

UNIVERSITI TEKNOLOGI MARA

**USE OF COMPLEMENTARY AND
ALTERNATIVE MEDICINE:
PREVALENCE AND HEALTH
LITERACY AMONG PATIENTS
ATTENDING A HEALTH CENTRE
IN UNIVERSITI TEKNOLOGI MARA
(UiTM) SELANGOR**

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Final Year Project submitted in fulfillment
of the requirements for the degree of
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AUTHOR'S DECLARATION

We declare that the work on this dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA and had followed UiTM guidelines for research writing on final year project 2012. This is our own project and the result of our own findings, unless otherwise indicated or acknowledged as referenced work. This write-up has not been submitted to any other academic institution or non-academic institution for any other academic award.

If our research paper is found to violate the conditions stated above, we voluntarily waive the right of conferment of our degree and agree to be subjected to the disciplinary rules and regulations of Universiti Teknologi MARA.

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ABSTRACT

Background: The use of Complementary and Alternative Medicine (CAM) has gained worldwide trust in developed and developing countries. CAM use is associated with self-care decisions making in obtaining treatment and various benefits and possible adverse effects. Although CAM use is popular among Malaysian users, however, limited published studies related to their health literacy of CAM among Malaysian patients.

Objective: This study determines the prevalence and health literacy of CAMs among Malaysian patients in a Health Centre.

Methods: A cross-sectional study was conducted at a Health Centre of Selangor State, Malaysia from April 2019 to May 2019. A questionnaire consisting of demographic data, health status and the Montana State University Complementary and Alternative Medicine Health Literacy Scale was distributed to a total of 306 participants. Descriptive analysis and inferential analysis were analysed for the study.

Results: The result shows the prevalence of CAM used was 35.6% and 27% of participants reported feeling satisfied with the CAM used. This study also reported a high literacy level of CAM among patients attending the Health Centre (Mean=61.784, SD=5.403). There was a weak positive relationship between health literacy and age ($r_s=0.199$, $p<0.001$). This study also found that health literacy for female is statistically significant higher (Mean=62.053, SD=5.261) than male (Mean=60.140, SD=6.006) conditions; [$t(304)=-2.166$, $p=0.031$].

Conclusion: These results suggest female gender, being older, had better health literacy regarding CAM. This emphasizes that there is a need for the healthcare provider to keep on assessing and educate their patients especially among men and younger population with adequate information regarding CAM use.

Keywords: alternative(s), Complementary, health, literacy, medicine

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