CURRICULUM VITAE

A. BUTIR-BUTIR PERIBADI *(Personal Details)*			
Nama Penuh *(Full Name)*	HEJAR BINTI ABDUL RAHMAN		Gelaran *(Title):* Prof Madya Dr
No. MyKad / No. Pasport *(Mykad No. / Passport No.)* 570328-01-6474	Warganegara *(Citizenship)* Malaysia	Bangsa *(Race)* Melayu	Jantina *(Gender)* Perempuan
Jawatan *(Designation)*	Profesor Madya Perubatan	Tarikh Lahir *(Date of Birth)*	*28 Mac1957*

Alamat Semasa *(Current Address)*	Jabatan/Fakulti *(Department/Faculty)*	E-mel dan URL *(E-mail Address and URL)*
26, Jalan RK 6/12, Rasah Kemayan, Seremban 2, 70300 Negeri Sembilan Tel:	Jabatan Kesihatan Komuniti, Fakulti Perubatan dan Sains Kesihatan, Uinversiti Putra Malaysia Tel: 03-89472417 Fax: 03-89450151	E-mail: hejar@medic.upm.edu.my URL: H/P: 012-2362351

B. KELAYAKAN AKADEMIK *(Academic Qualification)*			
Nama Sijil / Kelayakan *(Certificate / Qualification obtained)*	Nama Sekolah Institusi *(Name of School / Institution)*	Tahun *(Year obtained)*	Bidang pengkhususuan *(Area of Specialization)*
MD	Universiti Kebangsaan Malaysia	1982	
Masters Community Health	Universiti Kebangsaan Malaysia	1996	Kesihatan Awam

C. KEMAHIRAN BAHASA *(Language Proficiency)*					
Bahasa / *Language*	Lemah *Poor (1)*	Sederhana *Moderate (2)*	Baik *Good (3)*	Amat Baik *Very good (4)*	Cemerlang *Excellent (5)*
English					/
Bahasa Melayu					/

D. PENGALAMAN SAINTIFIK DAN PENGKHUSUSAN ***(Scientific experience and Specialisation)***				
Organization	*Position*	*Start Date*	*End Date*	*Expertise*
IARC, Lyon, France	Sabbatical attachment	15 June 2009	3 July 2009	Cancer epidemiology/Cancer registration
Erasmus University, Rotterdam, Netherland	Sabbatical attachment	10 August 2009	28th August 2009	Logistic regression Survival analysis Metanalysis

E. PEKERJAAN ***(Employment)***				
Majikan / *Employer*	Jawatan / *Designation*	Jabatan / *Department*	Tarikh lantikan / *Start Date*	Tarikh tamat / *Date Ended*
Universiti Putra Malaysia	Pensyarah Perubatan	Kesihatan Komuniti, FPSK	2001-	sekarang
Kementerian Kesihatan Malaysia	Principal Assistant Director	Jabatan Kesihatan Awam, KKM	1998	2001
Kementerian Kesihatan Malaysia	Pegawai Perubatan Kanan	Hospital Sg Buluh, Melaka, Muar	1982	1996

F. ANUGERAH DAN HADIAH *(Honours and Awards)*				
Name of awards	*Title*	*Award Authority*	*Award Type*	*Year*
Academic Awards	i. Fellowship ii. Fellowship	IARC, France JICA, Japan	International International	2009 1999
Non-Academic Awards	• Travel award to attend 10th National Injury prevention and Safety Promotion Conference, Brisbane, Australia 2 – 4 November 2011	UPM		2011
	• Travel award UPM to attend Malaysia, Indonesia, Brunei Medical Conference, Bandar Seri Bengawan	UPM		2007
	• Travel award UPM to attend Eighth World Conference on Injury and Safety Promotion Durban South Africa	UPM		2006
	• .Travel award UPM to attend Eastern Asia Society for Transportation Studies (EAST) Queen Sirikit Convention Centre, Bangkok, Thailand	UPM		2005
	• Travel award MOH to attend The Fifth World Injury Prevention and Control Conference in New Delhi, India • Travel award MOH to attend The International Conference on Child and Adolescent	Ministry of Health Malaysia		2000

	Injury Prevention in the Underprivileged, New Delhi, India • Travel award for Workshop on Global Parasite Control Administration' Tokyo, Japan	Ministry of Health Malaysia JICA		2000 1999
Awards of Merit	I .Excellent Services (Khidmat Cemerlang) 2002-2008 ii. Silver medal for 'Effect of an educational intervention comprising knowledge, beliefs, barriers and practices towards breast cancer screening among teachers in Selangor	UPM UPM		2002-2008 2008

G. SENARAI PENERBITAN (Sila masukan nama pengarang, tajuk, nama jurnal, jilid, muka surat dan tahun diterbitkan) *(List of publications – author (s), title, journal, volume, page and year published)*	
Journal	Heng KS, Hazizi Abu Saad, Mohd Nasir Mohd Taib, Hejar AR, Chan Yoke Mun. Prevalence of metabolic syndrome among Malay staff in Universiti Putra Malaysia based on Harmonized International Diabetes Federation and National Cholesterol Education Programmes Definitins Malaysian Journal of Nutrition 2013, April Heng KS, Hazizi Abu Saad, Mohd Nasir Mohd Taib, Hejar AR, Chan Yoke Mun. Effects of combined physical activity and dietary intervention on obesity and metabolic parameters in adults with abdominal obesity. The Southeast Asian Journal of Tropical Medicine and Public Health 2012 (IF 0.6) Fatemeh Najafi, Hejar Abdul Rahman, Muhammad Hanafiah Juni. "Emergency contraception : knowledge, attitudes and practices. South East Asian Journal of Tropical Medicine and Public Health 43(6). Corresponding author (IF 0.6). Heng Kiang Soon, Hazizi Abu Saad, Mohd Nasir Mohd Taib, Hejar Abd Rahman and Chan Yoke Mun Accelerometer-determined physical activity level in adults with abdominal obesity: a cross-sectional study. Accepted by International Journal of Sport and Health Science Lim Kuang Hock, Sumarni Mohd Ghazali, Kee Chee Cheng, Hejar Abdul Rahman, Amal Nasir Mustaffa Perceived Norms and Smoking Status among Secondary School Students in Kota Tinggi, Johor, Malaysia International Journal of Public Health Research 2012,2(1): 85 -92. Abdulmumin Saad, Rampal Lekhraj, Kabiru Sabitu, Hejar Abdul Rahman, Bahaman Abu Samah, Auwal Ibrahim, HIV-STI Risk Reduction Program among Undergraduate Students at a Northern Nigerian University: A Randomized Controlled Field Trial Journal Public Health 2012: 20(5): 549-559 Abdulmumin Saad, Lekhraj Rampal, Kabiru Sabitu, Hejar Abdul Rahman, Ahmed Awaisud, Bahaman Abu samah, Auwal Ibrahim Impact of a customized peer-facilitators training program related to sexual health intervention. International Health 4; 277-282 Emilia Zainal Abidin, Sean Semple, Affandi Omar, Hejar A Rahman, Stephen W Turner and Jon G Ayres. A survey of schoolchildren's exposure to secondhand smoke in Malaysia. BMC

	Public Health 2011, 11:634 Fatemeh Najafi Sharj Abad, Hejar Abdul Rahman Muhamad Hanafiah Juni. Barriers to modern contraceptive practices among selected married women in a public university, Malaysia. Global Journal of Health Science 2011.;3(2); 50-55. Nor Afiah MZ, Hejar AR, Looi YK, Lim SJ, Ng CY, and Tong CY Breast cancer screening: How knowledgeable are female staff of a public university? International Medical Journal 2011: 10 (1) Fatemeh Najafi Sharj Abad, Zaiton Ahmad, Muhamad Hanafiah Juni, Hejar Abdul Rahman Emergency contraception practice and its related factors in a sample of Malaysian women European Journal of Social Sciences 2011:20(3); 513-522. Rozina Rahnama , Lekhraj Rampal, Lye Munn Sann, Hejar Abdul Rahman Factors influencing Students' Attitude towards HIV/AIDS in a public university. Global Journal of Health Science 2011:3(1);128-522. MS Sherina, L Rampal, AR Hejar, A Rozali, A Mohd Yunus, Prevalence of urban poor and its health related factors in the state of Selangor, Malaysia. Malaysian Journal Medicine and Health Sciences 2011: 7(1);17-25. Lekhraj Rampal, Mahtab Mohammadi, Maha Abdullah & Hejar Abdul Rahman Knowledge, Attitudes and Sexual Behaviors Related to HIV/AIDS Prevention Amongst Malaysian Adolescents 2009" European Journal of Social Sciences 2010; 1(3): 442-452
Journal	Nurfaizah Saibul, Zalilah Mohd Shariff, Khor Geok Lin, Mirnalini Kandiah,Nawalyah Abdul Ghani, Hejar Abdul Rahman Food variety score is associated with dual burden of malnutrition in Orang Asli (Malaysian indigenous peoples) households: implications for health promotion. Asia Pacific Journal of Clinical Nutrition 2009; 18(3):412-22. Rozina, R Lekhraj, MS Lye & AR Hejar. Knowledge, attitude and practice related to HIV/AIDS among students in a local university (2007) Malaysian Journal of Medicine and Health Sciences 2009; 5(2):24-41. Parsa P, Kandiah M, Mohd Nasir MT, Hejar AR, Nor Afiah MZ Reliability and validity of Champion's Health Belief Model Scale for breast cancer screening among Malaysian women.. Singapore Med J 2008; 49(11): 897-903 Lee K,Chin YS, Loong YY, Hejar AR. From compliance to adherence and concordance, what quantitative and qualitative studies have synthesized? Journal of Health Management 2008;4(1):36-60 Parisa Parsa, Mirnalini Kandiah, Nor Afiah Mohd Zulkefli, Hejar Abdul Rahman. Knowledge and behaviour regarding breast cancer screening among female teachers in Selangor, Malaysia. Asia Pacific Journal of Cancer Prevention 2008; 9:1-7 Hejar AR, Nur Hazarina I, Lim WK. Leisure-Time Physical Activities among Adult attendees at a Primary Health care clinic of a rural community in Selangor Malaysian Journal of Medicne and Health Sciences 2007;3(2). WN Wan Norlida, MS Zalilah, GL Khor,WC Ng, K Mirnalini, AG Nawalyah & AR Hejar. Breastfeeding practices and nutritional status of Orang Asli children (Temuan and Mah Meri) in Sepang District and Carey Island, Selangor Malaysian Journal of Medicne and Health Sciences 2007;3(2) Hayati KS, Hejar AR, Zubaidah JO,Zhen-Vin L,Hamzah N, Siti Munira AJ, Siti Munira SM. Child abuse and neglect : do primary school teachers know enough? Asian-Oceanian Journal of Pediatrics and Child Health (AOJPCH) 2007; 6:29-40 N Othman, AM Booth, Intan HI, Hung LC, Shamarina S, H Abdul Rahman, M Sinniah. Overt Bleeding in Dengue Infection. *Asian-Oceania Journal of Pediatrics and Child Health* 2006;5 (1,2):23-30

	Parisa. Parsa, Mirnalini Kandiah, H Abdul Rahman, NA Mohd Zulkifli. Barriers for Breast Cancer Screening among Asian Women; A Mini Literature *Asian Pacific Journal of Cancer Prevention* 2006; 7 Hejar AR , Noraihan MN, Liyana Mastura MJ, Nurzohara Aisha Noorazyze RAN. Passive smoking mothers and fetal outcomes: an experience in maternity hospital Kuala Lumpur 2004. International Medical J, Vol 4(1), June 2006. (www.e-imj.com/guide.htm). Nor Afiah,M.Z, Hejar,A.R., Kulanthayan, S, Fadzillah, J, Law TH,. Prevalence of smoking and drinking habits among form six students in Petaling District, Selangor. *Medical Journal of Malaysia* 2006:61(1). Ng WC, Zalilah MS, Khor GL, Wan Norlida WN, Haslinah A, Shashikala S, Mirnalini K, Nawalyah and Hejar AR. A qualitative study on the perceptions and knowledge of Orang Asli mothers on Child health and nutrition. *Mal J Nutr 2005:11(2); 75-88.* Nor Afiah,M.Z, Hejar,A.R., Kulanthayan, S, Law, T.H., Fadzillah J. Cigarette smoking: Characters and activities of adolescents in Selangor *International Medical J, Vol 4(1), June 2005*.(www.e-imj.com/guide.htm) AR. Hejar, F.B. Chong, H.Rosnan, H.Zailina. Association of occupation and breast cancer in the Klang Valley Chinese women 2001.*International Medical Journal 2005 ;3(2)* .(www.e-imj.com/guide.htm) Hejar,A.R., Nor Afiah,M.Z, Kulanthayan, K.C.M., Law, T.H., Fadzillah J. Health risk behaviors among twenty year old current drinking students in Selangor,Malaysia. *International Medical J, Vol 3(1), June 2004.* (www.e-imj.com/ guide. htm) AR. Hejar, F.B. Chong, H.Rosnan, H.Zailina. Breast cancer and lifestyle risks among Chinese women in the Klang Valley 2001. *Malaysian Medical Journal 2004;59(2):226-23.2* Hejar A. Rahman, Shaza Wahieda Mohd Shaffie, Junainah Sabirin, Zaiton Ahmad, Long Seh Chin. The prevalence of physical activity, smoking and obesity among the attendees of health clinics in Sepang District Malaysian Journal of Public Health Medicine 2003; 3(1): 23-2.9.
Books/Monographs	Parisa Parsa, Mirnalini Kandiah, Hejar Abdul Rahman, Nor Afiah Mohd Zulkefli Breast cancer screening An educational module. UPM Publications 2008. Hazizi Abu Saad, Mohd Nasir Mohd Taib, Hejar Abdul Rahman, Chan Yoke Mun & Heng Kiang Soon Pemakanan Untuk Kesihatan UPM Publications 2008. Hazizi Abu Saad, Mohd Nasir Mohd Taib, Hejar Abdul Rahman, Chan Yoke Mun & Heng Kiang Soon Aktiviti Fizikal Untuk Kesihatan UPM Publications 2008
Chapter in book	Zailina Hashim, Hejar Abdul Rahman, Chong Fee Bee and Rosnan Hamzah Environmental and occupational risk factors on breast cancer in Zailina Hashim et al (Ed) Breast cancer in Malaysia: issues and educational implication. Institute of Social Science Studies, UPM Publications 2008. Ethics in research. In Haliza Mohd Riji (ed). A brief guide to postgraduate study and research. Faculty of Medicine and Health Sciences, UPM. 2006
Proceedings	**Tan Mun Chieng**, Chan Yoke Mun, Ng Ooi Chuan, Hejar Abdul Rahman, Wong Teck Wee, Mirnalini Kandiah, Joseph Anthony & Rushdan Abdul Aziz. Comparison of dietary intakes between type 2 diabetic patients with and without cardiovascular disease. 27th Scientific Conference of Nutrition Society of Malaysia 2012, 24 -25 May 2012, Nutrition Society of Malaysia. Poster Presentation.(National) **Tan Mun Chieng**, Chan Yoke Mun, Ng Ooi Chuan, Hejar Abdul Rahman, Wong Teck Wee, Mirnalini Kandiah, Joseph Anthony & Rushdan Abdul Aziz. Aggregation of metabolic

syndrome fetures is associated with increased prevalence of cardiovascular disease in type 2 diabetic patients: A comparative study using WHO, IDF and Harmonized definitions. 1st World Congress on Healthy Aging 2012, 19 -22 March 2012. Malaysian Healthy Aging Society, Poster Presentation (International)

Hejar Abdul Rahman, Umi Zarifah MA, Muhammad Hanafiah J, Mirnalini K, Nor Afiah MZ
Predictors of breast self examination among rural Malaysian women
5th World Annual Cancer Congress 2012, 18-20th May 2012, Beijing, China

Khoshkou F, Rampal L, Abdul Rahman H, Vidyadaran SH, Abu Samah B, Ansary-Moghaddam A
Behavioural modification intervention amongst adolescents for cardiovascular disease prevention in Iran. ICCAD 2011. Coronary artery disease 2011: from prevention to intervention. 9th International Congress Coronary Artery Disease. October 23-26 2011 Venice, Italy

Lili Asma Ismail, Lekhraj Rampal, Hejar Abdul Rahman, Nazri Omar, Habshah Midi, Azrin Esmady Ariffin.
Risk factors for contact lens related microbial keratitis
Malaysain Indonesian Brunei Med. Sci. Conference 22-24/7/2011. Equatorial Bangi

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A randomized controlled field trial on behavioural modification intervention for cardiovascular disease prevention amongst adolescents in Zahedan, Iran
16th World Congress on Heart Diseases Vancouver, July 23-26, 2011.

Heng KS, Hazizi AS, Mohd Nasir MT, Hejar AR & Chan YM (2011). Effects of Physical Activity Intervention on Obesity Parameters and Metabolic Parameters among Adults with Abdominal Obesity. *Malaysian Association of the Study of Obesity: MASO Conference Abstract 28-29 June 2011*, Kuala Lumpur (pp 37).

Hejar AR, Nor Afiah MZ, Hayati K, Salmiah MS, Medical Students D2 2007/2008, Yusma M, Titi R. Cleanliness of food premises in Bahau. Malaysian Journal of Public Health Medicine 2011;11(3): 31.

Saad A, Rampal L,Sabitu K,Abdul Rahman H,Abu Samah B,Ibrahim AY, Awaisu A.
A randomized controlled field trial of HIV-STI risk reduction program among undergraduate students at a university in Northern Nigeria.Int J Infectious Disease 2010;14S1: Abstract number 27.018.(http://www.ijidonline.com

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Saad A, Rampal L,Sabitu K,Abdul Rahman H,Abu Samah B,Ibrahim AY, Awaisu A. A randomized controlled field trial of HIV-STI risk reduction program among undergraduate students at a university in Northern Nigeria14th International Congresson Infectious Diseases, Miami, USA 9-12th March 2010.

Hassan STS, Jamaludin H, Yunus MA, Hejar AR, Haliza MR & Latiffah AL Framing ICT Primers and Drivers to Enhance Rural Health Research Strategies1st International Conference on Rural Medicine, 28th to 31st October 2007, at The Magellan Sutera Hotel, Kota Kinabalu, Sabah, Malaysia. (organized by School of Medicine, Universiti Malaysia, Sabah).

H Abdul Rahman, Z Jamil Osman, YW Lim, LKT Chin, MA Zaimi, M H Zakaria. Depression, Anxiety and Stress among Breast Cancer Survivors in HKL 2006 Malaysia, Indonesia, Brunei Medical Conference(2007)

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	Hala Hazam Al Otaibi, Mirnalini Kandiah and Hejar Abdul Rhaman. (2007) Knowledge of secondary school female teachers on diet and lifestyle for breast cancer prevention. Malaysian Journal of Public Health Medicine, Vol.7 (Suppl 2). S45. Parisa Parsa, Mirnalini Kandiah, Hejar Abdul Rahman, Nor Afiah Mohd Zulkefili. (2007). Reliability and validity of Champion's Health Belief Model Scale for breast cancer screening among Malaysian women. The Malaysian Journal of Medical Sciences Vol,14, Suppl 1. Parisa P, Kandiah M, Hejar AR, Nor Afiah MZ Factors associated with Breast Cancer screening Behaviours among Malaysian Women Teachers Malaysian Journal of Public Health Medicine7(S2) Parisa P, Kandiah M, Abdul Rahman H, Zulkifli NA Factors associated with Breast Cancer Screening Behaviour Malaysian Women Teachers International Medical and Health Congress 2007 Parisa P, Kandiah M, Abdul Rahman H, Zulkifli NA Reliability and Validity of Champion's Health Belief Model Scale for Breast Cancer Screening among Malaysian women International Medical and Health Congreso 2007 Hejar AR., Nor Afiah,M.Z., Kulanthayan, K.C.M, Fadzillah, J., Law T.H Pattern of Road Users among Students in Selangor8th World Injury Prevention and Promotion, Mexico 2006. Parisa P, Kandiah M, Hejar AR, Nor Afiah MZ Knowledge and Practice of Breast Cancer Screening among Female Teachers in Selangor Pre-summit National Summit on Breast cancer Education 2006 Kandiah M, Parisa P, Hejar AR, Nor Afiah MZ Barriers towards Breast Cancer Screening among Malaysian School Teachers Pre-Summit National Summit on Breast cancer Education 2006 Hejar AR, Chong FB, Rosnan H and Zailina H Hejar AR, Chong FB, Rosnan H and Zailina H Pre-summit National Summit on Breast cancer Education 2006 Hejar AR, Chong FB, Rosnan H and Zailina H. Hejar AR, Chong FB, Rosnan H and Zailina H. Pre-Summit National Summit on Breast cancer Education 2006. Lim YW, Lorna CKT, Aizuddin M, Hazeman M, Zubaidah JO, Hejar AR, Freda Meah Pre-Summit National Summit on Breast cancer Education 2006 Hejar AR, Salmi R, Faridah MS Knowledge and Practice on Cervical Cancer and PAP Smear Practices among Women attending a Government Polyclinic. Pre-summit National Summit on Breast cancer Education 2006. Nor Afiah,M.Z., Hejar, A.R. Kulanthayan, K.C.M, Law T.H Prevalence of motorcycle injuries among school students in Selangor, Malaysia. Proceedings of the Eastern Asia Society for Transportation Studies 2005 Hejar,AR.NorAfiah,M.Z.,Kulanthayan, K.C.M, Law T.H Car Occupants Accidents and Injuries among Adolescents in a State in Malaysia. Proceedings of the Eastern Asia Society for Transportation Studies 2005 Hejar,AR.Nor Afiah,M.Z.,Kulanthayan, K.C.M, Law T.H Physical Activity among Adolescent in Selangor Physical Activity among Adolescent in Selangor Malaysian J Public Health Medicine 2005 5(suppl 1):29. Nor Afiah MZ, Hejar AR, Law TH, Kulanthayan KCM Cigarette Smoking and Health Risk Behavior among Upper Six Students in Selangor, Malaysia Malaysian J Public Health Medicine 2005 5(suppl 1):44 Hejar AR, Nor Afiah MZ, Kulanthayan KCM., Law TH Bullying among Upper Six Students in Selangor. Malaysian J Public Health Medicine 20044(suppl 2):32 L Rampal, P Senan, Hejar AR, S Rampal Prevalence of smoking in Johore State. Malaysian J Public Health Medicine 2004;4(suppl 2)

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H. PROJEK PENYELIDIKAN TERDAHULU*(Past Research Project)*					
Project No.	*Project Title*	*Role*	*Year*	*Source of fund*	*Status*
RUGS (4)	Understanding alcohol consumption among students in UPM	Project leader	2011	MOHE	2011 -
04/01/07/0130RU	Safety of Children at Home and in Schools	Project leader	2007	MOHE	Completed
04-01-07-244FR-	Bullying among Students in Residential Schools in a State in Malaysia	Project leader	2007	MOHE	Completed
04/01/07/0074RU-	Developing an Epidemiologic Capacity to Meet the Challenges of Communicable and Non Communicable Diseases in a Rural Community ongoing	Project leader			Completed
04/01/07/0099RU	Comparative Interventional Study on Breast Cancer Screening among Women in Selangor and Kedah - ongoing.	Co-researcher			Completed
KP/JKJR/03/2007	Penilaian Pendidikan Keselamatan Jalanraya - ongoing.	Co-researcher			Completed
04-08-0049FR	Behavioural Lifestyle among Form Six Students in Selangor - completed	Project leader			Completed
09-02-04-0750-EA001	Development of Road Accident Database System completed	Co-researcher			Completed