

# UMS Hospital to hold ACT intervention for perinatal health

**TBP 30.07.2022 P.03**

**KOTA KINABALU:** Universiti Malaysia Sabah Hospital (HUMS) is working with Cardiff University School of Psychology to conduct an Acceptance and Commitment Therapy (ACT) intervention for mother and child health (perinatal health) from June to next October.

HUMS director Professor Dr Helen Lasimbang said the intervention consists of two phases involving pregnant mothers and HUMS staff and two health clinics.

"The first phase shall encompass 25 HUMS staff and the Sikuati health clinic which has carried out online training through a programme named 'Training of Trainers', recently.

"The second phase involves 250 pregnant mothers at Sikuati health clinic, Tamparuli health clinic and HUMS receiving the ACT intervention together for a period of 10 weeks beginning August to October, this year," she said in a statement on Friday.

She said that the psychological

intervention for mothers and children was held for the first time in Sabah and is conducted on a large scale.

"The intervention project is also held for the first time and offered to rural areas in the state.

"This is in line with the niche area of HUMS which is 'healthcare uberisation', which aims to bring critical health services to the patient and not waiting for the patient to come to the hospital," she said.