



KEMENTERIAN KESIHATAN MALAYSIA
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ISLAMIC FASTING APPROACH ON WEIGHT LOSS INTERVENTION – EXPERIENCE THROUGH THE LENS OF PARTICIPANTS



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INTRODUCTION

Weight loss is a natural process of weight management in life but the process and effectiveness varies from individual to individual. Intermittent fasting (IF) encompasses various eating diet plans that cycle between a period of fasting and non-fasting over a defined period, as a strategy to create a net reduction in energy intake that causes negative energy balance and inducing weight loss. However there is a lack of evidence on the effectiveness of dry IF (sunrise to sundown) as a weight management method despite the Islamic Fasting approach always being a regularly encouraged practice for Muslims.

OBJECTIVE

This study attempts to assess the effectiveness of dry Intermittent Fasting using an Islamic approach (Mondays and Thursday) combined with healthy plating as part of a weight loss intervention through the views of the participants.



METHODOLOGY

Research Design	Phenomenological Qualitative Exploratory Design.
Population	Selected respondent from the cardiometabolic and anthropometric outcomes of Intermittent Fasting among overweight and obese civil servants in Malaysia study.
Sampling Technique	Purposive sampling on participants who succeeded and did not succeed in weight loss post-study.
Data Collection Method	Focus Group Discussion (FGD).
Sample Size	21 participants divided across 4 FGD (2 successful (G1 & G2) and 2 unsuccessful (G3 & G4) in weightloss outcomes).
Instrument	Semi-structured interview questions assessing experience post-intervention.
Data Management and Analysis	<ul style="list-style-type: none"> Informed consent taken prior to interview. Interviews were recorded and transcribed verbatim. Data was blind and axial coded before thematically analysed and presented.

RESULTS

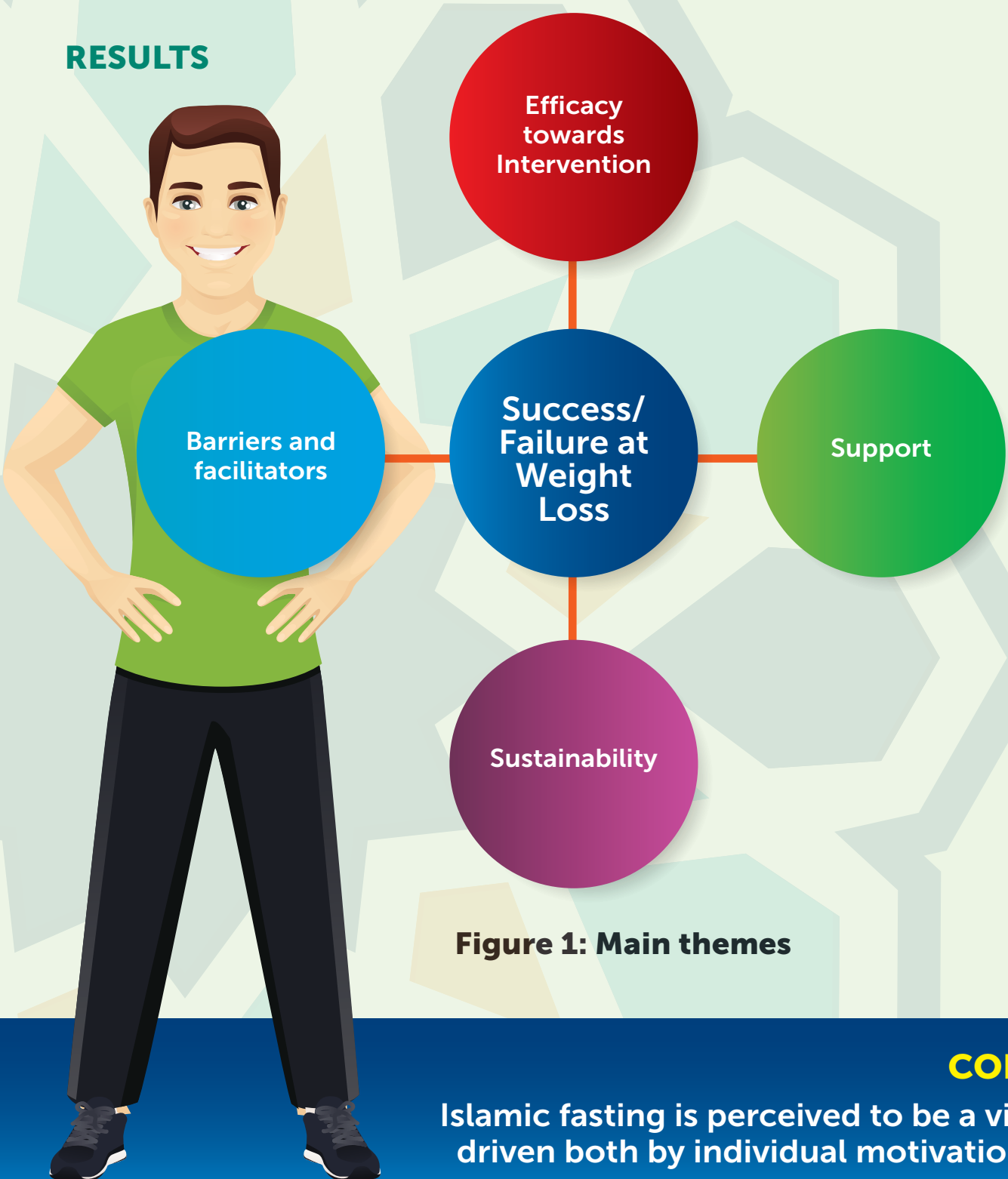


Figure 1: Main themes

CONCLUSIONS

Islamic fasting is perceived to be a viable intervention to weight loss and its success is driven both by individual motivation and a strong support system to be sustainable.

ACKNOWLEDGEMENT

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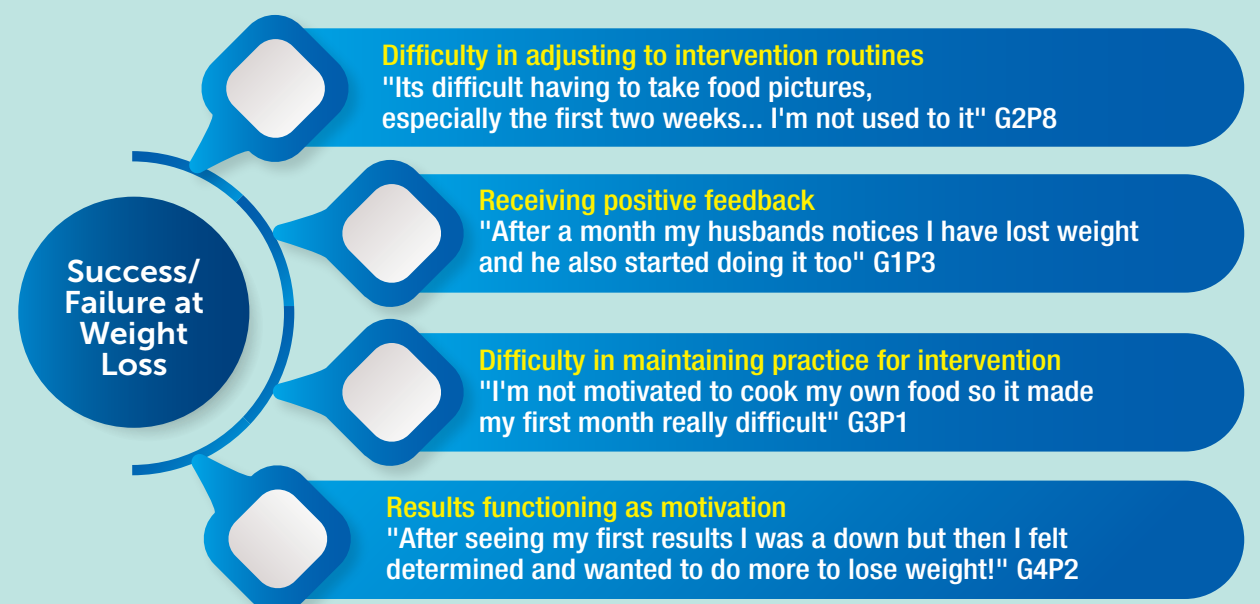
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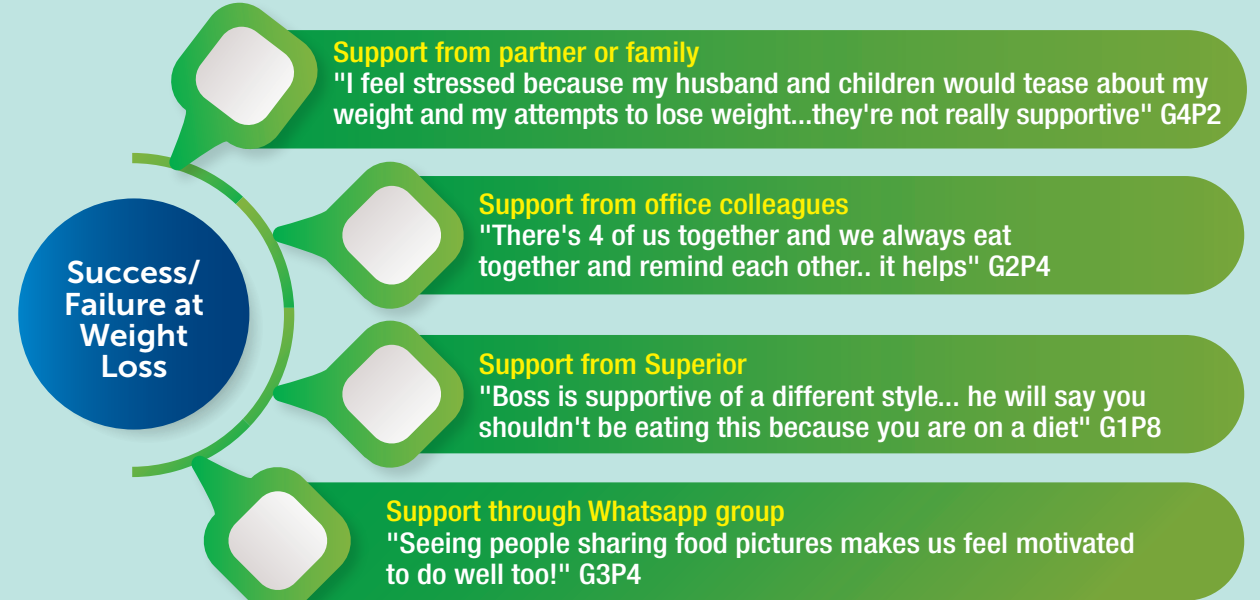
Efficacy towards intervention



Barriers and facilitators



Support



Sustainability

