

## CURRICULUM VITAE



### **Prof. Madya Dr. Rohayah Binti Husain**

#### **Associate Professor**

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

### **Personal Information**

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**Email :** rohayah@unisza.edu.my  
**Gender :** Female  
**D.O.B :** 06 January 1969  
**Age :** 51  
**Race :** Malay  
**Religion :** Islam  
**Current Scheme:** VK07  
**Started in UniSZA:** 02 March 2008  
**Qualification :** Sarjana Psikiatri, *Universiti Sains Malaysia*, 2001.  
**H-Index :** [Scopus: 3][Google Scholar: 3]

### **Area of Research**

Psychiatry, Mental Health, cognitive behaviour therapy, clinical hypnotherapy and psycho-spiritual approaches towards addiction

### **Work Experience**

Medical lecturer at Universiti Sains Malaysia from 2001 till 2007

### **Training**

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1. Acceptance and Commitment Therapy Workshop 2018, 27 Sep 2018 - 28 Sep 2018, Hospital Kuala Lumpur
2. Modern Mindfulness: Skills for Busy Professional and Healthcare Worker, 24 Mar 2018 - 25 Mar 2018, Plaza Vad, TTDI, Kuala Lumpur
3. Mosaics of Student Selection in Health Profession Education Conference 2017, 19 Aug 2017 - 20 Aug 2017, Kota Bharu Kelantan

## Publication

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### 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. Impact of Spiritual Meditation on Drug Addiction Recovery and Wellbeing: a Systematic Review (2020), International Journal of Human and Health Sciences (ijhhs), pp. 237-250, ISSN: 2523-692X [*Indexed by: Other Index - Main Author*]
5. 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*]
6. Association of Prosocial Behavior with Ever Smoking and Alcohol Drinking Among School-Going Adolescents (2020), Heliyon, pp. 1-2, ISSN: 24058440 [*Indexed by: ISI - Co-author*]
7. 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*]
8. 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*]
9. Validation of The Malay Version of The Self-Rated Strength and Difficulties (sdq) Questionnaire (2019), International Journal of Academic Research in Business and Social Sciences, pp. 358 - 373, ISSN: 2222-6990 [*Indexed by: ERA - Co-author*]
10. Healthy Emotions in Your Child (2019), Journal of Pharmacy Practice and Community Medicine, pp. 60-62, ISSN: 2455-3255 [*Indexed by: Other Index - Main Author*]
11. Manzil Verses and Tranquilizing Effect in Opiate Dependents (2019), Malaysian Journal for Islamic Studies, pp. 12-26, ISSN: 2550-2042 [*Indexed by: Other Index - Co-author*]
12. Manzil Verses and Tranquilizing Effect in Opiate Dependents (2019), Malaysian Journal for Islamic Studies, pp. 12-26, ISSN: 2550-2042 [*Indexed by: Other Index - Main Author*]
13. 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 - Co-author*]
14. An Application of Healing Verses (as-Syifa Verses) as Therapy Approach to Reduce Stress in Drug Addiction (2018), International Journal of Civil Engineering and Technology, pp. 165-173, ISSN: 09766308 [*Indexed by: Scopus - Main Author*]
  15. Attentional Process During Listening to Quantitative Quranic Verses (fatihah Chapter) Associated with Memory, Speech and Emotion (2018), Asian Journal Medicine & Biomedicine, pp. 172-181, ISSN: 2600-8173 [*Indexed by: Other Index - Main Author*]
  16. 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*]
  17. 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*]
  18. 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*]
  19. 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*]
  20. Stress Among Medical Students and Advantages of Metallisation Therapy in General: a Review of Literatures (2018), Advances in Human Biology, pp. 59-63, ISSN: 2321-8568 [*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. Emotional Regulation in Autism Spectrum Disorders: a New Proposed Model for Regulating Emotions Through Parent Education (2017), Journal of Global Pharma Technology, pp. 32-43, ISSN: 09758542 [*Indexed by: Scopus - Co-author*]
  24. Heuristic Evaluation of I-Dyslex Tool for Dyslexia Screening (2017), Journal of Telecommunication, Electronic and Computer Engineering, pp. 15-19, ISSN: 21801843 [*Indexed by: Scopus - Co-author*]
  25. 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 - Main 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. Emotional Maturity Among Medical Students and Its Impact on Their Academic Performance (2017), Transactions on Science and Technology, pp. 48 - 54, ISSN: 2289-8786. [*Indexed by: Other Index - Co-author*]
  28. Anxiety -Depression Psychopathology of a Patient with Voyeurism, Major Depression and Premature Ejaculation (2017), Asean J of Psychiatry, pp. 1-3, ISSN: 2231-7805 [*Indexed by: Other Index - Main Author*]
  29. Addiction and Islamic Based Therapy in Malaysia (2017), Man in India, pp. 233-239, ISSN:

- 0025-1569 [*Indexed by: Other Index - Co-author*]
30. "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*]
  31. 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*]
  32. Validation of a New Questionnaire Assessing The Health Impact of Divorce on Women: an Exploratory Factor Analysis (2016), Malaysian Journal of Public Health Medicine, pp. 64-71, ISSN: 16750306 [*Indexed by: Scopus - Co-author*]
  33. Prevalence and Perceived Severity of Post-Traumatic Stress Disorder Among Flood Victims in Kuala Terengganu, Malaysia (2016), Malaysian Journal of Public Health Medicine, pp. 30-40, ISSN: 16750306 [*Indexed by: Scopus - Co-author*]
  34. Undergraduate Medical Students' Attitude and Preferences Toward Traditional Lecture Versus Informal Cooperative Learning (2016), Malaysian Journal of Public Health Medicine, pp. 55-63, ISSN: 16750306 [*Indexed by: Scopus - Co-author*]
  35. 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*]
  36. Knowledge, Attitude and Practice Towards The Influence of Pharmacogenomics in Drug Safety Among Future Healthcare Professionals (2015), Public Health Genomics, pp. 45-45, ISSN: 1662-4246 [*Indexed by: ISIQ1 - Co-author*]
  37. Role of Oxidative Stress in Opiate Withdrawal and Dependence: Exploring The Potential Use of Honey (2015), Journal of Applied Pharmaceutical Science, pp. 159-161, ISSN: 22313354 [*Indexed by: Scopus - Co-author*]
  38. A Systematic Review of Knowledge, Attitude and Practice Towards Pharmacogenomics Among Doctors (2015), International Journal of Pharmaceutical Research, pp. 9-16, ISSN: 0975-2366 [*Indexed by: Scopus - Co-author*]
  39. Psychometric Properties of Knowledge, Attitude, and Practice on Pharmacogenovigilance in Drug Safety Questionnaire in Medicine and Pharmacy Students: Based on Exploratory Factor Analysis (2015), Journal of Applied Pharmaceutical Science, pp. 15-22, ISSN: 22313354 [*Indexed by: Scopus - Co-author*]
  40. 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*]
  41. 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 - Co-author*]
  42. 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 - Main Author*]
  43. The Craniofacial Indices Correlate with Age, Gender and Environmental Influences - a Study in Malaysian School Children (2013), World Applied Science Journal, pp. 250-256, ISSN: 1818-4952 [*Indexed by: Scopus - 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 - **Main Author**
2. Terapi Psikososial, Terapi Penggantian Metadon (2014), Penerbit Universit Sultan Zainal Abidin , pp. 67-87, ISBN: 978-983-9842-86-9 - **Co-author**
3. Prinsip Pengurangan Kemudaratatan 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. Locus of Control and Association with Emotional Stability Among The Medical Students (2018), 2018, Academics World International Conference, Kuala Lumpur Malaysia - **Co-author**
4. 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**
5. 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**
6. 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**
7. 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**
8. Pembangunan Modul S-Tgm Bagi Mengurus Stres Dalam Kalangan Peserta Terapi Gantian Metadon (tgm) (2015), World Islamic Social Science Congress, Picc, Putrajaya - **Co-author**
9. A Case of Panic Disorder with Agoraphobia Effectively Treated Via Cognitive Behavior Hypnotherapy (2015), Inaugural Malaysian Conference on Clinical Hypnotherapy, Kuala Lumpur - **Main Author**
10. Successful Hypnotherapy for Chronic Stress and Headache in a Middle Age Man (2015), Inaugural Malaysian Conference on Clinical Hypnotherapy, Kuala Lumpur - **Co-author**
11. Rindu Aras Tinggi Dari Dimensi Psikospiritual Islam: Terapi Menangani Ketagihan Dadah. (2015), International Conference on Addiction Science 2015,, Unisza - **Co-author**
12. A Conceptual Framework for Designing a Computer-Based Dyslexia Screening Test (2014), Third International Conference on Informatics & Applications, Kuala Terengganu, Malaysia - **Co-author**
13. 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 - **Main Author**

## Research Grant

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### *Principal Investigator*

1. Reliability and Validity of The Revised Instrument of Postnatal Mental Health Screening, Geran Agensi Luar, Collaborative Project (2020), **Grant Value: RM5,000**

### *Co-Researcher*

1. Substance Abuse Among Adolescents in Malaysia: Developing a Comprehensive At-Risk Adolescent Screening Tool for Primary Prevention, Geran Dalam Universiti, University (2017), Grant Value: **RM55,000**
2. An Intelligent Dispensing Machine (i-Dispenser), Geran Dalam Universiti, University (2017), Grant Value: **RM30,000**
3. 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**
4. 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**
5. Mammographic Findings of Breast Density Associated with The Level of Serum Tgf-B1 Gf Polymorphisms, Geran Dalam Universiti, University (2015), Grant Value: **RM20,000**
6. A Dynamic Computer Based Screening Tool for Early Detection of Dyslexia, Geran Dalam Universiti, University (2015), Grant Value: **RM20,000**
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. Identifitication of Thymoquinone as a Supplement for Opioid Substitution Therapy in Morphine Dependent Rats, Skim Geran Penyelidikan Fundamental - Frgs, Government (2014), Grant Value: **RM114,500**
9. Pembangunan Modul Itgm Bagi Pengekalan Pemulihan Penagihan Opiat, Skim Geran Penyelidikan Nic - Nrgs, Government (2013), Grant Value: **RM2,500,000**
10. Teaching Radiology to Undergraduate Medical Students: Cooperative Learning Approach, University Grant, Government (2013), Grant Value: **RM10,000**

## Postgraduate Student

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### *Main Supervision*

1. [PhD ] Alturani Hassan Rateb Ahmad, Jordan, - **Ongoing**
2. [PhD ] Khodabacus Mohammud Ummar Hashim, Mauritius, - **Ongoing**
3. [PhD ] Rozeeda Binti Kadri, Malaysia, - **Ongoing**
4. [PhD ] Zulfa Izza Binti Mohamed @ Hashim, Malaysia, - **Completed**
5. [MASTER] Hazliza Binti Razali, Malaysia, - **Completed**

## Co Supervision

1. [PhD ] Gotam Kumar, Pakistan, - **Ongoing**
2. [MASTER] Adamu Yau, Nigeria, - **Completed**

## Awards

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1. Gold Medal Unicel 2019 (2019), Ab-Ubah Helping Lose Bad Habits and Addiction, Unisza Carnival on E-Learning 2019 - **Member**
2. Bronze Medal Anugerah Harta Intelek Negara 2018 (2018), Automated Liquid Drug Dispenser, Anugerah Harta Intelek Negara 2018 Kategori Paten - **Member**
3. Bronze Medal Anugerah Harta Intelek Negara 2018 (2018), Automated Liquid Drug Dispenser, Anugerah Harta Intelek Negara 2018 (kategori Paten) - **Member**
4. Silver Medal Mte 2018 (2018), Nuzadone : a Combination of Functional Food for Methadone Maintenance Therapy Program Client, Malaysia Technology Expo 2018 - **Member**
5. Pingat Emas Konvensyen Team Excellence Wilayah Pantai Timur (2017), I-Dispenser, Konvensyen Team Excellence Wilayah Pantai Timur - **Member**
6. Gold Medal Pecipta 2017 (2017), Methadone Dispensing Technology (meditech) (i-Dispenser), Pecipta 2017 - **Member**
7. Gold Medal Mpi 2016 (2016), I-Dispenser, Mpi 2016 - **Member**
8. Gold Medal Mpi (2016), I-Tgm Module for Opiate Dependenceamong Methadonemaintenance Therapy (mmt) Clients, Mpi 2016 - **Member**
9. Silver Medal Mpi 2016 (2016), Nuzadone, Mpi 2016 - **Member**
10. Gold Itex 2016 (2016), I-Dispenser, Itex 2016 - **Member**
11. Silver Medal Mpi 2015 (2015), I-Dyslex ; a Computer-Based Dyslexia Screening Test, Research & Innovation Week 2015, Unisza, Terengganu - **Leader**
12. Gold Medal Itex 2015 (2015), I-Dyslex, 26th International Invention, Innovation & Technology (itex '15) - **Member**

## Intellectual Property

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1. Ab-Ubah (ly2020002456) (2020), Copyright - **Co-owner**
2. I-Tgm (2018), Trade Mark - **Co-owner**
3. Nuzadone (2018), Copyright - **Co-owner**
4. Nuzadone (2018), Trade Mark - **Co-owner**
5. I-Dispenser (2017), Trade Mark - **Co-owner**
6. L-Dispenser (2016), Copyright - **Co-owner**
7. I-Dyslex (2015), Copyright - **Co-owner**

## Professional Membership

1. Member, Life Member - Persatuan Kesihatan Ikram Malaysia, 2014-2030
2. Member, Ahli Seumur Hidup Persatuan Perubatan Islam Malaysia (ppim), 2018-2030
3. Member, Life Member - Malaysian Psychiatric Association, 2003-2030
4. Member, Life Member -Qualitative Research Association of Malaysia (qram), 2019-2030
5. Member, Life Member of Malaysian Medical Association, 2004-2030
6. Member, Member of National Specialist Register, 2018-2022
7. Member, Full Member of British Society of Clinical Society, 2018-2019
8. Member, Full Member of British Society of Clinical Hypnosis, 2016-2017

## Academic Ecosystem

1. Member, Life Member - Persatuan Perubatan Psikologi Kelantan (persikol), 2002-2030
2. Member, Life Member - Persatuan Alumni Doktor Usm (padu), 2005-2030
3. Keynote Speaker, International Webinar 2020, Theivanai Ammal College for Women, Chennai, India, 2020-2020
4. Consultancy/perundingan, Pakar Perunding Perubatan Fp, Klinik Pakar Unisza, 2020-2020
5. Expert/pakar Rujuk, Pembangun Modul Gaya Hidup Sejahtera Flexs, Unisza, 2020-2020
6. Expert/pakar Rujuk, Panel Tanyadoktor.com, 2020-2020
7. Examiner, External Examiner for Ph.D Thesis (masnira Jusoh), Uia, 2020-2020
8. External Assessor, External Observer for Postgraduate Diploma in Tertiary Teaching, Ucsi University, 2020-2020
9. Speaker/trainer, Penceramah Online Talk 2.0, Pembelajaran Online: Belajar Tanpa Stres, 2020-2020
10. Consultancy/perundingan, Pakar Psikiatri Unisza Medical Centre, 2019-2019
11. Expert/pakar Rujuk, Consultant Psychiatrist Hsnz, 2017-2019
12. Reviewer, Reviewer for Journal of Business and Social Development (jbsd), 2019-2019
13. Judge/jury/evaluator, Evaluator for Frgs-Racer 2019, 2019-2019
14. Guest Speaker, Guest Speaker - Simposium Anjakan Paradigma Kesihatan, Kts, 2019-2019
15. Guest Speaker, Invited Speaker in 2nd Malaysian Conference in Clinical Hypnotherapy / Msch, 2018-2018
16. Speaker/trainer, Penceramah Program Ceramah Kesihatan Wanita Siri 1 '\wanita dan Kesihatan Mental' / Masjid Al-Muktafi Billah Shah, 2018-2018
17. Examiner, External Examiner of Lcch, 2016-2018
18. Committee, Chairperson - 2nd International Conference in Addiction Science: Holistic Approach to Management of Drug Misuse and Dependence (icas 2018), 2018-2018
19. Speaker/trainer, Penceramah Jemputan Sempena Sambutan Hari Guru Peringkat Negeri 2017, 2017-2017
20. Others, Ahli Panel Forum '\ancaman Pedofilia & Bahaya Pornografi: Pedulilah Kita?', 2016-2016
21. Examiner, External Examiner in London College of Clinical Hypnosis Malaysia, 2016-2016
22. Plenary Speaker, Plenary Speaker in Managing Anxiety & Depression Via Hypnotherapy, Malaysian Inaugural Conference of Clinical Hypnosis 2015 (23th Jun 2015), 2015-2015



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