

Measles Outbreak Investigation in Rural Area of Marudi District, Sarawak in May 2018

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ABSTRACT

INTRODUCTION: Measles incidence per million populations for Marudi district was 266 in 2018. We aim to describe the Measles outbreak investigations performed at rural village of Marudi district in September 2018. No Measles cases reported from the village for past five years.

METHODS: A cross-sectional study of the village population was performed. Case definition was any individual with fever and rash and either cough or coryza or conjunctivitis from Long Banyok Village, Marudi from 28 August until 02 October 2018. Active case detections and mopping up activity were performed. Clinical samples were taken for laboratory analysis. **RESULTS:** The overall attack rate is 1.48%. 100% of the cases were children ranging from five months old to 17 years old. 67% were males and 33% were female. Symptoms were fever (100%), maculopapular rashes (100%), cough (67%), coryza (67%) and conjunctivitis (67%). 100% of the cases were categorised as lab-confirmed measles. Total 212 contacts were identified, and none had symptoms. 100% coverage for mopping up activity achieved within 1km radius. No defaulters found. The primary case from Miri urban town centre was positively identified. Transmission occurred during a funeral gathering at the village. **DISCUSSION:** The cases were contained within the visitors as the herd immunity among children in the rural village was strong. There is high risk of disease transmission to rural areas due to population mobility. **CONCLUSION:** The strategy for Marudi district is to focus on intensified vaccination activity among high risk groups.

KEYWORDS: measles, outbreak, vaccination, rural, marudi

Mobile Phone Dependency, Depression, Anxiety and Stress Among Young Working Adults in Seremban

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ABSTRACT

INTRODUCTION: Global usage of mobile phones (MP) in the past decade posed major influences on mental health of its users. Previous studies are scanty and equivocal. Therefore, the aim of this study is to investigate MP use and mental health by measuring depression, anxiety and stress among young working adults. **METHODS:** This questionnaire consisted of socio-demographics, pattern of MP use, Cell Phone Dependency Questionnaire (CPDQ) and Depression, Anxiety and Stress Scale (DASS-21). Data was analysed and significance is determined at $p < 0.05$. **RESULTS:** Among 160 respondents, they are mostly females (75.6%), married (51.2%), have tertiary education (50%) and earning RM2000 to RM4999 monthly (32.5%). Majority them owns a MP for 1 to 3 years (34.4%); and have daily habit of receiving calls less than 5 mins (41.9%), receives more than 40 messages (52.5%), browse the internet for more than 2 hours (52.5%). Most respondents reported to have MP dependency (93.1%) and was anxious (54.4%); however, they are mostly not depressed (58.1%) and not stressed (72.5%). MP dependency was associated ($p < 0.05$) with gender; females were more dependent (95.9% versus 84.6%). Depression was associated ($p < 0.05$) with marital status, monthly income and MP dependency; higher scores were reported among singles (52.6%) and those earning less than RM2000 (57.6%). Ironically, those with healthy MP habits were associated ($p < 0.05$) with depression. Anxiety and stress were not associated with any socio-demographics, pattern of MP use and MP dependency. **DISCUSSION:** MP dependency was evident among respondent; however, it did not affect their psychological well-being.

KEYWORDS: mobile phone dependency, depression, anxiety, stress