

# 'AFIFAH IDRIS



## PROFESSIONAL PROFILE

**Senior Lecturer** in Social Work at Universiti Putra Malaysia; **Associate Fellow (FELO BERSEKUTU)**, Tun Fatimah Hashim Women's Leadership Centre, Universiti Kebangsaan Malaysia. Research interests: social work, community mental health, women's issues, medical social work, qualitative research.

## EDUCATIONS



**Doctor of Philosophy in Social Work, UKM (2018-2023)**

**Master of Medical Social Work, UKM (2014-2016)**



**Bachelor in Human Sciences (Sociology & Anthropology), IUM (2011-2014)**

## PUBLICATIONS (ARTICLE)

- **Idris A**, Akhir NM., Nadarajan S. (2025). A qualitative study discovering the lived experience of primary caregivers of female survivors with major depressive disorder. *Environment and Social Psychology*; 10(6): 3801 doi:10.59429/esp.v10i6.3801 (**SCOPUS**)
- **Idris, A.** (2025). "Rebuilding Lives: A Conceptual Paper on Social Work Practice and Peer Support in the Recovery of Women with MDD", *Asian Social Work Journal*, 10(2), p.e00324. doi: <https://doi.org/10.47405/aswj.v10i2.324>. (**MyCite**)
- Jamir Singh, P.S., Oke, A.E., Aliu, J., Isaiyah Kayode, T., Azura Ramli, R., Haizzan Yahaya, M. and **Idris, A.** (2024). "A study on substance abuse awareness and usage trends within the construction sector", *Construction Innovation*, Emerald Publishing Limited. 1471-4175. <https://doi.org/10.1108/CI-03-2024-0064> (**SCOPUS**)
- **Idris, A.**; Akhir, N.M.; Mohamad, M.S.; Sarnon, N. (2023). Exploring the Lived Experience on Recovery from Major Depressive Disorder (MDD) among Women Survivors and Five CHIME Concepts: A Qualitative Study. *Behav. Sci.*, 13, 151. (**WoS-Q3**)
- Saim, N. J., Subhi, N., Mohammad, M. S., Jalaludin, N. H., Abbas, **A., Idris, A.**, & Sarnon, N. (2022). Delving into the Story of an Unwed Mother in Malaysia by Longitudinal Photovoice Methodology. *International Journal of Academic Research in Business and Social Sciences*, 12(10), 1823 - 1833.
- **Afifah, I.** & Noremy, M. A. (2022). The Impacts of COVID-19 Pandemic and Lockdown on Caregivers of Family Members with Mental Health Issues: The Untold Story. *Geografia* (**ESCI**)
- **Afifah, I.**, Noremy, M. A. & Norulhuda, S. Overcoming Stigma and Getting Social Support: What Can We Learn from People with Lived Experience of MDD? *Dialogos*. 25(2): 215-221. (**SCOPUS**)
- **Afifah, I.** & Noremy, M. A. (2021). COVID-19 Pandemic: Are Caregivers of Family Members with Depression at Risk? *Proceedings of the 2nd Annual Conference on Blended Learning, Educational Technology and Innovation (ACBLETI 2020)*, hlm. 98-102. Atlantis Press. (**WoS indexed proceeding**)
- **Afifah, I.**, Noremy, M. A., Norulhuda, S. & Mohd Suhaimi, M. (2020). The Recovery of Depressive Patients: A Review on the Roles of Social Worker. *International Journal of Psychosocial Rehabilitation* 24(4): 4350-4358. (**SCOPUS**)

## CONTACT

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Google Scholar: Afifah Idris  
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WoSID : KRO-7071-2024

## SKILLS

- Teamwork
- Time Management
- Verbal & Written communication

## LANGUAGE

Malay ●●●●●

English ●●●●●

## PUBLICATIONS (BOOK & CHAPTER IN BOOK)

1. Yahaya, M. H., & **Idris, A. (2025)**. International Comparative Study on the Current State and Issues of Professional Social Work Education in Asia: Development of Registration Systems for Qualification Holders (Chapter 12, p. 215). In M. Ohara, V. Virág, & M. Kimura (Eds.), *Professional Social Work Education in the Asia Pacific Region: Development of Registration Systems for Qualification Holders* (e-book). International Federation of Social Workers. ISBN: 978-3-906820-35-4. **(Chapter in book - Co-author)**
2. **Afifah Idris** & Noremy Md. Akhir. (2025). Wanita dan Kemurungan: Perbincangan Berdasarkan Kerangka Pemulihan Diri Chime. Penerbit Universiti Kebangsaan Malaysia. **(Book - Corresponding author)- Accepted for Publication.**
3. Jana Saim, N., Sarnon, N., Abbas, A., Saadah Mohamad Aun, N., & **Idris, A. (2024)**. Transnational Marriage in Malaysia: Case Study and a Critical Review Based on Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) and Narrative Analysis of Topical Stories. IntechOpen. doi: 10.5772/intechopen.112146 **(Chapter in book - Corresponding author)**
4. Nor Jana Saim, Norulhuda Sarnon, & **Afifah Idris. (2024)**. Kepelbagaian spektrum ibu tanpa nikah di Malaysia. In Nazirah Hassan, Fauziah Ibrahim, & Azahah Abu Hassan Shaari (Eds.), *Isu Sosial Pencegahan dan Pemulihan* (pp. 139–158). Penerbit Universiti Kebangsaan Malaysia. **(Chapter in book - Corresponding author)**

## RESEARCH GRANT AWARDED

### 1. Internal Research Grant

Co-Investigator (Co-I)

Title: Pemulihan Pemandiri Wanita Kecelaruan Kemurungan Major (MDD): Peranan Sokongan PEER

Sponsor: Research and Innovation Division, Universiti Sains Malaysia

Track: Research

Duration: October 2025 – October 2027

Amount: RM35,040

Status : Active

### 2. External Research Grant

Co-Investigator (Co-I)

Title : C.A.R.E Island : Community Assisted Responsive Eldercare Island

Sponsor : ICU Penang, JPM

Duration : 1 September 2025 - 31 Ogos 2026

Amount : RM200,000

Status : Active

### 3. External Research Grant

Co-Investigator (Co-I)

Title: Kajian Keberkesanan Program Integrasi Gaya dan Rasa dalam Kelas Kecantikan dan Kek Pastri untuk Program PERMATA Remaja

Sponsor: Ministry of Education Malaysia (MOE)

Duration: November 2025 – October 2026

Amount: RM 60,000

Status : Active

### 4. External Research Grant

Co-Investigator (Co-I)

Title: Enriching Students' Experiences in Analyzing Big Data through Artificial Intelligence

Sponsor: Faculty of Social Sciences and Humanities, Universiti Kebangsaan Malaysia

Type: External Agency (University)

Track: Teaching & Learning

Duration: 25 March 2024 – 24 September 2024

Amount: RM5,000

Status: Completed

## ACHIEVEMENTS & CONTRIBUTIONS

### CONSULTANCY

1. Research project under Universiti Kebangsaan Malaysia Pakar Runding titled: Module Lindungi PERMATA Johor. This module is projected on volunteers and protection teams of Jabatan Kebajikan Masyarakat Negeri Johor in order to overcome the issues of child abuse and neglect in Johor (2022-2023).

### UNIVERSITY & FACULTY

1. University Representative (Sports and Non-Academic Activities),SUKJAP **2025**, USM.
2. Appointment as Interview Panel for Bachelor of Social Work Program with Honours Academic Session **2025/2026** at USM, Main Campus.
3. Participate in the third season **2025** INNOVATHON Audition Session at Digital Penang, Georgetown, Penang on 25<sup>th</sup> June 2025.
4. Project Member,THRIVING TOGETHER @ WORK EMBRACE ENGAGE EMPOWER with Renesas Semiconductor (Malaysia) Sdn.Bhd, on 28/06/2024-20/12/**2024** (Industry-National)
5. Appointment as a committee for Professor Talk- Datuk Professor Dr Azlinda Azman, 30/08/2024-20/09/**2024**.
6. Thesis internal examiner (Master thesis)-"Cabaran, Kesan Psikososial serta Daya Tindak Ibu Tunggal Bekerja yang mempunyai Anak Kelainan Upaya (Oku): Satu Kajian Kes Disekolah Kebangsaan Datin Khadijah, Perak". (**2024**)
7. *Pewasit* article for publication in e-Bangi: Journal of Social Sciences and Humanities, Vol. 21, No 3 (**2024**).
8. Postgraduate student representative from Malaysia in the initial meeting of the DAAD research partnership for the project entitled "Women Diversity within Islamic Context" at Frankfurt University of Applied Sciences. This meeting involved 4 countries; Malaysia, Jordan, Morocco and Germany (2023).
9. Invited speaker to share the experience of publishing an article in an indexed journal organized by Center for Research in Psychology and Human Well-Being (PsiTra), Faculty of Social Sciences and Humanities (FSSK), UKM on February 24, 2023.
10. Invited speaker for SKPW3053 Clinical Social Work teaching slot at Faculty of Social Sciences and Humanities (FSSK), UKM on January 12, 2023.

### COMMUNITY

1. Invited speaker for 'Kursus Pengurusan Kesihatan Mental', organized by Lembaga Kemajuan Tanah Persekutuan (FELDA) at Institut Latihan Felda, Trolak Mei 5-7, **2026**.
2. Invited speaker for 'Kursus Komunikasi Berkesan dan Kesihatan Mental', organized by Lembaga Kemajuan Tanah Persekutuan (FELDA) at Institut Latihan Felda, Trolak November 4-6, **2025**.
3. Invited speaker for Program Interaktif Kesihatan Mental dan Kesejahteraan Diri 'Generasi Sihat, selamat dan Hebat' organized by Pasukan Kebajikan Kanak-Kanak (PKKK) Daerah Timur Laut on October 7, **2025**.
4. Invited jury for 'Pertandingan Pengucapan Awam' organized by Fakulti Sains Sosial dan Kemanusiaan (UKM) in conjunction with Sambutan Hari Kerja Sosial Sedunia on April 26, **2025**.
5. Invited jury for the Schoolwide Enrichment Model (SEM) Type III Festival at Maktab Rendah Sains Mara Transkrian on April 21, **2025**.
6. Invited speaker at Sekolah Tunas Bakti Teluk Air Tawar, Butterworth, Pulau Pinang with a title 'Menyelami Masalah, Membina Solusi' organized by Pasukan Kebajikan Kanak-Kanak (PKKK) Daerah Timur Laut on Dec 11, **2024**.
7. Invited speaker at Sekolah Tunas Bakti Teluk Air Tawar, Butterworth, Pulau Pinang with a title 'Menjadi Insan Cemerlang' organized by Pasukan Kebajikan Kanak-Kanak (PKKK) Daerah Timur Laut on July 24, **2024**.
8. Invited speaker for 'Program Semaian Ilmu 2.0' at Kolej Sultan Abdul Hamid, Alor Setar on June 23, **2024**.
9. Invited speaker for 'Kursus Kepimpinan Berwawasan Ketua Jabatan Bahasa MRSM' organized by Bahagian Pendidikan Menengah MARA on May 14, **2024**.
10. Invited speaker for Program Kolokium Penyelidikan Sosial Institut Sosial Malaysia (ISM) Siri 4/2024 on March 11, **2024**.
11. Invited speaker and facilitator for session 2 and session 3 "Program Latihan Kepada Child Support Team Negeri Johor" under Jabatan Kebajikan Masyarakat Negeri Johor (2023).
12. Conducting module related to psychological development and mental health among children to JKM Negeri Johor staffs and volunteers (2022).
13. Invited speaker for Program Siri Kesembuhan Holistik (Bantuan Sosial) organized by Malaysian Mental Care Association (MeCare) on December 22, 2022.
14. Volunteer in doing mental health screening test at Vista Pinggiran Apartment, Seri Kembangan on November, 2022.
15. Psychological First Aid (PFA) volunteer for flood victims in Dusun Nanding, Hulu Langat (2022) and was interviewed by the Harian Metro newspaper for the purpose of publishing an article. The article was published on January 8, 2022.
16. Facilitator for "Program Sokongan Psikososial di bawah Inisiatif PEMULIH" at Dewan Lembah Subang PPR 1 (2022).
17. Commissioned as a Certified Mental Health First Aider (2021-2024) by the Malaysian Mental Health Association (MMHA)

### PRESENTER

1. Presenter at The 7th International Research Postgraduate Conference (POGRES2023) organized by FSSK, UKM.
2. Presenter at The 4th USM International Conference on Social Sciences 2021 (USM-ICOSS 2021)
3. Presenter at The 2nd International Conference on Social Work on Health and Mental Health 2020 in Jakarta, Indonesia
4. Presenter at The 1st International Conference on Social Work in Health and Mental Health 2019 in Jakarta, Indonesia
5. Presenter at The Seminar Penyelidikan Siswazah Post-Graduate Research Seminar (POGRES) 2019, UKM

### PARTICIPANT

1. Participant in 'Eksposisi Penyelidikan Rentas Disiplin Sains Sosial 2025, at Fakulti Sains Sosial dan Kemanusiaan (UKM) on June 17, 2025.
2. Participant at the National Conference on Mental Health & Wellbeing, Preserving Mental Health in A Crisis on 28th January 2023 at Everly Hotel Putrajaya
3. Participant at the Chit Chat Kesihatan Mental 2022 in conjunction of Hari Kesihatan Mental Sedunia 2022 organized by Malaysian Mental Care Association (MeCare)
4. Participant at the NUMed-YHOW Mental Health Conference: Redefining Mental Wellness for a Brighter Future 2022
5. Participant at the MIASA Hope Symposium 2021- Thriving in Mental Health with Meaning and Compassion
6. Participant at the Webinar Program Pendidikan Psikiatri Untuk Pesakit Dan Keluarga (Prospek) (2021) organized by Jabatan Psikiatri, Hospital UiTM and Fakulti Perubatan UiTM
7. Participant at the Young Minds : Time to Act organized by The Mental Illness Awareness and Support Association (MIASA) (2021) and Kementerian Belia dan Sukan (KBS)
8. Participant at the 'Simposium Kebangsaan Kerja Sosial' organized by Institut Sosial Malaysia, Persatuan Pekerja Sosial Malaysia and Universiti Malaya (2021)
9. Participant at the webinar "Terokai Ujian Psikometrik: Personaliti dan Kesihatan Mental" (2021) organized by Pusat Kajian Psikologi & Kesejahteraan Manusia (PsiTra)
10. Participant at the Chit Chat Kesihatan Mental 2020 in conjunction of Hari Kesihatan Mental Sedunia 2020 organized by Malaysian Mental Care Association (MeCare)
11. Participant at the Webinar Kebangsaan Kesihatan Mental dan Kerohanian Islam Era Pandemik COVID-19 (2021) organized by Pusat Islamisasi Masjid Sultan Haji Ahmad Shah IIUM
12. Participant at the Symposium on Psycho-Social Disabilities: Addressing Rukhsah and Internalization of Ibadah (2020) organized by Counseling and Career Services Centre, International Islamic University Malaysia (IIUM)
13. Participant at the webinar Kesihatan Mental "It's Okay Not To Be Okay" (2020) organized by Universiti Pendidikan Sultan Idris (UPSI) in collaboration with Kementerian Pengajian Tinggi
14. Participant at The 1st International Mental Health Recovery Conference 2019 organized by The Mental Illness Awareness and Support Association (MIASA) at Premiera Hotel, Kuala Lumpur
15. Participant at the 2-Day Intensive Programme on Understanding Mental Illness organized by Malaysian Mental Health Association (2019)

## WORKING EXPERIENCE

### LECTURER OF SOCIAL WORK, UNIVERSITI SAINS MALAYSIA (February 2024-April 2026)

#### UNDERGRADUATE/POSTGRADUATE TEACHING :

1. SSW591/3 Advanced Social Work Research
2. SSW352/4 Social Work Research
3. SSW224/6 Practicum I
4. SSW412/6 Practicum III
5. SSW313/6 Practicum II
6. SSE396/3 Forensic Social Work
7. SSE373/3 Medical Social Work
8. HTV201/2 Thinking Techniques

## **ENTRUSS VENTURES SDN BHD (April 2023-January 2024)**

Position : Executive Editor

Job Description :

- Conducting interviews with ANGKASA Board of Directors and families
- Analyse the data
- Writing chapters in book. The book is about the leadership of the current and previous President of ANGKASA (Angkatan Koperasi Kebangsaan Malaysia Berhad)