



3<sup>RD</sup>-4<sup>TH</sup> NOVEMBER 2024, IDCC IDEAL CONVENTION CENTRE, SHAH ALAM, SELANGOR, MALAYSIA

## Rise & Thrive - Empowering Underprivileged Women's Mental Health and Wellbeing through Pilot Workshop using the ELEVATE Module

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### ABSTRACT

#### Background:

Underprivileged women often face significant barriers to mental and physical healthcare, leading to high rates of anxiety and depression due to socioeconomic factors. In response, the ELEVATE module was developed, informed by a survey with key stakeholders, including NGOs. The module aims to (1) educate women on mental and basic woman's self-care, (2) provide practical tools for managing their well-being, and (3) cultivate resilience and offer resources for both mental and general health.

#### Project details:

The ELEVATE module, developed using the ADDIE model (Analysis, Design, Development, Implementation, and Evaluation), followed a needs assessment through structured interviews and focus groups with NGOs and key community members. It focuses on health education and empowerment by: (1) targeting underprivileged women, (2) integrating core psychoeducational topics and basic woman's self-care, (3) incorporating self-therapeutic techniques to address common psychological challenges, (4) delivering the module in an engaging and supportive environment, and (5) raising awareness of available health and psychological support systems.

#### Outcome:

Preliminary feedback from 24 participants revealed that 95% of the participants scored 5/5 of the satisfaction score, with a mean score of  $4.96 \pm 0.20$ . The mean score for the program's achievement of the objective is  $4.42 \pm 0.93$ . In addition, participants praised the module for its practicality, support, and contribution to personal empowerment. Collaborators also emphasized the module's practical application and overall impact.

#### Conclusion:

The ELEVATE module shows potential in empowering underprivileged women to improve their mental and basic woman self-care, aligning with the WHO's Sustainable Development Goal 3 (SDG 3). Future directions include expanding the program to a larger population, conducting randomized controlled trials to assess long-term health outcomes, and identifying barriers to broader implementation.



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**Keywords:** Underprivilege women; Mental health; Physical health, Women empowerment; Malaysia

**Biodata:**

Dr. Asma Assa'edah Mahmud holds a Master in Psychiatry and is currently the head of Psychiatry Unit from National Defence University Malaysia. Her research focuses on psychosocial interventions including virtual reality application for various mental health issues. She is passionate about empowering mental health through various mental health modules in diverse groups. Her work is instrumental in enhancing mental health support and promoting overall well-being across various segments of society.

Dr. Sarah Iziani Ramli is an emergency physician with 14 years of experience and a medical lecturer, dedicated to integrating mental health awareness into patient care. She actively empowers women through mental health initiatives and community volunteering. Dr. Sarah Ramli is passionate about fostering resilience and striving to make a positive impact in the lives of those she serves.

Dr. Rosnadia Suainbon is a distinguished psychiatrist and medical lecturer at the National Defence University Malaysia. She is dedicated to promoting mental well-being through her clinical practice and teaching. Dr. Rosnadia Suainbon is particularly committed to empowering women, advocating for their mental health needs, and fostering supportive environments for their growth. Her work reflects a deep commitment to both her profession and her community.

Dr. Fatimah Zahra binti Mohamad Rom is a physician and medical lecturer with an interest to empower women. Alongside her medical expertise, she is passionate about advocating for women's rights, health, and opportunities. Her dual role as a healthcare professional and educator positions her to make a meaningful impact on both the medical field and the empowerment of underrepresented women.

Dr Azura Sharena Yahaya is a dedicated medical lecturer and radiologist with a passion for health education and community health awareness. She actively organizes health educational activities, aiming to empower individuals with knowledge about health issues and promote proactive health management within the community. Her commitment inspires others to prioritize their well-being.

Dr. Aida Jaffar holds a Master's in Family Medicine and a PhD in Public Health. She is the Head of Unit for Research and Ethics at the Faculty of Medicine and Defence Health. Her research focuses on urinary incontinence and quality of life among pregnant women, Kegel exercises, and the development of emotional intelligence applications. She is committed to advancing women's health through evidence-based research and digital health innovations.



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AP Dr Mohd Fahmi bin Lukman is an anaesthesiologist dedicated to advancing medical education and community health. With a strong commitment to charity work, he actively fosters health awareness initiatives, aiming to empower individuals through education. His enthusiasm for making a positive impact drives him to implement small yet meaningful changes in the community.