

MALAYSIAN JOURNAL OF

**PUBLIC HEALTH
MEDICINE**

e-ISSN: 2590-3829

ISSN: 1675-0306

Volume 22 (Supplement 2) 2022



Official Publication of the

MALAYSIAN PUBLIC HEALTH PHYSICIANS' ASSOCIATION



MJPHEM

Official Journal of Malaysian Public Health Physicians' Association

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International Centre for Casemix and Clinical Coding
Universiti Kebangsaan Malaysia Medical Centre (UKMMC)
Jalan Yaacob Latif, 56000 Cheras, Kuala Lumpur
Malaysia

ISSN:1675-0306

The Malaysian Journal of Public Health Medicine is published twice a year

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Malaysian Public Health Physicians' Association

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Universiti Kebangsaan Malaysia Medical Centre (UKMMC)
Jalan Yaacob Latif, 56000 Cheras, Kuala Lumpur
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Official Journal of Malaysian
Public Health Physicians' Association

**5th USIM International Health Conference 2022, Lessons from pandemic:
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PP030

The Association of Sleep Quality with Eating Behaviours and Stress Level among Medical Students of a Malaysian University during the COVID-19 Pandemic

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Sleep is a crucial determinant of physical and mental health. Stress may lead to sleep disturbance, thereby influencing eating patterns. Medical students frequently suffer from trouble sleeping owing to the stringent academic requirements. The issue is aggravated by the pandemic crisis, having to adapt to the shifts in life routine and the rapidly changing structure of medical education. This study investigated the relationship between sleep quality and eating behaviours as well as stress levels among medical students of a public university during the pandemic. In this cross-sectional study conducted from January to April 2022, medical students completed an online questionnaire consisting of demographic data, Pittsburgh Sleep Quality Index (PSQI), Perceived Stress Scale (PSS), and Adult Eating Behaviour Questionnaire (AEBQ) that could be categorized into food approach [Enjoyment of food (EF), Emotional over-eating (EOE), Food responsiveness (FR), Hunger (H)] and food avoidance [Emotional under-eating (EUE), Food fussiness (FF), Slowness in eating (SE), Satiety responsiveness (SR)] eating behaviour. Among 339 respondents, 60.5% reported poor sleep quality, and 88.5% perceived moderate- to high-stress levels. Food approach (M=52.69, SD=11.56) was the preferred eating behaviour compared with food avoidance (M=49.81, SD=11.09). Poor sleepers had a significant higher stress level (t=6.192, p<.001) and significantly adopted food avoidance eating patterns (t=2.281, p=.023). Pearson correlation analysis showed significant positive correlation between PSQI and PSS (r = .474, p = .000), EOE (r=.128, p=.018), EUE (r=1.78, p=.001), H (r=.173, p=.001), SR (r=.151, p=.005), and negatively correlated with EF (r=-.112, p=.039). There was no single predictor affecting the quality of sleep. Quality of sleep is closely related to the level of stress and eating behaviours and could be multifactorial. Healthy eating habits and positive stress coping could improve sleep quality among medical students.