

Cost-effectiveness analysis of an intervention to enhance women's health prior to pregnancy: a study protocol

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ABSTRACT

Introduction: Malaysia has seen an increasing trend in the prevalence of non-communicable diseases (NCDs) from the year 2011 to 2015. To address this NCD epidemic, a lifestyle intervention (Jom Mama) combining behaviour change counselling approach by community health promoters (CHPs) and utilisation of an E-Health platform to enhance women's health prior to pregnancy is currently being studied. An economic evaluation alongside the trial is also being carried out to evaluate the cost-effectiveness of this intervention. **Methods:** This study is a cost-effectiveness analysis of the Jom Mama intervention compared to usual care. The intervention consists of six contact points with the CHPs, and an E-health platform that acts as a tool to keep the participants motivated throughout the intervention period (8 months). Using a top-down approach, costs will be calculated in Malaysian ringgit (RM). Only intervention and implementation costs; and effects that accumulate within the trial period are included. Intervention costs are costs incurred during the contact points as well as contacts with other healthcare providers, whilst implementation costs are costs incurred for training of the CHPs and all relevant healthcare personnel, as well as maintenance of the E-health platform. Implementation costs will not be amortised. The primary effectiveness measure is a 2cm reduction in waist circumference (WC). Other secondary endpoints of interest are changes in body mass index (BMI), waist-to-height ratio, waist-to-hip ratio, weight, HbA1c, lipid profile, blood pressure, health literacy level, dietary intake, physical activity and stress level. The analysis will be performed from a provider's perspective. **Discussion:** This paper hopes to demonstrate the cost-effectiveness of the Jom Mama intervention in improving the overall health of young women prior to their first pregnancy. The results from this study will provide policy-makers with the evidence needed to support their decision to implement Jom Mama nationwide.

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Cross cultural translation and adaptation of the Malay version of ACTG baseline psycho-social questionnaire and enacted stigma scale

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ABSTRACT

Introduction: Stigma and discrimination towards HIV/AIDS remain to be a challenge. In addition to distressing the lives of people living with HIV/AIDS, stigma is also causing hurdles to the progress and application of HIV prevention, treatment, care and support programs. **OBJECTIVE:** To assess the psychometric properties of the translated Malay version of the AIDS Clinical Trial Group Adherence baseline psycho-social questionnaire and the enacted stigma scale. **Methodology:** The original English version of questionnaire was translated into Bahasa Malaysia and then translated backwards to English. Both translations were reviewed by expert panel and any inconsistencies were resolved by consensus. The Malay version of questionnaire was then distributed to 85 people living with HIV aged 18 years and above in non-governmental organisations such as Kuala Lumpur AIDS Support Society and PT Foundation. The test retest reliability was performed using ICC (Intraclass correlation coefficient). **Result:** A total of 85 people living with HIV participated in the survey, out of which 60 (71%) were males and 25 (29%) were females. The test retest reliability was assessed among 60 participants. The Cronbach's alpha for the analysis was 0.895 and all the 41 items assessed for Kappa agreement has moderate (0.41-0.60) to almost perfect agreement (0.81-0.99). The test retest reliability showed an ICC ranging from 0.6-0.9 for each item in the questionnaire. **Conclusion:** The Malay version of the AIDS Clinical Trial Group Adherence baseline psycho-social questionnaire and the enacted stigma scale is a reliable tool to measure the level of experienced stigma at health care setting among people living with HIV in Malaysia.