

## POSTER PRESENTATIONS

### PP9

# Quality of Life Among Muslim Reverts (Muallaf) in Negeri Sembilan: Do Physiotherapists Have a Role to Play?

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## ABSTRACT

**Background and Objectives:** Muslim reverts, known as the Muallaf, experience significant lifestyle changes in their religious practices, which may bring about physical challenges and eventually influence their quality of life (QOL). However, this area remains understudied. This study aims to evaluate the self-perceived QOL and scores among Muslim reverts who reside in Negeri Sembilan (NS), Malaysia, focusing on mobility, self-care, daily activities, pain levels, psychological health, and their ability to perform prayers. **Methods:** A total of 38 participants aged 20-48 completed a QOL survey questionnaire combining closed and open-ended questions. The questionnaire integrated the EQ5D5L Malay Version and assessed physical ability for prayer. Data was analysed using SPSS version 27 and categorized according to Hyland & Sodergren's (1996) criteria. **Results:** While only 3% reported 'somewhat bad QOL', a significant portion (n=14, 33%) fell below 'very good QOL' (score < 71%). At least 25% of the sample reported having problems in the five dimensions of QOL, namely mobility (n=12, 31.6%), self-care (n=11, 28.9%), activities in daily living (n=10, 26.4%), pain levels (n=11, 28.9%), and anxiety/depression levels (n=11, 28.9%). 7.9% (n=3) cited negative impacts on performing prayer due to physical limitations. **Conclusion:** Although majority of the NS Muallaf live a decent QOL, the less favourable QOL levels and scores among one-fourth of them is of concern. The QOL scores shows much room for improvement and may benefit from physical and psychological therapy. Further assessment by physiotherapists is indicated in view to improve mobility, reduce pain, and enhance the overall QOL among the Muallaf.

**Keywords:** Quality of Life; Muslim reverts; Health; Physiotherapy

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