



## CURRICULUM VITAE



### DR. ASMIDAWATI ASHARI

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### Education

1. Doctor of Philosophy (PhD) -(Physical Therapy and Aged Care), 2017, Curtin University, Australia
2. Bachelor of Science (Nutrition and Community Health) 2002, Universiti Putra Malaysia (UPM)

### Expertise

1. Fall Prevention and Intervention
2. Physical Therapy and Rehabilitation (Posturagraphy and Balance)
3. Gerontology- Aged Care
4. Community Health- Nutrition

### Appointments

Position	Duration
1. Senior Lecturer, Department of Human Development and Family Studies, Faculty of Human Ecology, UPM	2 May 2018 to date
2. Senior Science Officer, MyAgeing, UPM	Dec 2004 to 30 May 2018
3. Science Officer, Dept. Of Food Science and Agrotechnology, Universiti Malaysia Terengganu.	May 2002 to Dec 2004

### Professional Members/Affiliation

1. Assistant Secretary of Gerontology Association of Malaysia (GeM) 2018-2019
2. Research Associate, Malaysian Research Institute on Ageing
3. Member of Australian Association of Gerontology (AAG)

## Publications

### Journals

1. Hill, K. D., P. Suttanon, S. I. Lin, W. W. N. Tsang, **A. Ashari**, T. A. Abd Hamid, K. Farrier, and E. Burton. (2018). What works in falls prevention in Asia: a systematic review and meta-analysis of randomized controlled trials. *BMC Geriatrics* 18(1), 3. **(Q1,IF: 2.96)**
2. **Ashari, A.**, Hamid, T. A., Hussain, M. R., & Hill, K. D. (2016). Effectiveness of individualized home-based exercise on turning and balance performance among adults older than 50 yrs: a randomized controlled trial. *American Journal of Physical Medicine & Rehabilitation*, 95(5), 355-365. **(Q1, IF: 2.73)**
3. **Asmidawati, A.**, Hamid, T. A., Hussain, R., & Hill, K. (2014). Home based exercise to improve turning and mobility performance among community dwelling older adults: protocol for a randomized controlled trial. *BMC Geriatrics*, 14(1), 100 **(Q1, IF: 2.96)**
4. Nurizan Y., **Asmidawati, A.**, Siti Suhailah A. & Tengku Aizan H. (2008). Status Sosio-ekonomi dan Perumahan Di Kalangan Warga Tua Luar Bandar di Malaysia. *Journal of Social Policy and Society*. Vol 5. Pg 109-115.
5. **Asmidawati A.**, Zaitun, Y., & Tengku Aizan, H., (2008). Relationship between selected socio-demographic and health related factors with intake of fruits and vegetables among elderly in Malaysia. *Malaysian Journal of Nutrition*. Vol 14. (2) supplement : S17
6. **Asmidawati, A.**, Nurizan, Y., Tengku Aizan, H., Siti Farra, Z., Norisma Aiza, I. and S.T. Chai. (2006). Psychological Well-Being of Elderly Poor. *Turkish Journal of Geriatrics*, Vol. 9(1), S1, p.28
7. Nurizan, Y., **Asmidawati, A.**, Tengku Aizan, H., Sharifah Norazizan, S.A.R., Siti Farra, Z., Norisma Aiza, I. and S.T. Chai. (2006). Living Alone and Life Satisfaction of Elderly Poor in Peninsular Malaysia. *Turkish Journal of Geriatrics*, Vol. 9(1), S1, p.18
8. **Asmidawati, A.**, Nurizan, Y., Tengku Aizan, H., Siti Farra, Z., Norisma Aiza, I. and S.T. Chai. (2006). Psychological Well-Being of Elderly Poor in Peninsular Malaysia. *Turkish Journal of Geriatrics*, Vol. 9(1), S1, p.18

### Books

Ameneh Motalebi, Loke Seng Cheng, Tengku Aizan Hamid & **Asmidawati A.** (2018) Resistance Band Training for the elderly.

### Chapters in Book

1. Tan JP, Rahimah I, Aizan H & Asmidawati A (2018). Cultural, Demographic, Socio-economic background and care relations in Malaysia
2. Rahimah I And Asmidawati A (2016) Social Activities, **Current Scenario For Social Welfare And Support** in Review On Ageing And The Elderly In Malaysia: What Factors Contribute To Healthy Vs. Pathological Ageing In Malaysia?
3. Devinder K.S, Tan M.P, &Asmidawati A (2016) **Evidence-Based Pathways To Falls And Physical Disability Among Older Adults in Malaysia** in Review On Ageing And The Elderly In Malaysia: What Factors Contribute To Healthy Vs. Pathological Ageing In Malaysia?

### Artifact

**Asmidawati Ashari** & Tengku Aizan Hamid (2016). Walking Pattern in Nature's Yield and Wonders of Art (NYAWA), UPM Press. ISBN 978-967-960-415-3, Universiti Putra Malaysia, Serdang.

### Thesis

Fall Risk Assessment and Effectiveness of Home based Exercise on Balance and Functional Mobility among Malaysian Adult Aged 50 years and above.

#### Other Publications

1. Malaysian Ageing Research Agenda and Network Report (2017)
2. Laporan Kajian Perkhidmatan dan Kemudahan Warga Emas Menjelang 2030, MyAgeing, UPM dan Kementerian Pembangunan, Wanita, Keluarga dan Masyarakat, Putrajaya.
3. Direktori Pekhidmatan Penjagaan Warga Emas di Malaysia, Kajian Perkhidmatan dan Kemudahan Warga Emas Menjelang 2030, MyAgeing, UPM dan Kementerian Pembangunan, Wanita, Keluarga dan Masyarakat, Putrajaya.(2017).
4. Report on Round Table Meeting on Reproductive and Sexual Health of Older People in Malaysian.

#### Proceedings/ Seminars/Conference Papers

##### International

1. **Asmidawati A**, TA Hamid, MR Hussain and KD Hill.(2015). Individualised home based exercise intervention on improve turning performance among older adults: Adherence does matter? Paper presented 21th International Ageing, Geriatric and Gerontology (21<sup>th</sup> IAGG), Chiang Mai, Thailand. 21 -26 October 2015
2. **Asmidawati A**, TA Hamid, MR Hussain and KD Hill.(2014). Does individualised home exercise improve turning performance among older adults? 6<sup>th</sup> Biennial Australian New Zealand Fall Prevention, Sydney, Australia. 16-18 Nov 2014
3. **Asmidawati A**, TA Hamid, MR Hussain and KD Hill.(2014). Establishing successful falls prevention research collaborations between Malaysia and Australia: Perspectives from a PhD candidate. Paper presented at 50<sup>th</sup> Australian Geriatric and Gerontology Conference, Adelaide, Australia. 24-26 Nov 2014
4. **Asmidawati A**, TA Hamid, MR Hussain and KD Hill.(2013). Fall risk assessment among community dwelling older adults (aged 50 years and above) in Malaysia. Paper presented at 20<sup>th</sup> International Ageing, Geriatric and Gerontology (20<sup>th</sup> IAGG), Gangnam, Seoul, Korea. 21 - 26 June 2013.
5. **Asmidawati A**, KD Hill, Zaitun A and MR Hussain.(2012). Impact of Age and gender on Balance and Mobility Performance among Community Dwelling Older Adult aged 50 years and above in Malaysia. Paper presentation at 5<sup>th</sup> Biennial Australian New Zealand Fall Prevention, Adelaide, Australia. 28-30 October 2012.
6. **Asmidawati A**, KD Hill, Zaiton A, Hamid TAH and MR Hussain.(2012). Falls Prevalence among Community Dwelling Older People in Malaysia. Paper presentation at 5<sup>th</sup> Biennial Australian New Zealand Fall Prevention, Adelaide, Australia. 28-30 October 2012.
7. **Asmidawati A**, KD Hill, Sharifah Norazizan SAR, Zaitun A, Mohd Fadzillah B and MR Hussain. (2011). Mobility Performance among Institutionalized Older People in Malaysia. Poster presentation at Ninth Asia-Oceania Regional Congress of Gerontology and Geriatrics, Melbourne, Australia. 23-27 October 2011
8. Zaitun Y, Latiffah AL, Ridzoni S, **Asmidawati A** and Siti Aisyah NA. (2011). Anthropometric Measurements in Malaysian Elderly: Age, Gender and Ethnic Differences. Oral presentation at Ninth Asia-Oceania Regional Congress of Gerontology and Geriatrics, Melbourne, Australia. 23-27 October 2011

9. Zaitun Y, Latiffah AL, Ridzoni S, **Asmidawati A** and Siti Aisyah NA. (2011). Prevalence of Sarcopenia and Its Associated Factors among Malaysian Elderly. Poster presentation at Ninth Asia-Oceania Regional Congress of Gerontology and Geriatrics, Melbourne, Australia. 23-27 October 2011
10. Sharifah Norazizan SAR, **Asmidawati A**, Fazdillah B & Hussain MR. (2010). Fall Prevalence and Risk Assessments for Older Persons in Public Funded Shelter Homes in Peninsular Malaysia. Paper presented South East Asian Conference on Ageing (SEACA2010), 17 - 18 July. Grand Millennium Hotel, Kuala Lumpur, Malaysia.
11. Mohd Rizal Hussain, Sharifah Norazizan Syed Abdul Rashid, **Asmidawati A**. & Mohd Fadzillah Bagat. (2010). Assessment of Postural Balance and Risk of Falling among Malaysians using NeuroCom Balance Master Poster presented at South East Asian Conference on Ageing (SEACA2010), 17 - 18 July. Grand Millennium Hotel, Kuala Lumpur, Malaysia
12. Raja Nurzatul Efah Raja Adnan, Zaitun Yassin, **Asmidawati A**, Siti Aisyah Nor Akahbar, Latiffah Latiff. (2010) Prevalence of Self-reported Sleep Problem and its Association with Perceived Stress among the Malaysian Elderly. Poster presented at South East Asian Conference on Ageing (SEACA2010), 17 - 18 July. Grand Millennium Hotel, Kuala Lumpur, Malaysia
13. Nurizan, Y, **Asmidawati, A.**, Siti Suhailah, A. & Tengku Aizan, H. (2008). Socio-economic and Housing Status among older women in Malaysia. Paper presented at 10<sup>th</sup> International Interdisciplinary Conference of Women / Women's World 08, 3-9 July. Madrid, Spain.
14. Nurizan, Y, Tengku Aizan, H, Siti Suhailah, A. & **Asmidawati A**. (2008) Depression among Older women in Malaysia. Paper presented at 10<sup>th</sup> International Interdisciplinary Conference of Women / Women's World 2008, 3-9 July. Madrid, Spain
15. Tengku Aizan, H., Nurizan, Y., **Asmidawati, A**, Norisma, A.I., & Siti Suhailah, A. (2007). Determinants of Self Rated Health among Older Malaysians: Gender Comparison. Paper presented at the 8<sup>th</sup> Asia/ Oceania Regional Congress of Gerontology & Geriatric (AORCGC), 22-25 October 2007, Beijing, China

#### **National**

16. Sharifah Norazizan SAR, **Asmidawati A.**, Fazdillah Bagat, Mohd Rizal Hussain, Mohd Hafis Ahmad Shukri. (2010). Competency of Older Drivers in Perak and Selangor, Malaysia. PRPI 2010, RMC Universiti Putra Malaysia.
17. Sharifah Norazizan SAR, **Asmidawati A**, Fazdillah B & Hussain MR. (2010). Mobility Pattern among the Older Adult Road User. Poster presented at PRPI 2010, RMC, Universiti Putra Malaysia.
18. Siti Aisyah Nor Akahbar, Zaitun Yassin, Raja Nurzatul Efa Raja Adnan, Latiffah Abdul Latif & **Asmidawati Ashari**. (2010). Factors Associated With Self Rated Health Among Older Persons In Peninsular Malaysia. PRPI 2010, RMC Universiti Putra Malaysia
19. Raja Nurzatul Efah Raja Adnan, Zaitun Yassin, **Asmidawati A.**, Siti Aisyah Nor Akahbar, Latiffah Latiff. (2010) Association Between Self-Perception Of Stress And Prevalence of Selected Chronic Diseases Among Malaysian Elderly, poster presented at PRPI 2010, RMC, Universiti Putra Malaysia
20. Latiffah Abdul Latif, Ridzoni Sulaiman, Zaitun Yassin, **Asmidawati A** & Siti Aisyah Nor Akahbar (2010). Quantitative Ultrasound of the Calcaneus in Malaysian Elderly and Its Association with Socio-demographic Factors and Anthropometric Indicators poster presented at PRPI 2010, RMC, Universiti Putra Malaysia.

21. Sharifah Norazizan SAR., M.R Husaain, ST Chai & **Asmidawati,A**, (2009). Ownership and Usage of Computer and Internet among Malaysians Aged 55 and Above. Poster Presented at the UPM **Exhibition of Invention, Research & Innovation**, July, 29-31, Universiti Putra Malaysia, Serdang, Selangor
22. Sharifah Norazizan SAR., **Asmidawati,A**, M.R Husain & Yeoh SF (2009) Computer Use and Cognitive Functioning among Malaysians Aged 55 and Above. Poster Presented at the UPM **Exhibition of Invention, Research & Innovation**, July, 29-31, Universiti Putra Malaysia, Serdang, Selangor
23. **Asmidawati A**, Zaitun, Y., & Tengku Aizan, H., (2009). Determinants of perceived health status among older women in Malaysia. 24<sup>th</sup> Scientific Conference of Nutriion Society of Malaysia, 26-27 March, Crowne Plaza Mutiara Hotel, Kuala Lumpur.
24. Sharifah Norazizan SAR, **Asmidawati A** & Mohd Fazdillah B. (2008). Conducting fall risk assessment among older persons in Malaysia: A Multi- factorial Assessment Tool Approach. Paper presented at National Conference on Ageing 2008: Promoting Dignity, Prosperity and Wellness, 4-5 November 2008, Pan Pacific Kuala Lumpur International Airport, Selangor, Malaysia
25. Sharifah Norazizan SAR., **Asmidawati A**, & Hafis., M.S. (2008) Accessibility of Public Facilities in Kajang Area: GIS Approach. Poster Presented at the UPM Exhibition of Invention, Research & Innovation, July, 29-31, Universiti Putra Malaysia, Serdang, Selangor
26. Nurizan, Y., **Asmidawati, A**, Chai S.T., Tengku Aizan, H. (2007) Housing of Older Persons Living in the community. Poster presented at UPM Invention, Research & Innovation, August, 22-24, Universiti Putra Malaysia, Serdang, Selangor
27. **Asmidawati, A**, Nurizan, Y., Tengku Aizan, H. & Siti Farra Zillah, A. (2006). Locus of Control among Poor Elderly in Peninsula Malaysia. Research Poster for Exhibition of Invention, Research & Innovation, August, 22-24, Universiti Putra Malaysia, Serdang, Selangor
28. **Asmidawati, A**, Nurizan, Y., Tengku Aizan, H., Norisma Aiza, I. & ST Chai (2005). Psychological Well-Being of Female Elderly Welfare Recipients. Paper presented at the Persidangan Psikologi Malaysia 2005 – Perspektif Psikologi dan Pembangunan Wanita Alaf Baru: Cabaran dan Harapan. July, 31 – August, 2, Kota Kinabalu, Sabah
29. Nurizan, Y., **Asmidawati, A**, Tengku Aizan, H., Sharifah Norazizan, S.A.R., Siti Farra, Z., Norisma Aiza, I. and S.T. Chai. (2006). Living Alone and Life Satisfaction of Elderly Poor in Peninsular Malaysia. Paper presented at the Geriatric 2006: International Congress of Elderly Health, 2-6 April, 2006, Istanbul, Turkey
30. Norisma Aiza, I., Tengku Aizan, H., Nurizan, Y. & **Asmidawati, A**. (2005). Sokongan Sosial dikalangan Wanita Miskin Lewat Usia: Cabaran Masa Depan. Paper presented at the Persidangan Psikologi Malaysia 2005 – Perspektif Psikologi dan Pembangunan Wanita Alaf Baru: Cabaran dan Harapan. July, 31 – August, 2, Kota Kinabalu, Sabah
31. **Asmidawati, A**, Nurizan, Y., Tengku Aizan, H. & Siti Farra Zillah, A. (2005). Psychological Wellbeing of Elderly Welfare Recipients. Research Poster for Exhibition of Invention, Research & Innovation, August, 22-24, Universiti Putra Malaysia, Serdang, Selangor
32. Latiffah, A.L., G.L. Khor, Zaitun, Y., Yunus, A., Fauziah, M., Mohmad, S., F.S. Lee, W.K. Yau, Fadhilah, L., Nik Fazleiwani, N.Z., Ridzoni, S. and **Asmidawati, A**. (2004). Assessing Nutritional Status among Elderly Persons in Johor: Determination by Mini Nutritional Assessment. Research Poster for the National Conference Population Aging in the Developing World,

October, 5 - 6. Summit Hotel USJ, Selangor, Malaysia.

33. Latiffah, A.L., G.L. Khor, Zaitun, Y., Yunus, A., Fauziah, M., Mohmad, S., F.S. Lee, W.K. Yau, Fadhillah, L., Nik Fazleiwani, N.Z., Ridzoni, S. and **Asmidawati, A.** (2004). Anthropometric Characteristics of Elderly in Johor. Research Poster for the National Conference Population Aging in the Developing World, October, 5 - 6. Summit Hotel USJ, Selangor, Malaysia.
34. **Asmidawati, A.** Nurizan, Y., Norisma Aiza, I, Siti Farra, Z. & C.Y.F. Benjamin. (2004). Lokus Kawalan Di kalangan Warga Tua Termiskin di Kota Bharu, Kelantan. Research Poster for the National Conference Population Aging in the Developing World, October, 5 - 6. Summit Hotel USJ, Selangor, Malaysia
35. Nurizan, Y., Tengku Aizan Hamid, I, Siti Farra, Z. Norisma Aiza, & **Asmidawati, A.** (2004). Housing Status of the Poor Elderly in Kota Bharu, Kelantan: Preliminary Findings. Paper presented at the the National Conference Population Aging in the Developing World, October, 5 - 6. Summit Hotel USJ, Selangor, Malaysia.
36. Amin, I., Azizah, O and **Asmidawati, A.** (2002). Antioxidant activity and total polyphenols content of cocoa products. Paper presented at Asia Pacific Symposium on Functional Foods 2002: Nutrition that Heal and Protect, 2<sup>nd</sup> November, Kuala Lumpur
37. **Asmidawati A** and Amin I (2002) Antioxidative activity and total procyanidins contents of cocoa liquors and chocolates. Paper presented at Sciencetific Conference on Food Antioxidants, Bangi, Selangor.
38. Amin, I., **Asmidawati, A.** R.A. Mohd Mokhtar and S. Jinap (2002). Evaluation on the content, type and antioxidant activity of cocoa procyanidins extracted from Malaysian liquor and chocolates. Polyphenol Communication of the XXI International Conference on Polyphenols, University Cadi Ayyad, Marrackech, 09-12 September 2002, Morocco. Pp.241-242.

Research Grants						
Project Title	Amount	Role	Year	Source of Fund	Status	
1. Ageing stronger: A Pilot study on Community based Muscle Strengthening Exercise Programme (COME) to increase muscle strength among pre-frail elderly	RM49,820	Co-Researcher	2018	Putra Grant	Ongoing	
2. Developing Smart Walker Prototype for Promoting Mobility among Older Malaysia	RM50,000	Co-Researcher	2018	Putra Grant	Ongoing	
3. Developing Advanced Home Appliances Control System For Aged Generation	RM50,00	Co-Researcher	2018	Putra Grant	Ongoing	
4. Evaluating the Efficacy of a Preventative Multi-component Training Program for Prospective Memory Performance	RM36,000	Co-Researcher	2018	Putra Grant	Ongoing	

	among Seniors with Memory Complaints					
5.	Effectiveness of Home Based Exercise (HBE) in Improving Balance and Functional Performance among Older Malaysians in Community Dwelling	RM30,200	Co-Researcher	2013	Putra Grant	Completed
6.	Assessment of Postural Balance and Risk of Falling among Older Malaysians Using NeuroCom Balance Master	RM28,000	Co-Researcher	2011	Putra Grant	Completed
7.	Falls and risk factors among older person at Rumah Seri Kenangan, Malaysia.	RM98,200	Co-Researcher	2008	Putra Grant	Completed
8.	Health Determinants and Wellness Among Older Malaysian	RM990,000	Co-Researcher	2008	KKM	Completed
9.	Poverty Among Older Malaysians: Towards Productive Ageing	RM180,000	Co-Researcher	2008	IRPA	Completed
10	Health Related Quality of Life of Older Malaysian.	RM240,000	Co-Researcher	2008	IRPA	Completed

<b>Awards/Recognition</b>					
<b>Award Type</b>	<b>Title</b>	<b>Award Authority</b>	<b>Level</b>	<b>Year</b>	
1. Certificate	Excellence in Service Certificate	Universiti Putra Malaysia	University	2016	
2. Silver Medal	My Fall Diary Smartphone Apps	National University Carnival on e-Learning (NUCeL) 2015	National	2015	