

CURRICULUM VITAE



Dr. Hj. Khairi Bin Che Mat **Senior Lecturer**

Fakulti Perubatan, Kampus Perubatan, Universiti Sultan Zainal Abidin,
Terengganu Darul Iman.

Personal Information

Email :	khairicm@unisza.edu.my
Gender :	Male
D.O.B :	03 September 1969
Age :	51
Race :	Malay
Religion :	Islam
Current Scheme:	VK07
Started in UniSZA:	21 October 2012
Qualification :	Sarjana Perubatan(psychiatry), <i>Universiti Sains Malaysia</i> , 2003. Ijazah Doktor Perubatan, <i>Universiti Kebangsaan Malaysia, Bangi</i> , 1994.
H-Index :	[Scopus: 1][Google Scholar: 1]

Area of Research

Psychiatry, Mental Health

Work Experience

Ministry of Health Malaysia 1994-2012

Administrative Responsibility

1. Timbalan Dekan (timbangan Dekan (hepa dan Jaringan Komuniti)), Fakulti Perubatan, 10 Jul 2019 - 09 Jul 2021.

Training

1. Modern Mindfulness: Skills for Busy Professional and Healthcare Worker, 24 Mar 2018 - 25 Mar 2018, Plaza Vad, TTDI, Kuala Lumpur
2. Leadership Talk Series (alms) 2019, 10 Oct 2019 - 10 Oct 2019, Akademi Kepimpinan Tinggi KPM.

Publication

Journal Article

1. Review Study-Gene Influence on Hazardous Criminal Behaviors (2020), Research Journal of Pharmacy and Technology, pp. 1499-1502, ISSN: 09743618 [*Indexed by: Scopus - Co-author*]
2. A Brief Review on Slow Breathing Practices and Their Association with Psychophysiological Effects and Behavioral Outcome (2020), Research J. Pharm. and Tech., pp. 5012-5017, ISSN: 0974-360X [*Indexed by: Other Index - Co-author*]
3. Living Support Characteristics Among Mentally Healthy Elderly: a State-Wide Descriptive Study in Malaysia (2020), International Journal of Public Health and Clinical Sciences, pp. 46-64, ISSN: 2289-7577 [*Indexed by: Other Index - Co-author*]
4. A Brief Literature Review Retraining Amygdala to Substitute Its Irrational Conditioned Fear and Anxiety Responses with New Learning Experiences. (2020), Research Journal of Pharmacy and Technology,, pp. 3987-3991, ISSN: 0974-360X [*Indexed by: Other Index - Co-author*]
5. The Physiological Changes Pre and Post Examination Among Nursing Students (2019), International Medical Journal, pp. 419-422, ISSN: 13412051 [*Indexed by: Scopus - Co-author*]
6. The Relationship Between Big Five Personality Traits and Academic Performance in Medical Students (2019), Research Journal of Pharmacy and Technology, pp. 4189-4196, ISSN: 0974-3618 [*Indexed by: Scopus - Co-author*]
7. The Role of Selective Serotonin Reuptake Inhibitors and Cognitive Behavioral Therapy in Preventing Relapse of Major Depressive Disorder (2019), Research Journal of Pharmacy and Technology, pp. 3818-3824, ISSN: 0974-360X [*Indexed by: Scopus - Co-author*]
8. A Review on Opioid Dependence, Mechanism and Treatments Used: Option of Treatments: Modern Versus Alternative Medicine (2019), Bangladesh Journal of Medical Science, pp. 171-177, ISSN: 22234721 [*Indexed by: ISI - Main Author*]
9. The Role of Atypical Antipsychotics in Sexuality: Road to Recovery in Schizophrenia (2018), Current Drug Targets, pp. 1402-1411, ISSN: 13894501 [*Indexed by: ISIQ2 - Main Author*]
10. Associated Factors for Relapse in Opioid Addicts Undergoing Therapy (2018), Research

- Journal of Pharmacy and Technology, pp. 2724-2728, ISSN: 0974-3618 [*Indexed by: Scopus - Co-author*]
11. Holistic Psycho-Spiritual Approach to Enhance The Effectiveness of Methadone Maintenance Therapy (mmt) (2018), Research Journal of Pharmacy and Technology, pp. 1316-1318, ISSN: 1316-1318 [*Indexed by: Scopus - Co-author*]
 12. Assessing Test Anxiety Among The First Year Nursing Students' of University Sultan Zainal Abidin (2018), Research Journal of Pharmacy and Technology, pp. 1448-1451, ISSN: 1448-1451 [*Indexed by: Scopus - Co-author*]
 13. Attenuation of Morphine-Induced Camp Overshoot by Thymoquinone in Opioid Receptor Expressing Cells (u87 Mg) Mediated by Chronic Morphine Treatment (2018), Journal of Engineering and Applied Sciences, pp. 8906-8911, ISSN: 1816949X [*Indexed by: Scopus - Co-author*]
 14. Effects of Zamzam Water and Methadone on The Expression of Mu-Opioid Receptor-1 Gene in Morphine-Dependent Rats After Chronic Morphine Administration (2018), African Journal of Traditional, Complementary and Alternative Medicine, pp. 19-25, ISSN: 0189-6016 [*Indexed by: Other Index - Co-author*]
 15. Test Anxiety and Its Impact on First Year University Students and The Over View of Mind and Body Intervention to Enhance Coping Skills in Facing Exams (2018), Research Journal of Pharmacy and Technology, pp. 2220-2228, ISSN: 0974-3618 [*Indexed by: Other Index - Co-author*]
 16. Locus of Control and Association with Emotional Stability Among The Medical Students (2018), International Journal of Advances in Science Engineering and Technology,, pp. 5-8, ISSN: 2321 –8991 [*Indexed by: Other Index - Co-author*]
 17. Need for Focus on Personality Dimension Impacting Academics of Medical Students (2018), Research Journal of Pharmacy and Technology, pp. 22-23, ISSN: 0974-3618 [*Indexed by: Other Index - Co-author*]
 18. Honey Potentially Mitigate Morphine Analgesic Tolerance and Physical Dependence in Rats (2018), Bangladesh Journal of Medical Science, pp. 138-143, ISSN: 2223-4721 [*Indexed by: ISI - Co-author*]
 19. Brain Atrophy and Psychosis in an Untreated Attention Deficit Hyperactivity Disorder (adhd) with Ecstasy Abuse (2018), Asean Journal of Psychiatry, pp. 139-144, ISSN: 1473-9542 [*Indexed by: ISI - Main Author*]
 20. Spiritual Influence Towards Relapse in Opioid Addicts in Therapy (2018), International Medical Journal Malaysia, pp. 71-74, ISSN: 1823-4631 [*Indexed by: ISI - Co-author*]
 21. Potential Therapeutic Effects of Thymoquinone on Treatment of Amphetamine Abuse (2018), Asian Pacific Journal of Tropical Biomedicine, pp. 187-188, ISSN: 22211691 [*Indexed by: ISI - Co-author*]
 22. Impacts of Three Different Relaxation Techniques on Mood States Among Athletes (2017), Malaysian Journal of Public Health Medicine, pp. 49-58, ISSN: 16750306 [*Indexed by: Scopus - Co-author*]
 23. Healing Verses (as-Syifa Verses): a Proposed Novel Therapy Approach to Reduce Stress in Drug Addiction (2017), Research Journal of Pharmacy and Technology, pp. 39-39, ISSN: 0974-3618 [*Indexed by: Other Index - Co-author*]
 24. Thymoquinone Regulates Gene Expression Levels in Morphine Addiction Pathways in Opioid Receptor Expressing Cells (u87 Mg) (2017), Electronic Journal of Biology, pp. 167-172, ISSN: 1860-3122 [*Indexed by: Other Index - Co-author*]
 25. Research Institution Via Z to a Based Graphs (2017), Research Journal of Pharmacy and Technology, pp. 62-63, ISSN: 0974-3618 [*Indexed by: Other Index - Co-author*]
 26. Effect of Tualang (apis Dorsata) Honey on Development of Morphine Tolerance in Rats

- (2017), *Electronic Journal of Biology*, pp. 80-85, ISSN: 1860-3122 [*Indexed by: Other Index - Co-author*]
27. *Addiction and Islamic Based Therapy in Malaysia* (2017), *Man in India*, pp. 233-239, ISSN: 0025-1569 [*Indexed by: Other Index - Co-author*]
28. "parent's Negative Emotionality Impacting Parenting and Involvement in The Intervention of Their Child with Autism Spectrum Disorder: a Review Proposed The New Model for Intervention" (2016), *International Journal of Pharmaceutical Sciences Review and Research*, pp. 54-62, ISSN: 0976-044X [*Indexed by: Scopus - Co-author*]
29. *Parent's Negative Emotionality Impacting Parenting and Involvement in The Intervention of Their Child with Autism Spectrum Disorder: a Review Proposed The New Model for Intervention* (2016), *International Journal of Pharmaceutical Sciences Review and Research*, pp. 54-62, ISSN: 0976044X [*Indexed by: Scopus - Co-author*]
30. *The Effect of Thymoquinone on Concentration of Human Mu-Opioid Receptors Mediated by Chronic Morphine Treatment in Opioid Receptor Expressing Cell (u87 Mg)* (2016), *Acta Bioethica*, pp. 1086-1095, ISSN: 0717-5906 [*Indexed by: Other Index - Co-author*]
31. *Emotional Maturity of Medical Students Impacting Their Adult Learning Skills in a Newly Established Public Medical School at The East Coast of Malaysian Peninsula* (2016), *Advances in Medical Education and Practice*, pp. 575–584, ISSN: 1179-7258 [*Indexed by: ISI - Co-author*]
32. *A Review on Medicinal Properties of Nigella Sativa Linn and Its Role in Opioid Addiction* (2015), *Journal of Medicine and Medical Sciences*, pp. 1-5, ISSN: 2354-323X [*Indexed by: Other Index - Co-author*]
33. *Newly Onset: Sudden & Severe Headache in a Patient Who Overused Analgesic* (2015), *Bangladesh Journal of Medical Science*, pp. 399-401, ISSN: 22234721 [*Indexed by: ISI - Main Author*]
34. *Hypochondriacal and Persecutory Ideas in a Man with Obsessive Compulsive Disorder Managed Via Cognitive Behavioural Hypnotherapy* (2014), *Bangladesh Journal of Medical Science*, pp. 221-223, ISSN: 20760299 [*Indexed by: Scopus - Co-author*]
35. *Molecular Genetics in Opiotd Addictions* (2014), *Bulletin of The Genetics Society of Malaysia*, pp. 57-59, ISSN: 1394-5750 [*Indexed by: Other Index - Co-author*]
36. *Effect of Subacute Orchidectomy on Heamatological Parameters and Lipid Profile in Wistar Rats* (2014), *World Journal of Pharmaceutical Research*, pp. , ISSN: 2277-7105 [*Indexed by: Other Index - Co-author*]
37. *Correlation Between Cranial Capacity and Mental Ability Among School Children in Kuala Terengganu, Malaysia* (2013), *Middle-East Journal of Scientific Research*, pp. 1066-1022PP, ISSN: 1990-9233 [*Indexed by: Scopus - Co-author*]

Book

1. *Modul I-Tgm: Modul Psiko-Spiritual* (2018), Penerbit UniSZA, ISBN: 978-967-2231-07-3 - **Co-author**

Chapter in Book

1. *Model Terapi Psikospiritual Berdasarkan Al-Quran Terhadap Klien Kebergantungan Opiat Yang Menjalani Terapi Gantian Metadon (tgm)*, *Qur'anic Research Interaction of Knowledge, Science and Civilization* (2016), CENTRE OF QURANIC RESEARCH (CQR), UM, pp. 175-185, ISBN: 978-967-0882-07-9 - **Co-author**

2. Date Palm Mentioned in The Holy Scriptures, Dates: Medicinal, Opioid Substitution and Dietary Insight. (2015), CreateSpace, USA, Malaysia, pp. 24-35, ISBN: 978-1507743867 - **Co-author**
3. Terapi Psikososial, Terapi Penggantian Metadon (2014), Penerbit Universit Sultan Zainal Abidin , pp. 67-87, ISBN: 978-983-9842-86-9 - **Main Author**
4. Prinsip Pengurangan Kemudaratan dan Peranan Metadon Dalam Tpm, Terapi Penggantian Metadon (2014), Penerbit Universit Sultan Zainal Abidin , pp. 55-66, ISBN: 978-983-9842-86-9 - **Co-author**

Conference Proceedings

1. The Relationship Between Big Five Personality Traits and Academic Performance in Medical Students (2019), Academics World International Conference, Ramada Hotel Bali - **Co-author**
2. The Relationship Between Big Five Personality Traits and Academic Performance in Medical Students (2019), International Conference on Recent Advances in Medical and Health Sciences, Bali, Indonesia - **Co-author**
3. Is Needle Exchange Programme Still Relevant in The Advent of Methadone Maintenance Therapy? (2018), 3rd Amdi International Biohealth Sciences Conferences 2018, Riverside Majestic Hotel Kuching, Sarawak, Malaysia - **Co-author**
4. Locus of Control and Association with Emotional Stability Among The Medical Students (2018), 2018, Academics World International Conference, Kuala Lumpur Malaysia - **Co-author**
5. The Effect of Serum Cortisol, Systolic and Diastolic Blood Pressure, Heart Rate and Respiration Rate on Exam Anxiety Among Nursing Students (2018), The 4th International Conference on Public Health, Thailand - **Co-author**
6. First Year Nursing Students University of Sultan Zainal Abidin Responses to Test Anxiety Inventory (2018), The 3rd Asian Congress in Nursing Education, Hotel Ambarukmo - **Co-author**
7. Research Institution Via Z to a Based Graphs (2017), International Community and Health Conference 2017, Faculty of Medicine, University Sultan Zainal Abidin, Kuala Terengganu - **Co-author**
8. Healing Verses (as-Syifa Verses): a Proposed Novel Therapy Approach to Reduce Stress in Drug Addiction (2017), International Community Health Conference, Faculty of Medicine, Unisza - **Co-author**
9. Principles of Psychospiritual Intervention in Addiction Therapy: an Islamic Perspective. (2016), International Drug Prevention and Rehabilitation Conference 2016 (prevent 2016), Royal Malaysian Police College, Kuala Lumpur, Malaysia - **Co-author**
10. Spiritual Influence Towards Relapse in Opioid Addicts in Therapy (2016), 2nd World Congress on Integration and Islamicisation: Focus on Medical and Healthcare Science (2wcii 2016), Spiritual Influence Towards Relapse in Opioid Addicts in Therapy Kuanatan, - **Co-author**
11. Model Terapi Psikospiritual Berdasarkan Al-Qur'an Terhadap Klien Kebergantungan Opiat Yang Menjalani Terapi Gantian Metadon (tgm) (2016), 6th Annual International Qur'anic Conference 2016 (muqaddas Vi), University of Malaya, Kuala Lumpur, Malaysia - **Co-author**
12. Emotional Maturity Among Medical Student and Its Impact on Their Academic Performance (2016), International Conference on Advances in Science, Engineering, Technology & Waste Management (asetwm-16), Kota Kinabalu, Sabah - **Co-author**
13. Pembangunan Modul S-Tgm Bagi Mengurus Stres Dalam Kalangan Peserta Terapi Gantian Metadon (tgm) (2015), World Islamic Social Science Congress, Picc, Putrajaya - **Co-author**
14. A Case of Panic Disorder with Agoraphobia Effectively Treated Via Cognitive Behavior

- Hypnotherapy (2015), Inaugural Malaysian Conference on Clinical Hypnotherapy, Kuala Lumpur - **Co-author**
15. Successful Hypnotherapy for Chronic Stress and Headache in a Middle Age Man (2015), Inaugural Malaysian Conference on Clinical Hypnotherapy, Kuala Lumpur - **Main Author**
 16. Rindu Aras Tinggi Dari Dimensi Psikospiritual Islam: Terapi Menangani Ketagihan Dadah. (2015), International Conference on Addiction Science 2015,, Unisza - **Co-author**
 17. Speech at Conference Titled Addressing Stress and Pain in Patients Undergoing Surgery (2015), Inaugural Malaysian Conference on Clinical Hypnotherapy, Inaugural Malaysian Conference on Clinical Hypnotherapy - **Main Author**
 18. Music Training (zikr) is Superior to Autogenic and Progressive Muscle Relaxation Training to Increase Endurance Level Among University Sultan Zainal Abidin's Athletes (2014), 10th International Sport Science Conference, Kota Bharu, Kelantan. - **Main Author**
 19. Music Training (zikr) is Superior to Autogenic and Progressive Muscle Relaxation Training to Increase Endurance Level Among University Sultan Zaina, I Abidin's Athletes (2014), 10th International Sport Science Conference, Hotel Perdana, Kota Baru - **Co-author**

Research Grant

Principal Investigator

1. Identification of Thymoquinone as a Supplement for Opioid Substitution Therapy in Morphine Dependent Rats, Skim Geran Penyelidikan Fundamental - Frgs, Government (2014), **Grant Value: RM114,500**

Co-Researcher

1. Reliability and Validity of The Revised Instrument of Postnatal Mental Health Screening, Geran Agensi Luar, Collaborative Project (2020), Grant Value: **RM5,000**
2. Pembinaan Instrumen Pengukuran & Intervensi Penyakit Mental: Sinergi Antara Perubatan Alopati dan Pengubatan Islam, Geran Agensi Luar, External - Government (2019), Grant Value: **RM66,000**
3. An Intelligent Dispensing Machine (i-Dispenser), Geran Dalam Universiti, University (2017), Grant Value: **RM30,000**
4. Assessing Personality and Emotional Maturity of Medical Students and Its Impact on Their Academic Achievement: Development of a New Ppd Module for Unisza, Geran Dalam Universiti, University (2017), Grant Value: **RM5,000**
5. Factors Associated with Re-Injecting Behavior and Non-Compliance Among Methadone Maintenance Therapy Clients in Kuala Terengganu, Geran Dalam Universiti, University (2016), Grant Value: **RM6,000**
6. The Urge for Healthy Ageing Indicators (hai): a Fundamental Predictive Index Towards Achieving Successful Ageing, Skim Geran Penyelidikan Fundamental - Frgs, Government (2015), Grant Value: **RM88,800**
7. Impact of Intelligence Quotient (iq) and Emotional Quotient (eq) on Adult Learning Skills in Medical Student, Geran Dalam Universiti, University (2015), Grant Value: **RM5,000**
8. Pembangunan Modul Itgm Bagi Pengekalan Pemulihan Penagihan Opiat, Skim Geran

Penyelidikan Nic - Nrgs, Government (2013), Grant Value: **RM2,500,000**

Postgraduate Student

Main Supervision

1. [PhD] Nasution Ramadhani Syafitri, Indonesia, - **Ongoing**
2. [MASTER] Nor Zidah Binti Ahmad, Malaysia, - **Completed**
3. [MASTER] Farrahdilla Binti Hamzah, Malaysia, - **Completed**

Co Supervision

1. [PhD] Liyana Hazwani Binti Mohd Adnan, Malaysia, - **Completed**

Awards

1. Gold Medal Mpi 2020 (2020), Manual Kehidupan Siswa Sejahtera, Minggu Penyelidikan dan Inovasi 2020 - **Member**
2. Gold Achievement Ria 2019 (2019), I-Dispenser, Research & Innovation Award 2019 - **Member**
3. Anugerah Kik (2018), Meditech, Konvesyen Kumpulan Inovatif dan Kreatif (kik) - **Member**
4. Silver Medal Mpi 2018 (2018), Modul Hipnoterapi untuk Mengurangkan Kebimbangan Pelajar Terhadap Peperiksaan, Mpi 2018 - **Member**
5. Bronze Medal Anugerah Harta Intelek Negara 2018 (2018), Automated Liquid Drug Dispenser, Anugerah Harta Intelek Negara 2018 Kategori Paten - **Member**
6. Bronze Medal Anugerah Harta Intelek Negara 2018 (2018), Automated Liquid Drug Dispenser, Anugerah Harta Intelek Negara 2018 (kategori Paten) - **Member**
7. Gold Medal Unisel 2018 (2018), A Quick and Practical Electronic Mental Assessment and Self-Treatment System (e-Mast) Using Rule-Based Technique, Unisza E-Learning Carnival 2018 (unisel 2018) - **Member**
8. Silver Medal Mte 2018 (2018), Nuzadone : a Combination of Functional Food for Methadone Maintenance Therapy Program Client, Malaysia Technology Expo 2018 - **Member**
9. Gold Medal Mte 2018 (2018), I-Dispenser: an Intelligent Dispensing Machine, Malaysia Technology Expo 2018 - **Member**
10. Pingat Emas Konvensyen Team Excellence Wilayah Pantai Timur (2017), I-Dispenser, Konvensyen Team Excellence Wilayah Pantai Timur - **Member**
11. Gold Medal Siif 2017 (2017), I-Dispenser : an Intelligent Dispensing Machine, Seoul International Invention Fair (siif) 2017 - **Member**
12. Special Award Siif 2017 (2017), I-Dispenser : an Intelligent Dispensing Machine, Seoul International Invention Fair (siif) 2017 - **Member**
13. Gold Medal Pecipta 2017 (2017), Methadone Dispensing Technology (meditech) (i-Dispenser), Pecipta 2017 - **Member**

14. Gold Medal Mpi 2016 (2016), I-Dispenser, Mpi 2016 - **Member**
15. Gold Medal Mpi (2016), I-Tgm Module for Opiate Dependenceamong Methadonemaintenance Therapy (mmt) Clients, Mpi 2016 - **Member**
16. Gold Itex 2016 (2016), I-Dispenser, Itex 2016 - **Member**

Intellectual Property

1. Hipno-Ea (Iy2019002528) (2019), Copyright - **Co-owner**
2. I-Tgm (2018), Trade Mark - **Co-owner**
3. Electronic Mental Assessment and Self-Treatment System (e-Mast) (2018), Copyright - **Co-owner**
4. Nuzadone (2018), Copyright - **Co-owner**
5. Nuzadone (2018), Trade Mark - **Co-owner**
6. I-Dispenser (2017), Trade Mark - **Co-owner**
7. L-Dispenser (2016), Copyright - **Co-owner**

Professional Membership

1. Member, Life Member - Malaysian Psychiatry Association, 2006-2030
2. Member, Ahli Seumur Hidup Persatuan Terapi Psikospiritual Malaysia, 2018-2030
3. Member, Life Member - Qualitative Research Association of Malaysia (qram), 2019-2029
4. Member, Member of National Specialist Register, 2018-2023
5. Leader/chairman, Chairman of Ethics Committee, Lcch Therapy Centre, Pantai Hospital, Kuala Lumpur, 2015-2015

Academic Ecosystem

1. Expert/pakar Rujuk, Pegawai Perubatan Pakar Hsnz, 2019-2021
2. Consultancy/perundingan, Pakar Perunding Perubatan Fp, Klinik Pakar Unisza, 2020-2020
3. Expert/pakar Rujuk, Panel Tanyadoktor.com, 2020-2020
4. Consultancy/perundingan, Pakar Psikiatri Klinik Pakar Unisza, Umc, 2019-2019
5. Speaker/trainer, Penceramah - Bicara Keluarga, Karnival Keluarga Sakinah, 2019-2019
6. Guest Speaker, Invited Speaker in 2nd Malaysian Conference in Clinical Hypnotherapy, 2018-2018
7. Committee, Appointment as a Session Chair/co Chair/time Keeper in The Uicid, 2018-2018
8. Speaker/trainer, Speaker - 2nd International Conference in Addiction Science: Holistic Approach to Management of Drug Misuse and Dependence (icas 2018), 2018-2018
9. Reviewer, Reviewer of Publication in Current Drug Target 2016, 2016-2017

This Curriculum Vitae is downloaded from ADAMS@SPaQM-UniSZA by IP Address 18.213.192.104 on 05 December 2020.

