



## CURRICULUM VITAE



### **DR. ASMIDAWATI ASHARI (A02668)**

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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) - Ageing and Rehabilitation
4. Community Health- Nutrition

### **Appointments**

<u>Position</u>	<u>Duration</u>
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. Honorary Secretary of Gerontology Association of Malaysia (GeM) 2021-2024
2. Research Associate, Malaysian Research Institute on Ageing (MyAgeing) - present
3. Member of Australian Association of Gerontology (AAG)

Publications	
Journals	
1.	K. Abdul Rahman, S. A. Ahmad, C. Wada, <b>A. Ashari</b> , A. Che Soh, A. A. Gopalai, S. Murugasen (2022). Development of a fall prevention device for older persons. <i>Gerontechnology</i> , 21(s),1-1 <a href="https://doi.org/10.4017/gt.2022.21.s.540.pp2">https://doi.org/10.4017/gt.2022.21.s.540.pp2</a>
2.	<b>Asmidawati A.</b> , Hamid, T. A., Hussain, M. R., Ibrahim, R., & Hill, K. D. (2022). Identification of a Suitable Balance Measurement Suite for Community Dwelling Malaysian Adults Aged 50 Years and Above. <i>Malaysian Journal of Medicine and Health Sciences : Special Issues Vol December</i> (accepted- Scopus indexed)
3.	Hui Foh Foong., Hamid, T. A., Ibrahim,R., S.T Chai., Asmidawati A. & S.S. Abdullah (2022) Agedcare Home Residents' Awareness and Fear of Covid 19 among Staff: Preliminary Finding In Malaysia. <i>Malaysian Journal of Medicine and Health Sciences : Special Issues Vol December</i> (accepted- Scopus indexed)
4.	Mohd Rizal Hussain, Siti Anom Ahmad <sup>1</sup> , Fakhrul Zaman Rokhani <sup>1</sup> , <b>Asmidawati A.</b> , Mohd Khair Hassan, Nuzul Azam Haron, Mohd Shahrizal Dolah, Raja Ahmad Azmeer Raja Effendi, and Saiful Hasley Ramli (2022) "An Ergonomic Analysis of Malaysian Elderly Walking Frame User Posture". <i>Malaysian Journal of Medicine and Health Sciences : Special Issues Vol December</i> (accepted- Scopus indexed)
5.	Murugasen, S., Abdul Rahman, K., Ahmad, S. A., Che Soh, <b>Asmidawati. A.</b> , A., Wada, C., & Gopalai, A. A. (2022). Fall and Balance Detection System for Older Persons using Blynk Application. <i>Malaysian Journal of Medicine and Health Sciences : Special Issues Vol December</i> (accepted- Scopus indexed)
6.	Ain Nabisya, <b>Asmidawati A.</b> , & Wan Abdullah, W.A, (2021). A Review Paper on Acceptance of Students with Disabilities Among Non-Disabled Students in The Higher Education Institution Citation-Indexed Journal - ERA, Full Paper, Published, Human Resource Management Academic Research Society.
7.	Raja Adnan, R., Mat Din, H., <b>Asmidawati A.</b> , & Minhat, H. S. (2021). Effectiveness of a Community-Based Muscle Strengthening Exercise Program to Increase Muscle Strength Among Pre-frail Older Persons in Malaysia: A Pilot Study. <i>Frontiers in public health</i> , 9, 610184. <a href="https://doi.org/10.3389/fpubh.2021.610184">https://doi.org/10.3389/fpubh.2021.610184</a> (Q2, IF: 3.7)
8.	<b>Asmidawati A.</b> , Hamid, T. A., Hussain, M. R., Ibrahim, R., & Hill, K. D. (2021). Prevalence, Circumstances, and Risk Factors of Falls Among Community Dwelling Members of University of the Third Age. <i>Frontiers in public health</i> , 9, 610504. <a href="https://doi.org/10.3389/fpubh.2021.610504">https://doi.org/10.3389/fpubh.2021.610504</a> (Q2, IF: 3.7)
9.	Abdul Rahman, K., Ahmad, S. A., Che Soh, <b>Asmidawati. A.</b> , A., Wada, C., & Gopalai, A. A. (2021). The Association of Falls with Instability: An Analysis of Perceptions and Expectations toward the Use of Fall Detection Devices Among Older Adults in Malaysia. <i>Frontiers in public health</i> , 9, 612538. <a href="https://doi.org/10.3389/fpubh.2021.612538">https://doi.org/10.3389/fpubh.2021.612538</a> (Q2, IF: 3.7)
10.	Cheong C.C, <b>Asmidawati A.</b> , Wan Sulaiman WA, R. Ibrahim (2020) - Brain Electrical Activity Mapping (BEAM) on Trait Anxiety among Malaysian Chinese Children MYCITE, GATR Journal, International, pp.[246-259]
11.	SA Motalebi, M Shafiee, H Ghaem , M Hazrati, S Gholamzade , <b>Asmidawati A.</b> , (2020). Can Healthy Life Style Predict Successful Aging among Iranian Older Adults? <i>Medical Journal of Islamic Research of Iran, Iran University of Medical Sciences, International</i> , [1-7]. (Q3, IF: 3.7)
12.	Chen, C. C., <b>Ashari, A.</b> , Ibrahim, R., Sulaiman, W. A. W., & Koo, K. Y. (2019). A Preliminary Study of Biological Attributed Risks Factor for Anxiety among Anxious Children. <i>International Journal of Education, Psychology and Counseling</i> , 4 (33), 209-222

13.	Mohd Rizal Hussain, Siti Anom Ahmad <sup>1</sup> , Fakhrul Zaman Rokhani <sup>1</sup> , <b>Asmidawati Ashari</b> , Mohd Khair Hassan, Nuzul Azam Haron, Mohd Shahrizal Dolah, Raja Ahmad Azmeer Raja Effendi, and Saiful Hasley Ramli (2019). Developing Advanced Appliances Control System in Toilet and Bathroom for Aged Generation: FGD Preliminary Findings. <i>International Journal of Research and Innovation in Social Science</i> , Volume 3, 7, 2454-6186
14.	Hill, K. D., P. Suttanon, S. I. Lin, W. W. N. Tsang, <b>A. Ashari</b> , 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. <i>BMC Geriatrics</i> 18(1), 3. (Q1,IF: 2.96)
15.	<b>Ashari, A.</b> , 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. <i>American Journal of Physical Medicine &amp; Rehabilitation</i> , 95(5), 355-365. (Q1, IF: 2.73)
16.	<b>Asmidawati, A.</b> , 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. <i>BMC Geriatrics</i> , 14(1), 100 (Q1, IF: 2.96)
17.	Nurizan Y., <b>Asmidawati, A.</b> , Siti Suhailah A. & Tengku Aizan H. (2008). Status Sosio-ekonomi dan Perumahan Di Kalangan Warga Tua Luar Bandar di Malaysia. <i>Journal of Social Policy and Society</i> . Vol 5. Pg 109-115.
18.	<b>Asmidawati A.</b> , 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. <i>Malaysian Journal of Nutrition</i> . Vol 14. (2) supplement : S17
19.	<b>Asmidawati, A.</b> , Nurizan, Y., Tengku Aizan, H., Siti Farra, Z., Norisma Aiza, I. and S.T. Chai. (2006). Psychological Well-Being of Elderly Poor. <i>Turkish Journal of Geriatrics</i> , Vol. 9(1), S1, p.28
20.	Nurizan, Y., <b>Asmidawati, A.</b> , 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. <i>Turkish Journal of Geriatrics</i> , Vol. 9(1), S1, p.18
21.	<b>Asmidawati, A.</b> , 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. <i>Turkish Journal of Geriatrics</i> , Vol. 9(1), S1, p.18
<b>Books</b>	
	Ameneh Motalebi, Loke Seng Cheng, Tengku Aizan Hamid & <b>Asmidawati A.</b> (2018) Resistance Band Training for the elderly.
<b>Chapters in Book</b>	
1.	Tan JP, Rahimah I, Aizan H & Asmidawati A (2018). Cultural, Demographic, Socio-economic background and care relations in Malaysia
2.	Rahimah I And <b>Asmidawati A</b> (2016) Social Activities, <b>Current Scenario For Social Welfare And Support</b> 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) <b>Evidence-Based Pathways To Falls And Physical Disability Among Older Adults in Malaysia</b> in Review On Ageing And The Elderly In Malaysia: What Factors Contribute To Healthy Vs. Pathological Ageing In Malaysia?
<b>Artifact</b>	

	<b>Asmidawati Ashari</b> & 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.
<b>Thesis</b>	
	Fall Risk Assessment and Effectiveness of Home based Exercise on Balance and Functional Mobility among Malaysian Adult Aged 50 years and above.
<b>Other Publications</b>	
	<ol style="list-style-type: none"> <li>1. Malaysian Ageing Research Agenda and Network Report (2017)</li> <li>2. Laporan Kajian Perkhidmatan dan Kemudahan Warga Emas Menjelang 2030, MyAgeing, UPM dan Kementerian Pembangunan, Wanita, Keluarga dan Masyarakat, Putrajaya.</li> <li>3. Direktori Pkhidmatan Penjagaan Warga Emas di Malaysia, Kajian Perkhidmatan dan Kemudahan Warga Emas Menjelang 2030, MyAgeing, UPM dan Kementerian Pembangunan, Wanita, Keluarga dan Masyarakat, Putrajaya.(2017).</li> <li>4. Report on Round Table Meeting on Reproductive and Sexual Health of Older People in Malaysian.</li> </ol>
<b>Proceedings/ Seminars/Conference Papers</b>	
<b>International</b>	
1.	<b>Asmidawati A</b> , Cheong Chen C, Wan Sulaiman WA, R. Ibrahim, - <i>Brain Electrical Activity Mapping (Beam) on Trait Anxiety among Malaysian Chinese Children</i> _ 11th Global Conference on Business and Social Science, Abstract, MYCITE, GCBSS, International, 21800421, [46 - 46], THAILAND, 2020.
2.	<b>Asmidawati A</b> , Wan Abdullah, W.A, Chan, Y.M. ; Mun, Chanyoke ; Chan, Yoke Mun, Mun, C.Y., Yusmadi, R. Ibrahim, TH Aizan , - <b>I-COPE: Towards enhancing and Engaging Exercise Coaching for Older Adults , International Inovation, Teaching and Learning Conference, Universiti Utara Malaysia, MALAYSIA, 2019.</b>
3.	<b>Asmidawati A</b> , Wan Abdullah, W.A, Chan, Y.M. ; Mun, Chanyoke ; Chan, Yoke Mun, Mun, C.Y., Yusmadi, R. Ibrahim, TH Aizan , - <b>iASK: Interactive Aging Simulation Kit in Teaching Adult Development Psychology, International Inovation, Teaching and Learning Conference, Universiti Utara Malaysia, MALAYSIA, 2019.</b>
4.	<b>Asmidawati A</b> , Wan Abdullah, W.A, Chan, Y.M. ; Mun, Chanyoke ; Chan, Yoke Mun, Mun, C.Y., Yusmadi, R. Ibrahim, TH Aizan - <b>An experiential Learning of Senescence Using Interactive Aging Simulator Kit (iASK) International e Learning Carnival and Conference MEIPTA 2019, UTEM Melaka ,MALAYSIA.</b>
5.	<b>Asmidawati A</b> , TA Hamid, MR Hussain and KD Hill.(2019). <b>Balance and Mobility Performance Among Older Aged 50 years and above: Gender and Age Differences.</b> Paper presented at International Conference on Ageing: Ageing with Dignity. Eastin Hotel Penang, Malaysia. 7-8 Mac 2019. ICA19-S008; Pp: 52
6.	<b>Asmidawati A</b> , TA Hamid, MR Hussain and KD Hill.(2019). Homebased Exercise Intervention on Improving Balance Impairment among older adults. Paper presented at International

	Conference on Ageing: Ageing with Dignity. Eastin Hotel Penang, Malaysia. 7-8 Mac 2019. ICA19-S008; Pp: 53
7.	Mohd Rizal Hussain, Siti Anom Ahmad, Fakhrol Zaman Rokhani, <b>Asmidawati A</b> , Mohd Khair Hassan, Nuzul Azam Haron, Mohd Shahrizal Dolah, Raja Ahmad Azmeer Raja Affendi(2019). Developing Smart Walker Prototype for Promoting Mobility Among Older Malaysian: FGD Preliminary Findings. Paper presented at International Conference on Ageing: Ageing with Dignity. Eastin Hotel Penang, Malaysia. 7-8 Mac 2019. ICA19-S008; Pp: 68
8.	<b>Asmidawati A</b> , 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 10th International Association of Geriatric and Gerontology- Asia/oceania 2015 Congress, Chiang Mai, Thailand. 19 -22 October 2015.
9.	<b>Asmidawati A</b> , 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
10.	<b>Asmidawati A</b> , 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
11.	<b>Asmidawati A</b> , 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.
12.	<b>Asmidawati A</b> , 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.
13.	<b>Asmidawati A</b> , 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.
14.	<b>Asmidawati A</b> , 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
15.	Zaitun Y, Latiffah AL, Ridzoni S, <b>Asmidawati A</b> 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
16.	Zaitun Y, Latiffah AL, Ridzoni S, <b>Asmidawati A</b> 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
17.	Sharifah Norazizan SAR, <b>Asmidawati A</b> , 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.
18.	Mohd Rizal Hussain, Sharifah Norazizan Syed Abdul Rashid, <b>Asmidawati A.</b> & 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
19.	Raja Nurzatul Efah Raja Adnan, Zaitun Yassin, <b>Asmidawati A.</b> , 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
20.	Nurizan, Y, <b>Asmidawati, A.</b> , 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.
21.	Nurizan, Y, Tengku Aizan, H, Siti Suhailah, A. & <b>Asmidawati A.</b> (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
22.	Tengku Aizan, H., Nurizan, Y., <b>Asmidawati, A.</b> , 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
<b>National</b>	
23.	Sharifah Norazizan SAR, <b>Asmidawati A.</b> , 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.
24.	Sharifah Norazizan SAR, <b>Asmidawati A.</b> , Fazdillah B & Hussain MR. (2010). Mobility Pattern among the Older Adult Road User. Poster presented at PRPI 2010, RMC, Universiti Putra Malaysia.
25.	Siti Aisyah Nor Akahbar, Zaitun Yassin, Raja Nurzatul Efa Raja Adnan, Latiffah Abdul Latif & <b>Asmidawati Ashari.</b> (2010). Factors Associated With Self Rated Health Among Older Persons In Peninsular Malaysia. PRPI 2010, RMC Universiti Putra Malaysia
26.	Raja Nurzatul Efah Raja Adnan, Zaitun Yassin, <b>Asmidawati A.</b> , Siti Aisyah Nor Akahbar, Latiffah Latiff. (2010) Association Between Self-Peception Of Stress And Prevalence of Selected Chronic Diseases Among Malaysian Elderly, poster presented at PRPI 2010, RMC, Universiti Putra Malaysia
27.	Latiffah Abdul Latif, Ridzoni Sulaiman, Zaitun Yassin, <b>Asmidawati A</b> & 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.
28.	Sharifah Norazizan SAR., M.R Husaain, ST Chai & <b>Asmidawati, A.</b> , (2009). Ownership and Usage of Computer and Internet among Malaysians Aged 55 and Above. Poster Presented at the UPM <b>Exhibition of Invention, Research &amp; Innovation</b> , July, 29-31, Universiti Putra Malaysia, Serdang, Selangor

29.	Sharifah Norazizan SAR., <b>Asmidawati,A.</b> , M.R Husain & Yeoh SF (2009) Computer Use and Cognitive Functioning among Malaysians Aged 55 and Above. Poster Presented at the UPM <b>Exhibition of Invention, Research &amp; Innovation</b> , July, 29-31, Universiti Putra Malaysia, Serdang, Selangor
30.	<b>Asmidawati A.</b> , Zaitun, Y., & Tengku Aizan, H., (2009). Determinants of perceived health status among older women in Malaysia. 24 <sup>th</sup> Scientific Conference of Nutrition Society of Malaysia, 26-27 March, Crowne Plaza Mutiara Hotel, Kuala Lumpur.
31.	Sharifah Norazizan SAR, <b>Asmidawati A</b> & 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
32.	Sharifah Norazizan SAR., <b>Asmidawati A.</b> , & 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
33.	Nurizan, Y., <b>Asmidawati, A.</b> , 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
34.	<b>Asmidawati, A.</b> , 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
35.	<b>Asmidawati, A.</b> , 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
36.	Nurizan, Y., <b>Asmidawati, A.</b> , 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
37.	Norisma Aiza, I., Tengku Aizan, H., Nurizan, Y. & <b>Asmidawati, A.</b> (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
38.	<b>Asmidawati, A.</b> , 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
39.	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 <b>Asmidawati, A.</b> (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.
40.	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 <b>Asmidawati, A.</b> (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.
41.	<b>Asmidawati, A.</b> 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
42.	Nurizan, Y., Tengku Aizan Hamid, I, Siti Farra, Z. Norisma Aiza, & <b>Asmidawati, A.</b> (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.
43.	Amin, I., Azizah, O and <b>Asmidawati, A.</b> (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
44.	<b>Asmidawati A</b> 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.
45.	Amin, I., <b>Asmidawati, A.</b> , 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.	Development of Self Assessment of Fall Risk among Community Dwelling Older Adult. (MyFallRisk )	60,400	Project Leader	2020	FRGS	Ongoing
2.	Psychosocial and Societal Burden of Cognitive Frailty among Older Person in the Community	782,000	Co Researcher	2019	LRGS	On going
3.	Health Promotion Program for Community-Dwelling Elderly	75,858	Co Researcher	2020	International Grant	On going
4.	Development of Active Ageing Index For Malaysia	94,200	Co-Researcher	2019	FRGS	On going
5.	Development and effectiveness of integrated Augmented	22,000	Project Leader	2018	GIPP	Completed

	Reality Aging Simulator Kit (iASK) for teaching and learning developmental psychology of adulthood and aging.					
6.	A Study of Risk Factor and Brain Electrical Activity Pattern among Anxious Children.	RM10,000	Project Leader	2019	GP-IPS	Completed
7.	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	Completed
8.	Developing Smart Walker Prototype for Promoting Mobility among Older Malaysia	RM50,000	Co-Researcher	2018	Putra Grant	Completed
9.	Developing Advanced Home Appliances Control System For Aged Generation	RM50,000	Co-Researcher	2018	Putra Grant	Completed
10	Evaluating the Efficacy of a Preventative Multi-component Training Program for Prospective Memory Performance among Seniors with Memory Complaints	RM36,000	Co-Researcher	2018	Putra Grant	Completed
11	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
12	Assessment of Postural Balance and Risk of Falling among Older Malaysians Using NeuroCom Balance Master	RM28,000	Co-Researcher	2011	Putra Grant	Completed
13	Falls and risk factors among older person at Rumah Seri Kenangan, Malaysia.	RM98,200	Co-Researcher	2008	Putra Grant	Completed

14	Health Determinants and Wellness Among Older Malaysian	RM990,000	Co-Researcher	2008	KKM	Completed
15	Poverty Among Older Malaysians: Towards Productive Ageing	RM180,000	Co-Researcher	2008	IRPA	Completed
16	Health Related Quality of Life of Older Malaysian.	RM240,000	Co-Researcher	2008	IRPA	Completed

Awards/Recognition					
Award Type		Title	Award Authority	Level	Year
1.	Gold medal	International Competition on Teaching and Learning, UUM-MEIPTA: I-COPE: Towards Enhancing and Engaging Exercise Coaching for Older Adults	UUM-MEIPTA	International	2019
2.	Gold Medal	International Competition on Teaching and Learning, UUM-MEIPTA: iASK: An An experiential Learning of Senescence Using Interactive Aging Simulator Kit	UUM-MEIPTA	International	2019
3.	Gold Medal	International e-Learning Carnival & Conference (eLCC) 2019: The Use of I-COPE in Delivering Interactive Exercise Coaching for Older Adults	UteM- MEIPTA	International	2019
4.	Silver Medal	International e-Learning Carnival & Conference (eLCC) 2019: Integrated Aging Sit Simulator: Augmented	UteM- MEIPTA	International	2019
5.	Certificate	Excellence in Service Certificate	Universiti Putra Malaysia	University	2016
6.	Silver Medal	My Fall Diary Smartphone Apps	National University Carnival on e-Learning (NUCeL) 2015	National	2015