, there is an association between depression and high energy intake.

TABLE OF CONTENTS

	Page
DECLARATION	ii
ABSTRACT	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENTS	v
LIST OF FIGURES	viii
LIST OF TABLES	ix
LIST OF ABBREVIATIONS / NOMENCLATURE	x
CHAPTER ONE: INTRODUCTION	1
1.1 Background Of Study	1
1.2 Problem Statement	3
1.3 Significance Of Study	5
1.4 Research Objectives	5
1.5 Research Questions	6
1.6 Research Hypothesis	6
1.7 Strengths And Limitations	6
1.8 Conceptual Framework	7
1.9 Definition Of Terms And Terminology	8
CHAPTER TWO: LITERATURE REVIEW	9
2.1 Dietary Intake Among Adult	9
2.2 Depression	10
2.3 Depression And Dietary Intake Among Adult	11
2.4 Anxiety	12

CHAPTER ONE

INTRODUCTION

This chapter will discuss the background of study, problem statement, significant of study, research objectives, research questions, research hypothesis and definition of terms and terminologies.

1.1 BACKGROUND OF STUDY

Living in the period where the cost of living is soaring, help develop mind-set that time is money. People tend to work extra hours in order to increase their wages as working has becomes a more profitable use of time. Thus, the increasing value of labour resulting pressure on all time. This causing people to have less leisure time and it may starts to be extra stressful, as people feel obliged to use their leisure time wisely. This will cause people to experience stress at work that lead to negative effect on psychological health status. When people work under pressures and demands that are incomparable with their knowledge and capabilities, they will strain and challenge their ability to cope. This is what called as work-related stress (Stavroula, Amanda, & Tom, 2004).

According to World Health Organization (2013), when individual recognize their own capabilities, they can adapt with normal life pressure or stresses, can work efficiently, and able to contribute something to community, this mean that they have achieve the state of mental health. Anyone can suffer from mental illness regardless of age, gender, socio economic status, and ethnicity. Mental illness can be distinguished by the degree, duration, and severity (WHO, 2013). Mental illness also comes in many forms such as depression, anxiety, and stress and they are the most commonly mental illness form that have been diagnosed in Malaysia (Malaysian Mental Health Association, 2013). National Health and Morbidity Survey (2006) reported that the prevalence of mental illness of the adult population was 11.2%, with greater number of females than males (Saroja et al., 2011).

According to Word Health Organization (2003), a psychological or mental disorder is one of the most common mental disorder. Globally, the number of individual with mental