Participants’ health beliefs related to fasting during Ramadan

- **Objective:**
  - To assess Muslims’ health beliefs related to fasting during Ramadan.

- **Methods:**
  - Participants were categorized based on their level of agreement with fasting-related statements.
  - Participants who frequently/fast enough to be considered fasting during Ramadan were classified as having “strong beliefs” in fasting, and those who fasted less frequently were classified as having “weakened beliefs”.

- **Results:**
  - Participants who frequently/fast enough to be considered fasting during Ramadan were classified as having “strong beliefs” in fasting, and those who fasted less frequently were classified as having “weakened beliefs”.

- **Conclusion:**
  - Participants with strong beliefs in fasting reported a higher level of fasting during Ramadan compared to those with weakened beliefs.

**Table:**

<table>
<thead>
<tr>
<th>Health Belief</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strong</td>
<td>25%</td>
<td>63%</td>
</tr>
<tr>
<td>Weakened</td>
<td>75%</td>
<td>37%</td>
</tr>
</tbody>
</table>

**Discussions:**

- Participants with strong beliefs in fasting reported a higher level of fasting during Ramadan compared to those with weakened beliefs.

**Limitations:**

- Limited generalizability: Results may not be applicable to Muslims in other regions and cultures.

**Conclusions:**

- Participants with strong beliefs in fasting reported a higher level of fasting during Ramadan compared to those with weakened beliefs.

**References:**