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GROUP 9

The Psychosocial Impact of Methamphetamine Among Clients in Drug Rehabilitation Centre

Anis Arissa Muhamad Nadzri[1], Damia Irdeena Mohd Khairul[1], Nur Hidayah Shariful Anuar[1] and Muhammad Huzaimi Haron[2]

[1]Faculty of Medicine, University Teknologi MARA (UiTM), Sungai Buloh Campus, Selangor, Malaysia.
[2]Department of Pharmacology, Faculty of Medicine, University Teknologi MARA (UiTM) Sungai Buloh Campus, Selangor, Malaysia.

Corresponding Author email: drhuzaimi@uitm.edu.my

Methamphetamine, a potent central nervous system stimulant, is one of the most addictive and destructive illicit substances worldwide. Its abuse in Malaysia continues to rise, with nearly 13,000 crystalline methamphetamine addiction cases reported in 2020. This study explored the psychosocial factors contributing to methamphetamine abuse and its impact on users, families, and rehabilitation efforts. A mixed-methods design was employed, incorporating site visits, consultations with experts, semi-structured interviews, and standardized surveys using the WHOQOL-BREF and Addiction Severity Index (ASI). Twelve clients undergoing rehabilitation at Agensi Antidadah Kebangsaan (AADK) Kota Setar participated.

Findings revealed that most respondents had only attained secondary education (75%), while smaller proportions had completed only primary (17%) or proceeding to tertiary (8%) levels. Histories of emotional (66.7%), physical (22.2%), and sexual (11.1%) abuse were also reported. Mental health problems were highly prevalent, particularly depression (75%) and violent behaviour (67%). WHOQOL-BREF scores indicated reduced quality of life across all domains compared to population norms, while ASI results highlighted difficulties in employment, family relationships, and legal issues. Staff interviews further identified trauma, psychiatric comorbidities, and weak family support as barriers to recovery.

Overall, the study underscores methamphetamine's severe psychosocial impact and highlights the urgent need for integrated, trauma-informed, and family-based rehabilitation approaches.