

# Investigating health, well-being and use of healthcare resources among people living in coastal communities in Sabah, Malaysia

<b>Submission date</b> 11/05/2020	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 13/07/2020	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 18/08/2023	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Coastal areas in Malaysia can have important impacts on the livelihoods and health of local communities. Efforts by the Malaysian government to develop and improve the landscape and ecosystem have been planned; however, the progress has been relatively slow because some of the coastal areas are remote and relatively inaccessible. Thus, these coastal communities face various challenges in health, healthcare and quality of life. This study aims to investigating health, well-being and use of healthcare resources, and quality of life among the coastal communities. In addition, the relationship between the community and their coastal environment will be examined. The population of interest is the coastal communities residing within the Tun Mustapha Park in Sabah, Malaysia.

### Who can participate?

Adults aged 18 years and above in the population of interest.

### What does the study involve?

All participants will receive explanation of the study. Their informed consent is required before the interview can start. The study will conduct a face-to-face interview between the interviewer and the participant using administered questionnaires. In addition, the body weight, height, waist and hip circumferences, and blood pressure of the respondents will be measured by trained interviewers.

### What are the possible benefits and risks of participating?

The data collected from this study will give an overview of the health status of the people in the coastal area of Taman Tun Mustapha. The results of the data analysis can be used to determine the interventions needed by the people in this area. Participants identified as having health problems during the medical screening will be referred for further examination at a nearby health facility. There are no risks of physical injury or harm by taking part in this study. The information gathered from this survey will be sensitively dealt with regarding the individuals and organizations.

Where is the study run from?  
University of Malaya (Malaysia)

When is the study starting and how long is it expected to run for?  
October 2017 to December 2021

Who is funding the study?  
Global Challenges Research Fund (UK) and University of Malaya (Malaysia)

Who is the main contact?  
Prof Dr Maznah Dahlui, maznahd@ummc.edu.my

## Contact information

**Type(s)**  
Scientific

**Contact name**  
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## Additional identifiers

**Protocol serial number**  
NE/P021107/1, IF052-2017

## Study information

**Scientific Title**  
Health Status, Healthcare Utilisation, and Quality of Life Among the Coastal Communities in Sabah: Protocol of a population-based survey

**Study objectives**  
This study aims to identify the factors that hinder the coastal communities in Sabah from accessing and receiving appropriate healthcare services. The information gathered here will be used to design an effective intervention to improve health status and improve quality of life of the community.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Approved 09/05/2019, University of Malaya Research Ethics Committee (Pusat Perkhidmatan Penyelidikan (PPP), Tingkat 2, Institut Pengurusan & Perkhidmatan Penyelidikan (IPPP), University of Malaya, 50603 Kuala Lumpur, Malaysia; +60 (0)3-7967 4973; umrec@um.edu.my), ref: UM.TNC2/UMREC - 522

## **Study design**

Cross-sectional study

## **Primary study design**

Observational

## **Study type(s)**

Quality of life

## **Health condition(s) or problem(s) studied**

Non-communicable diseases, mental health

## **Interventions**

This is a cross-sectional study to determine health status, healthcare utilisation, and quality of life among the coastal communities in Sabah. It will be conducted for a duration of 6 months. Subsequent intervention studies will be conducted based on the findings of this study. The population of interest is the coastal communities that reside within the Tun Mustapha Park (TMP) boundary in Sabah. The main tools and instruments of data collection are questionnaires which also include a form for physical examination and observation. The questionnaire will cover topics from socio-demographic, healthcare utilization expenditure and history, lifestyle and quality of life, and interaction with the marine environment. The physical examinations of the study participants include anthropometric measurements (height, weight, waist circumference and hip circumference) and blood pressure.

## **Intervention Type**

Other

## **Primary outcome(s)**

1. Health status assessed using a questionnaire
2. Healthcare utilisation assessed using a questionnaire
3. Quality of life assessed using a questionnaire

## **Key secondary outcome(s)**

1. Blood pressure measured using a calibrated OMRON M2 HEM-7120 Automatic BP Monitor
2. BMI calculated from weight and height measurements using a calibrated SECA 813 digital electronic weighing scale and a calibrated vertical SECA Portable 217 Stadiometer respectively
3. Waist:hip ratio calculated from waist and hip circumference measured using a SECA 201 Ergonomic measuring tape
4. Lifestyle assessed using a questionnaire

## **Completion date**

31/12/2021

## Eligibility

### Key inclusion criteria

1. Aged 18 years or above
2. Member of the household surveyed

### Healthy volunteers allowed

No

### Age group

Adult

### Lower age limit

18 years

### Sex

All

### Key exclusion criteria

Not part of the household surveyed

### Date of first enrolment

27/11/2019

### Date of final enrolment

29/02/2020

## Locations

### Countries of recruitment

Malaysia

### Study participating centre

Department of Urban and Regional Planning

Faculty of Built Environment

University of Malaya

Kuala Lumpur

Malaysia

50603

## Sponsor information

### Organisation

University of Malaya

ROR

<https://ror.org/00rzspn62>

## Funder(s)

**Funder type**

Government

**Funder Name**

UKRI Global Challenges Research Fund

**Funder Name**

Universiti Malaya

**Alternative Name(s)**

University of Malaya, University Malaya, Malayan University, King Edward VII College of Medicine, Raffles College, University of Malaya in Singapore, , , , UM

**Funding Body Type**

Government organisation

**Funding Body Subtype**

Universities (academic only)

**Location**

Malaysia

## Results and Publications

**Individual participant data (IPD) sharing plan**

The datasets generated and/or analysed during this study will be included in the subsequent results publication

**IPD sharing plan summary**

Data sharing statement to be made available at a later date

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol article</a>			18/08/2023	Yes	No
<a href="#">Participant information sheet</a>		18/05/2020	13/07/2020	No	Yes