

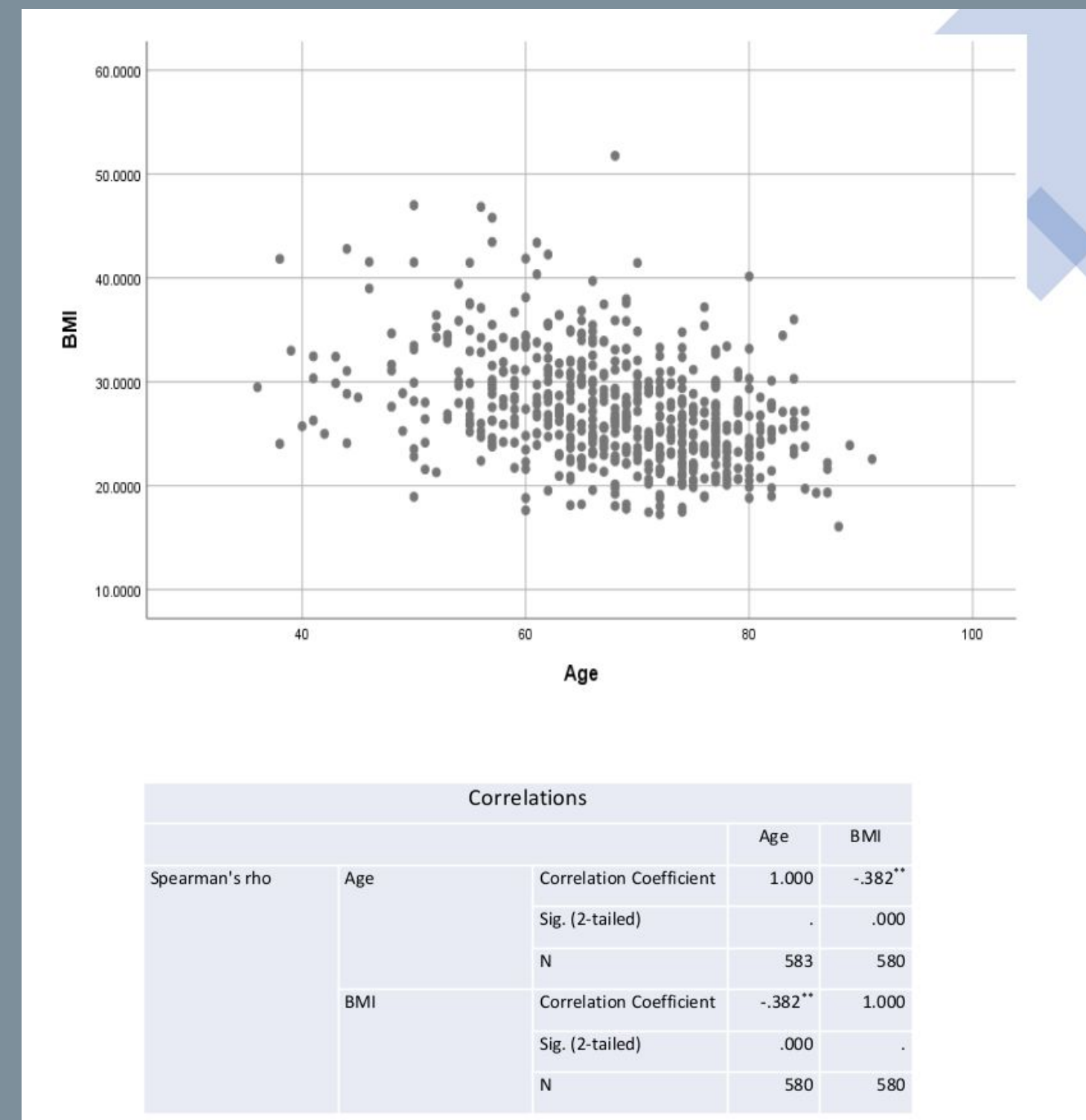
Psychosocial Impacts among Type 2 Diabetes Patients during the COVID-19 Pandemic



Introduction

- Universiti Malaya is a public research institute, and the oldest university in Malaysia
- Many different areas of research are conducted at UM including public health through the Faculty of Medicine

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Testing correlation in Age vs. BMI

Testing normality in duration of diabetes mellitus

DASS21 Name: _____ Date: _____

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:
 0 Did not apply to me at all
 1 Applied to me to some degree, or some of the time
 2 Applied to me to a considerable degree, or a good part of time
 3 Applied to me very much, or most of the time

1	I found it hard to wind down	0	1	2	3
2	I was aware of dryness of my mouth	0	1	2	3
3	I couldn't seem to experience any positive feeling at all	0	1	2	3
4	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3
5	I found it difficult to work up the initiative to do things	0	1	2	3
6	I tended to over-react to situations	0	1	2	3
7	I experienced trembling (eg, in the hands)	0	1	2	3
8	I felt that I was using a lot of nervous energy	0	1	2	3
9	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
10	I felt that I had nothing to look forward to	0	1	2	3
11	I found myself getting agitated	0	1	2	3
12	I found it difficult to relax	0	1	2	3
13	I felt down-hearted and blue	0	1	2	3
14	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
15	I felt I was close to panic	0	1	2	3
16	I was unable to become enthusiastic about anything	0	1	2	3
17	I felt I wasn't worth much as a person	0	1	2	3
18	I felt that I was rather touchy	0	1	2	3
19	I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)	0	1	2	3
20	I felt scared without any good reason	0	1	2	3
21	I felt that life was meaningless	0	1	2	3

Reflection

Despite the fact that my internship was online, I learned a lot about the scientific research process, from coming up with a topic to handling large datasets. I had worked with some statistical software before, but got much more proficient with SPSS and Excel just through experience, as well as deciding which quantitative methods to use in different scenarios. It was interesting also to look at the demographics and see patterns emerge, and overall I had a great experience.

Acknowledgements

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Objective and Work Profile

- The professor I worked with is an endocrinologist with an interest in diabetes
- Used Excel and IBM SPSS for data analysis
- Identified the potential psychological impacts in people with T2D, and mobilize approaches to provide continuous psychosocial support
- Learn about community health

Continuing Work

- Further tests needed to be confident in the results
- Comprehensive reports to be compiled in the near future
- Submit results and methodology to journal as a deliverable paper
- Continue with larger scale data? Or other psychosocial dimensions?