

CURRICULUM VITAE



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Education

1. Fellowship in Consultation-Liaison Psychiatry (MOH), (2023-ongoing)
2. Doctor in Psychiatry (Universiti Kebangsaan Malaysia), 2019
3. Bachelor of Medicine and Bachelor of Surgery (Manipal University), 2009
4. Foundation Studies in Science (Life Sciences) (Pusat Asasi Sains, Universiti Malaya), 2004
5. Sijil Pelajaran Malaysia (Malaysian Certificate of Education), 2002

Areas of Interest

1. Perinatal and Women's Mental Health
2. Consultation-Liaison Psychiatry
3. Cardiology and Mental Health
4. Psychospirituality
5. Mental Health Promotion
6. Medical Education

Professional Qualification/ Membership/ Affiliation (since)

1. Member of Malaysian Psychiatric Association (MPA), 2019
2. Member of the Early Career Psychiatrist Section of the World Psychiatric Association (WPA), 2020
3. Member of Manipal Alumni Association of Malaysia (MAAM), 2020
4. Member of Malaysian Medical Association (MMA), 2020
5. Registered under the Malaysian National Specialist Registry (2020): NSR No: 138219
6. Member of Association for Contextual Behavioral Science (ACBS) - Perinatal SIG and ACBS MYS (2023)

Appointments (Inside and Outside UPM) since 2020

1. Medical Lecturer, Faculty of Medicine and Health Sciences, UPM
2. Psychiatrist, Hospital Sultan Abdul Aziz Shah (HSAAS), UPM
3. Head of the Consultation-Liaison Service, HSAAS UPM (2020 – 2023)
4. Member of Board of Visitors for Psychiatry Hospital, Hospital Canselor Tunku Mukhriz (2020-2025)
5. President of the Early Career Psychiatrist Chapter of the Malaysian Psychiatric Association (2023-2024)
6. Vice President of the Early Career Psychiatrist Chapter of the Malaysian Psychiatric Association (2022-2023)



7. Member of Laman Minda (a network of Early Career Malaysian Psychiatrist for mental health advocacy) (2019-ongoing)
8. Supervisor & Co-supervisor for Masters Trainee for the Consultation-Liaison Psychiatry Rotation (part of MMED Psychiatry or Parallel pathway for Psychiatry) (2023-ongoing)
9. Supervisor & Co-supervisor for the undergraduate MD students and postgraduate Master of Medicine (Psychiatry) students (2020 – 2023)
10. Co-supervisor for PhD students in Medical Sciences / Social Science / Psychology (2020-ongoing)
11. Year 4 and 5 Undergraduate Introductory and Senior Psychiatry Posting Coordinator (2020 – 2023)
12. Member of the Ministry of Health (MOH) Malaysia's Development Group for CPG of Bipolar Disorder (2nd edition) (2022-ongoing)
13. Member of Malaysia's MOH Development Group for Guidelines on Management of Muslims with Disorders of Sexual Development (2023-ongoing)
14. Member of the MOH Malaysia's Perinatal Mental Health Taskforce (2023-ongoing)
15. Reviewer of Malaysian Journal of Medicine and Health Science, Qualitative Health Research, PLOSOne, Cambridge Prism – Global Mental Health, and Journal of Child and Family Studies (By Invitation Basis)

Past Appointments (in MOH) : 2010-2020

1. Psychiatrist at Hospital Raja Perempuan Zainab II, Kota Bharu and Hospital Kuala Krai (2019-2020)
2. Master Trainee at Hospital Kuala Lumpur and Hospital Canselor Tunku Mukhriz (2015-2019)
3. Medical Officer at Hospital Pulau Pinang and Hospital Ampang (2012-2015)
4. House Officer at Hospital Selayang (2010-2012)

Additional Training

1. Optimal Health Program (OHP), 2023 (National Committee of OHP, MOH)
2. Interpersonal Therapy Level A (IPT-A), 2022 (IPT Institute)
3. Workplace Based Assessment and new postgraduate medical curriculum (NPMC) Psychiatry Chapter, 2021 (MOHE and MOH Psychiatry Specialty Committee)
4. Good Clinical Practice (GCP), 2021 (Clinical Research Centre, MOH)
5. Islamic Mental Health and Psychosocial Support (IMHPSS), 2024 (NURturant Consulting)

Journals / Conference Proceedings

1. POSTER on "Mental Health Screening at Religious Conference" at International Muslim Mental Health Conference 2018, TNCPI, UPM on 3-6 July 2018.
2. E-POSTER at the 19th WPA World Congress of Psychiatry in Lisbon, Portugal on 21-24 August 2019: A.S. Alimuddin, T.I. Mohd Daud, U.A. Silim, M.A.W.F. Mohd Balwi, A.A. Zainuddin, M. Midin, H. Zakaria. Exploring the key elements of an Educational Video for Postnatal Depression: A Qualitative Study.
3. Alimuddin, A. S., Mohd Daud, T. I., Silim, U. A., Mohd Balwi, M. A. W. F., Zainuddin, A. A., Midin, M., & Zakaria, H. (2021). Postnatal Depression in Malaysia: Perspectives of Stakeholder on Awareness Medium. *IIUM Medical Journal Malaysia*, 20(2), 89–96.
4. Rania Nafi' Suleiman Alsabi, Alif Firdaus Zaimi, Thanusha Sivalingam, Nurul Nazirah Ishak, Aishah Siddiqah Alimuddin, Rima Aggrenas Dasrilsyah, Nurul Iftida Basri, Amilia Afzan Mohd Jamil (2022) Improving knowledge, attitudes and beliefs: A cross-sectional study of postpartum depression awareness among social support networks during COVID-19 pandemic in Malaysia. *BMC Women's Health*, (2022) 22:221.
5. Nicholas Tze Ping Pang, Ruziana Masiran and Aishah Siddiqah Alimuddin. Paraphilia without symptoms of primary psychiatric disorder: a case report. *Journal of Medical Case Reports* (2023) 17:46.

6. Yosra Sherif, Ahmad Zaid Fattah Azman, Hamidin Awang, Siti Aisha Mokhtar, Marjan Mohammadzadeh, Aishah Siddiqah Alimuddin. Effectiveness of Life Skills Intervention on Depression, Anxiety and Stress among Children and Adolescents: A Systematic Review. *Malays J Med Sci.* 2023;30(3):42–59.
7. Alimuddin AS, Mohd Shukor NA, SY Soh, Suainbon R, Mahmud AA, Abdul Samad FD, Ismail N, Asiff MH. Mind Matters: A critical look at Malaysia's postnatal depression policy for women's mental health. *Women's Health Reports (2023)* 4:1, 381–386.
8. Nicholas Tze Ping Pang, Mohd Amiruddin Mohd Kassim, Sze Chet Lee, Chun Keat Ng, Poh Khuen Lim, Aishah Siddiqah Alimuddin. Fetishism and Panic Disorder – An Uneasy Coexistence. *ASEAN Journal of Psychiatry (2023)* 24 (8), 1-4.
9. E-POSTER at the 23rd WPA World Congress of Psychiatry in Vienna, Austria on 28 September – 1 October 2023: Aishah Siddiqah Alimuddin, Nuur Asyikin Mohd Shukor, Shean Yih Soh, Rosnadia Suainbon. Women's Mental Health in Malaysia: A look at the policy for postnatal depression.
10. E-POSTER at the 23rd WPA World Congress of Psychiatry in Vienna, Austria on 28 September – 1 October 2023: Aishah Siddiqah Alimuddin, Noor Melissa Nor Hadi, Nur Hafidah Ishak. Inherited Stories: Swallowing Sorrow.
11. Yosra Sherif, Ahmad Zaid Fattah Azman, Salmiah Md Said, Aishah Siddiqah Alimuddin, Hamidin Awang, Marjan Mohammadzadeh,. Effect of online intervention based on life skills for mental health, self-efficacy and coping skills among Arab adolescents in the Klang Valley, Malaysia: A cluster randomised controlled trial protocol. *PLoS ONE (2024)* 19(2): e0298627.

Book Chapter / Books

1. Co-author of Book: Alimuddin, A.S. (2023) Introduction to Sleep Disorders. In Tan S.N. (Ed), A Holistic Approach in Sleep Medicine: A beginner's guidebook. (pp. 39-55) ISBN No.: 9780323242882. Inspiration Hub.
2. In process: Co-author of Book Chapter: Muslim Mental Health in Malaysian in the Muslims' Mental Health Textbook (APA Publication)

Community Service Involvement (Webinars / Podcasts / Talks / Forums)

No	Date	Title	Organizer / Location
2018			
1	22 September 2018	Neuropsychiatry Sequelae of Traumatic Brain Injury	Servier Future Experts Talk
2	13 December 2018	Mental Health in Workplace – Unlocking the Stress, Anxiety and Depression	HSE EO, R&T, Petronas
2019			
1	7 November 2019	Forum: Penyakit Mental: Realiti atau Ilusi?	Fakulti Perubatan dan Kesihatan Pertahanan, UPNM
2020			
1	23 April 2020	Mental Health in Pandemic Times	SSF
2	2 June 2020	Wanita dan Kesihatan Mental: Cabaran semasa dan pasca Covid	Pejabat Pembangunan Wanita Wilayah Persekutuan

3	21 July 2020	Wanita & Emosi Selepas Bersalin – Suka atau Duka	Pejabat Pembangunan Wanita Wilayah Persekutuan
4	31 October 2020	Kesihatan Mental untuk semua: Fokus Wanita, remaja dan kanak-kanak	PutraMedCast
5	28 November 2020	Towards a new understanding of mental health	Pfizer & UPM
2021			
1	2 January 2021	Kofi Talk: Saya boleh urus stress	Kor Program Khidmat Masyarakat, UNiSZA
2	27 February 2021	Keganasan Rumah Tangga: Tahan atau Lawan	Young Minds Malaysia
3	28 March 2021	Kesihatan Mental Warga Emas, Tanggungjawab siapa?	Pertubuhan Kebajikan Darul Insyirah
4	9 April 2021	Aplikasi Psikologi dan Kesihatan Mental dalam mendepani pandemik COVID19	UKA, HPUPM
5	26 June 2021	INTI Mental Health Awareness Talk	INTI International University & College
6	16 July 2021	Pengurusan emosi dalam cabaran pandemik	PUSPANITA Cawangan Jabatan Ketua Pengarah Tanah dan Galian Persekutuan
7	15 July 2021	Webinar Keselamatan dan Kesihatan Pekerja: Isu Kesihatan mental pekerja ketika pandemik COVID19	JKPP, Bangunan JINM, UPM
8	23 July 2021	Pengurusan Emosi Pekerja Semasa Pandemik	IPG, Kampus Ilmu Khas, KPM
9	20 August 2021	Brief Psychological Intervention: Therapeutic Alliance, Shared Decision Making, Psychoeducation, Motivational Interviewing	FPSK, UPM
10	16 August 2021	Bantuan Asas Psikologi	Pejabat Pembangunan Wanita Wilayah Persekutuan
11	27 August 2021	Brief Psychological Intervention: Boundary setting, Validation skills	FPSK, UPM
12	30 September 2021	COVID19: Cabaran dan pengurusan Kesihatan mental	Perbadanan Aset Keretapi (RAC)
13	9 October 2021	Forum: Penyakit dua kutub emosi? Kenali penyakit bipolar mood disorder.	HSAAS, UPM
14	10 October 2021	Bantuan Asas Psikologi	MyFundAction and MyHeart
15	4, 11, & 18 October 2021	Online Mental Health Support Group Training	Maybank
16	6 November 2021	Psychological First Aid	Pejabat Hal Ehwal Pelajar, UTeM
2022			
1	15 January 2022	Forum Your Mental Health Matters	Pusat Kokurikulum dan Pembangunan Pelajar, UPM
2	10 March 2022	Let's talk it out - mental wellbeing webinar: Why am I never good enough?	Maybank

3	23 March 2022	Let's Talk Mental Health : Kesihatan Mental & Pemerkasaan Wanita	Lembaga Tabung Haji
4	29 June 2022	Contychat: Mental Health – the stigma	Jabatan Penyiaran Malaysia, RTM
5	29 June 2022	e-Seminar FMHS UPM'S Silver Jubilee: Education and Research Excellence in Diversity - Concurrent session 7: Obesity and its effect on women's mental health.	UPM
6	19 August 2022	Overthinking: Penyakit atau bukan?	Pejabat Timbalan Naib Canselor (Hal Ehwal Pelajar dan Alumni), UTeM
7	2 September 2022	Depresi – Kenal, Kesan & Bantuan	Pejabat Timbalan Naib Canselor (Hal Ehwal Pelajar dan Alumni), UTeM
8	11 September 2022	Chairperson for the 22 nd Malaysian Conference of Psychological Medicine for the Consultation-Liaison Psychiatry Symposium on Food, Mood, Obesity and Psychiatry	MPA
9	17 October 2022	Hari Kesihatan Mental Sedunia dan Hari Pencegahan Bunuh Diri	Hospital Sultan Ismail Petra, Kuala Krai.
10	17 October 2022	Mind our Minds Podcast: Overcoming Failures	Maybank
11	12 November 2022	Mental Health vs Mental Illness	Sekretariat Kolej Tan Sri Mustaffa Babjee dan Green Ribbon Group
2023			
1	24 March 2023	Professional Skills Course For House officers & Medical Officers, Hospital Kuala Lumpur: Keeping healthy mentally	MMA Wilayah Persekutuan
2	8 May 2023	Stress Management at workplace	Etika with Agrobank
3	22 June 2023	Heart to Heart Podcast with CTF: "Psikiatri...apa tu?"	Pejabat Pendaftar, UPM
4	27 June 2023	Mulut Diam, Kepala Bising	Pejabat Pembangunan Wanita Wilayah Persekutuan
5	6 July 2023	Impak penyakit berjangkit dan tidak berjangkit kepada kesihatan mental	Unit Kesihatan Awam, HSAAS, UPM
6	7 September 2023	Seminar perspektif Islam dan pencegahan bunuh diri: Bantuan Psikologi Asas	Consultation-Liaison Psychiatry Unit, HSIS
7	15 September 2023	Andorra GP Talk: Perinatal Mental Health	Andorra Women and Children Hospital
8	16 September 2023	Self-love: Self-harm and suicide prevention	Pejabat Timbalan Naib Canselor (Hal Ehwal Pelajar dan Alumni), UTeM
9	11 October 2023	Forum Wanita, Kerjaya dan Keluarga	Hospital Ampang
10	14 October 2023	Chairperson at the 17 th International Congress of Pacific Rim College of Psychiatry and 23 rd Malaysian Conference of Psychological	MPA

		Medicine for the Plenary on The Economic Burden of Schizophrenia in Malaysia	
11	15 October 2023	Chairperson at the 17 th International Congress of Pacific Rim College of Psychiatry and 23 rd Malaysian Conference of Psychological Medicine for the Symposium on ECP-ACES Award	MPA
12	25 November 2023	Heartstrong: Nurturing Wellbeing and Resilience in Heart Health	Pusat Jantung HSIS & Novartis
2024			
1	11 January 2024	Perinatal Depression Case Discussion in Perinatal Education Assessment Treatment and Liaison Seminar (PEARLS)	Consultation-Liaison Psychiatry Unit, HSIS
2	5 February 2024	Mental Health First Aider Workshop: Trauma-Informed Care	Maybank
3	23 February 2024	Hiding Behind a Smile: High Functioning Depression	Pejabat Pembangunan Wanita Wilayah Persekutuan
4	16 May 2024	Webinar Hari Ibu: Perinatal depression	Malaysian Mental Care Association
5	16 May 2024	Putrajaya Plastic Surgery and Aesthetic Symposium 2024: Mental Health Issues in Plastic Surgery & Aesthetics	Hospital Putrajaya
6	25 May 2024	Gender Dysphoria: Causes and Symptoms	Pejabat Timbalan Naib Canselor (Hal Ehwal Pelajar dan Alumni), UTeM
7	30-31 May 2024	Facilitator for Bengkel Latihan Fasilitator Baru bagi Program Kesihatan Optimum Sanubari 2024	Consultation-Liaison Psychiatry Service, HSIS
8	11 June 2024	Chapter on special population in CPG Bipolar Disorder, 2 nd edition	Consultation-Liaison Psychiatry Service, Malaysia
9	12-13 June 2024	Mental Health First Aid and Crisis Resolution	PKU, UPM
10	27 June 2024	Stitching the Pain Workshop: Psychospiritual perspective of Self Harm	UPM

Courses / Seminars / Workshop / Conferences Attended

No	Date	Title	Organizer
2019			
1	3-4 October 2019	Psychospiritual Mindfulness Workshop	Unit Psikologi Klinikal, HKL
2	18-19 November 2019	Introduction to Acceptance and Commitment Therapy (ACT) Workshop	FPSK, UPM
2020			
1	7-8 March 2020	National Mental Health Meeting	Johnson & Johnson
2	20 November 2020	Basics in Clinical Education I – webinar series	Fakulti Perubatan, UiTM
3	23-25 November 2020	Neuropsychiatric Virtual Conference	NEURON
4	27 November 2020	Crisis Response and Management for Mental Healthcare Providers	FPSK, UPM and MSBemed

5	30 November 2020	Introduction to ACT: COVID Edition Workshop	FPSK, UPM and MSBemed
6	12-13 December 2020	The 24 th Malaysian Conference of Psychological Medicine	MPA
7	18 December 2020	Basics in Clinical Education II – webinar series	Fakulti Perubatan, UiTM
2021			
1	5-7 July 2021	7 th Asian CBT Conference	ACBTA
2	27-28 July 2021	1 st National Seminar on Spirituality in Mental and Physical Health	HMI, HKL
3	19-21 November 2021	The Annual MPA Meeting: A Hybrid	MPA
2022			
1	1-2 June 2022	6 th National Mind & Body Case Study Seminar: Women's Emotional Health	Consultation-Liaison Psychiatry Service, Malaysia
2	11-12 June 2022	Neuroscience symposium	Lundbeck
3	3-6 August 2022	22nd WPA World Congress of Psychiatry	WPA
4	20-22 September 2022	Evidence-Based Medicine in Schizophrenia	Lundbeck
5	1-2 December 2022	2 nd Malaysian Lifestyle Medicine Conference: A prescription for chronic diseases	MSLM
2023			
1	14 February 2023	Cognitive Remediation Therapy Workshop	UPM
2	15 February 2023	IPT Booster Training	Consultation-Liaison Psychiatry Service, Malaysia
3	13-14 May 2024	Emerging Market Summit: Together for Better Patient Care in Cardiovascular, Pain and Mental Health	Viatrix
4	10-11 July 2023	7 th Asia Pacific Neuropsychiatry Conference	NEURON HKL
5	7-8 August 2023	7 th National Mind & Body Case Study Seminar: Mental Health and Endocrinology	Consultation-Liaison Psychiatry Service, Malaysia
6	17 August 2023	Vaginismus Workshop	UPM
7	28 September – 1 October 2023	23rd WPA World Congress of Psychiatry	WPA
8	17 November 2023	ACBS LMIC International Conference 2023	ACBS
2024			
1	16 January 2024	Couple in Crisis: Using Different Therapy Modalities Workshop Part 1	National Psychotherapy Taskforce, MOH
2	4-5 June 2024	Couple Therapy Workshop	UPM
3	15-16 July 2024	Cognitive Behavioral Therapy for Chronic Illness (DM and Cancer)	National Psychotherapy Taskforce, MOH
4	18 July 2024	Couple in Crisis: Using Different Therapy Modalities Workshop Part 2	National Psychotherapy Taskforce, MOH

Consultations / Collaborations

1. Newspaper article on “Bipolar penyakit mental serius” (Berita Harian, 26 Mei 2021, pg 31)
2. Newsletter article on “Human Second Brain – The Digestive System” (Yakult Newsletter, Vol. 38, May 2021)
3. Newslettter article on “Latah” (Utusan Malaysia, 1 August 2022, pg 21-23)



4. Consultant for Project: Development and feasibility of a multi-domain intervention program for post-stroke bone health (Bone Health in Older Adults intervention post-acute stroke - BOUNCE), organised by Geriatric Medicine Unit, UPM (2022-2023)
5. Guest Lecture at SIKIA, Universitas Airlangga: Topic: Sexual Harassment on Campus. 29 August – 3 September 2023.
6. Panel Member for Collaborative Teaching between MOH and MOHE, organised by UiTM (2023-2024)

Other Activities / Awards

1. Australia-ASEAN Muslim Exchange Program. 12-22 June 2023. (An initiative of the Australia-ASEAN Council of the Department of Foreign Affairs and Trade; managed by Mosaic Connections)
2. Anugerah Perkhidmatan Cemerlang 2023, Universiti Putra Malaysia (Majlis Gemilang Putra 2024)