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Maria Muhammad is a senior Health Education Officer currently attached to the Risk Behaviour Surveillance Research Centre, Institute for Health Behavioural Research. She has previously served in various settings within the Ministry of Health including the Health Education Division, the State Health Department as well as a specialist hospital. She holds a Bachelor's degree in Mass Communication (Public Relations) and a Master's degree in Health Science (Health Education). As Principal Investigator, she has led two completed studies: a qualitative study on help-seeking behaviours among suicide survivors and a nationwide quantitative survey on mental health literacy for educators among Malaysian teachers. She is currently involved in two ongoing studies focusing on anti-microbial resistance and the sociocultural determinants of health, both of which are in their initial phases.