



UNIVERSITAS
GADJAH MADA

**SIKAP PENCARIAN BANTUAN FORMAL DITINJAU DARI PENGETAHUAN KESEHATAN MENTAL DAN
PERCEIVED PUBLIC STIGMA**

GRISELDA M.A WODONG, Dra. Muhan Sofiati Utami, M.S.,Ph.D.

Universitas Gadjah Mada, 2021 | Diunduh dari <http://etd.repository.ugm.ac.id/>

Daftar Pustaka

- Addis, M. E., & Mahalik, J. R. (2003). Men, masculinity, and the contexts of help seeking. *American Psychologist*, 58(1), 5–14. <https://doi.org/10.1037/0003-066X.58.1.5>
- Ajzen, I. (1991). The theory of planned behavior. *Organizational Behavior and Human Decision Processes*, 179–211.
- Azwar, S. (2012). *Penyusunan Skala Psikologi edisi 2*. Yogyakarta: Pustaka Pelajar
- Altamura, A. C., Buoli, M., & Serati, M. (2011). Duration of illness and duration of untreated illness in relation to drug response in psychiatric disorders. *Neuropsychiatry*, 1(1), 81–90. <https://doi.org/10.2217/npy.10.2>
- Altweck, L., Marshall, T. C., Ferenczi, N., & Lefringhausen, K. (2015). Mental health literacy: A cross-cultural approach to knowledge and beliefs about depression, schizophrenia and generalized anxiety disorder. *Frontiers in Psychology*, 6, 1-12. doi: 10.3389/fpsyg.2015.01272
- Arboleda-Florez, J., & Sartorius, N. (2008). Understanding the Stigma of Mental Illness: Theory and Interventions. West Sussex: John Wiley & Sons
- Aznar-Lou, I., Serrano-Blanco, A., Fernández, A., Luciano, J. V., & Rubio-Valera, M. (2016). Attitudes and intended behaviour to mental disorders and associated factors in catalan population, Spain: Cross-sectional population-based survey. *BMC Public Health*, 16, 127. <https://doi.org/10.1186/s12889-016-2815-5>
- Barker, G. (2007). *Adolescents, social support and help-seeking behaviour: An international literature review and programme consultation with recommendations for action*. World Health Organization. <https://apps.who.int/iris/handle/10665/43778>
- Barker, G., Olukoya, A., & Aggleton, P. (2005). Young people, social support and help-seeking. *International Journal of Adolescent Medicine and Health*, 17(4), 315–335. <https://doi.org/10.1515/IJAMH.2005.17.4.315>
- Barney, L. J., Griffiths, K. M., Jorm, A. F., & Christensen, H. (2006). Stigma about depression and its impact on help-seeking intentions. *The Australian and New Zealand Journal of Psychiatry*, 40(1), 51–54. <https://doi.org/10.1080/j.1440-1614.2006.01741.x>
- Becker, A. E., & Kleinman, A. (2013). Mental Health and the Global Agenda. *New England Journal of Medicine*, 369(1), 66–73. <https://doi.org/10.1056/NEJMra1110827>
- Bifftu, B. B., & Dachew, B. A. (2014). Perceived Stigma and Associated Factors among People with Schizophrenia at Amanuel Mental Specialized Hospital, Addis Ababa, Ethiopia: A Cross-Sectional Institution Based Study. *Psychiatry Journal*, 2014, 1–7. <https://doi.org/10.1155/2014/694565>



SIKAP PENCARIAN BANTUAN FORMAL DITINJAU DARI PENGETAHUAN KESEHATAN MENTAL DAN PERCEIVED PUBLIC STIGMA

GRISELDA M.A WODONG, Dra. Muhan Sofiati Utami, M.S.,Ph.D.

Universitas Gadjah Mada, 2021 | Diunduh dari <http://etd.repository.ugm.ac.id/>

Boerema, A. M., Kleiboer, A., Beekman, A. T. F., van Zoonen, K., Dijkshoorn, H., & Cuijpers, P. (2016). Determinants of help-seeking behavior in depression: A cross-sectional study. *BMC Psychiatry*, 16(1), 1–9. <https://doi.org/10.1186/s12888-016-0790-0>

Calear, Km, G., & H, C. (2011, March). *Personal and perceived depression stigma in Australian adolescents: Magnitude and predictors*. *Journal of Affective Disorders; J Affect Disord*. <https://doi.org/10.1016/j.jad.2010.08.019>

Call JB, Shafer K. Gendered manifestations of depression and help seeking among men. *Am J Mens. Health* (2018) 12(1):41–51. [10.1177/1557988315623993](https://doi.org/10.1177/1557988315623993)

Corrigan, P. W., Roe, D., & Tsang, H. W. H. (2011). Challenging the Stigma of Mental Illness: Lessons for Therapies and Advocates. Chichester: Wiley-Blackwell.

Corrigan, P. W., & Watson, A. C. (2002). Understanding the Impact of Stigma on People with Mental Illness.

Corrigan, P., & Rüsch, N. (2002). Mental Illness Stereotypes and Clinical Care: Do People Avoid Treatment Because of Stigma? *Psychiatric Rehabilitation Skills*, 6(3), 312–334. <https://doi.org/10.1080/10973430208408441>

Corrigan, P. W., & Matthews, A. K. (2003). Stigma and disclosure: Implications for coming out of the closet. *Journal of Mental Health*, 12(3), 235–248. <https://doi.org/10.1080/0963823031000118221>

Corrigan, P., & Watson, A. C. (2002). The Paradox of Self-Stigma and Mental Illness. *Clinical Psychology: Science and Practice*, 9(1), 35–53. <https://doi.org/10.1093/clipsy.9.1.35>

Dano, A. A. (2019).*Intensi Pencarian Pertolongan Formal Ditinjau Dari Perceived Public Stigma, Usia dan Jenis Kelamin* . (Tesis tidak Dipublikasikan). Fakultas Psikologi Universitas Gadjah Mada, Yogyakarta.

Damghanian M, Alijanzadeh M. (2018). Theory of planned behavior, selfstigma, and perceived barriers explains the behavior of seeking mental health services for people at risk of affective disorders. *Soc Health Behav* 2018;1:54–61

Darlington, R. B., & Hayes, A. F. (2017). Regression Analysis and Linear Models. New York: The Guilford Pres

Dell'osso, B., & Altamura, A. C. (2010). Duration of untreated psychosis and duration of untreated illness: New vistas. *CNS Spectrums*, 15(4), 238–246. <https://doi.org/10.1017/s1092852900000079>

Donnelly, T. T., Hwang, J. J., Este, D., Ewashen, C., Adair, C., & Clinton, M. (2011). If I was going to kill myself, I wouldn't be calling you. I am asking for help: Challenges influencing immigrant and refugee women's mental health. *Issues in Mental Health Nursing*, 32(5), 279–290. <https://doi.org/10.3109/01612840.2010.550383>



SIKAP PENCARIAN BANTUAN FORMAL DITINJAU DARI PENGETAHUAN KESEHATAN MENTAL DAN PERCEIVED PUBLIC STIGMA

GRISELDA M.A WODONG, Dra. Muhan Sofiati Utami, M.S.,Ph.D.

Universitas Gadjah Mada, 2021 | Diunduh dari <http://etd.repository.ugm.ac.id/>

Fakih, M. (2006). Analisis Gender dan Transformasi Sosial Edisi revisi. Yogyakarta: Pustaka Pelajar.

Fischer, E. H., & Farina, A. (1995). Attitudes toward seeking professional psychological help: A shortened form and considerations for research. *Journal of College Student Development*, 36(4), 368–373.

Fischer, E. H., & Turner, J. I. (1970). Orientations to seeking professional help: Development and research utility of an attitude scale. *Journal of Consulting and Clinical Psychology*, 35(1, Pt.1), 79–90. <https://doi.org/10.1037/h0029636>

Gilovich, T., Keltner, D., Chen, S., & Nisbett, R. E. (2013). Social Psychology (3rd ed.). New York: W.W. Norton & Company

Gipson, P., & King, C. (2012). Health Behavior Theories and Research: Implications for Suicidal Individuals' Treatment Linkage and Adherence. *Cognitive and Behavioral Practice*, 19(2), 209–217. <https://doi.org/10.1016/j.cbpra.2010.11.005>

Golberstein, E., Eisenberg, D., & Gollust, S. E. (2009). Perceived stigma and help-seeking behavior: longitudinal evidence from the healthy minds study. *Psychiatric services (Washington, D.C.)*, 60(9), 1254–1256. <https://doi.org/10.1176/ps.2009.60.9.1254>

Hammer, J., & Vogel, D. (2012). Assessing the Utility of the Willingness/Prototype Model in Predicting Help-Seeking Decisions. *Journal of Counseling Psychology*, 60. <https://doi.org/10.1037/a0030449>

Handayani, T., Ayubi, D., & Anshari, D. (2020). Literasi Kesehatan Mental Orang Dewasa dan Penggunaan Pelayanan Kesehatan Mental. *Perilaku Dan Promosi Kesehatan: Indonesian Journal of Health Promotion and Behavior*, 2(1), 9–17.

Hass, L.J., & deGruy, F.V. (2004). Primary Care, Psychology, and Primary Care Psychology. In L. J Haas (Ed.), *Handbook of Primary Care Psychology*. Oxford: Oxford University Press

Hayes, A. F. (2013). *Introduction to Mediation, Moderation, and Conditional Process Analysis*. Guilford Press.

Henderson, C., Evans-Lacko, S., & Thornicroft, G. (2013). Mental Illness Stigma, Help Seeking, and Public Health Programs. *American Journal of Public Health*, 103(5), 777–780. <https://doi.org/10.2105/AJPH.2012.301056>

Health Research and Development Agency of the Ministry of Health of the Republic of Indonesia. (2018). Basic Health Research 2018. Jakarta: Ministry of Health of the Republic of Indonesia

Hobson, H. (2008). *The effects of mental health education on reducing stigma and increasing positive attitudes toward seeking therapy*. undefined. /paper/The-effects-of-mental-health-education-on-reducing-Hobson/1da3d230e266518a0a051f178e2a0592174722cc



SIKAP PENCARIAN BANTUAN FORMAL DITINJAU DARI PENGETAHUAN KESEHATAN MENTAL DAN PERCEIVED PUBLIC STIGMA

GRISELDA M.A WODONG, Dra. Muhan Sofiati Utami, M.S.,Ph.D.

Universitas Gadjah Mada, 2021 | Diunduh dari <http://etd.repository.ugm.ac.id/>

Ibrahim, N., Amit, N., Shahar, S., Wee, L.-H., Ismail, R., Khairuddin, R., Siau, C. S., & Safien, A. M. (2019). Do depression literacy, mental illness beliefs and stigma influence mental health help-seeking attitude? A cross-sectional study of secondary school and university students from B40 households in Malaysia. *BMC Public Health*, 19(4), 544. <https://doi.org/10.1186/s12889-019-6862-6>

Jang, Y., Chiriboga, D. A., & Okazaki, S. (2009). Attitude Toward Mental Health Services: AgeGroup Differences in Korean American Adults. *Aging Mental Health*, 1(9), 1–12. <https://doi.org/10.1016/j.pmrj.2014.02.014>

Jorm, A. F. (2000). Mental health literacy: Public knowledge and beliefs about mental disorders. *The British Journal of Psychiatry*, 177(5), 396–401. <https://doi.org/10.1192/bjp.177.5.396>

Jorm, Anthony F., Nakane, Y., Christensen, H., Yoshioka, K., Griffiths, K. M., & Wata, Y. (2005). Public beliefs about treatment and outcome of mental disorders: A comparison of Australia and Japan. *BMC Medicine*, 3(1), 12. <https://doi.org/10.1186/1741-7015-3-12>

Kartikasari, N., & Ariana, A. (2019). Hubungan Antara Literasi Kesehatan Mental, Stigma Diri Terhadap Intensi Mencari Bantuan Pada Dewasa Awal. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 4, 64. <https://doi.org/10.20473/jpkm.V4I22019.64-75>

Komiya, N., Good, G. E., & Sherrod, N. B. (2000). Emotional openness as a predictor of college students' attitudes toward seeking psychological help. *Journal of Counseling Psychology*, 47(1), 138–143. <https://doi.org/10.1037/0022-0167.47.1.138>

Kemenkes. (2018). Hasil Riset Kesehatan Dasar. Jakarta: Kementerian Kesehatan Republik Indonesia.

Kessler, R. C., Berglund, P. A., Bruce, M. L., Koch, J. R., Laska, E. M., Leaf, P. J., Manderscheid, R. W., Rosenheck, R. A., Walters, E. E., & Wang, P. S. (2001). The prevalence and correlates of untreated serious mental illness. *Health Services Research*, 36(6 Pt 1), 987–1007.

Kim, E. J., Yu, J. H., & Kim, E. Y. (2020). Pathways linking mental health literacy to professional help-seeking intentions in Korean college students. *Journal of Psychiatric and Mental Health Nursing*, 27(4), 393–405. <https://doi.org/10.1111/jpm.12593>

Kristensen, S. (2015). Therapy Taboo in Sweden ? A study investigating perceived public stigma , self-stigma , and attitudes toward seeking professional therapy. Lunds Universitet.

Kutcher, S., Wei, Y., Gilberds, H., Ubuguyu, O., Njau, T., Brown, A., Sabuni, N., Magimba, A., & Perkins, K. (2016). A school mental health literacy curriculum resource training approach: Effects on Tanzanian teachers' mental health knowledge, stigma and help-seeking efficacy. *International Journal of Mental Health Systems*, 10(1), 50. <https://doi.org/10.1186/s13033-016-0082-6>



SIKAP PENCARIAN BANTUAN FORMAL DITINJAU DARI PENGETAHUAN KESEHATAN MENTAL DAN PERCEIVED PUBLIC STIGMA

GRISELDA M.A WODONG, Dra. Muhan Sofiati Utami, M.S.,Ph.D.

Universitas Gadjah Mada, 2021 | Diunduh dari <http://etd.repository.ugm.ac.id/>

Li, J., Zhang, M., Zhao, L., Li, W., Mu, J., & Zhang, Z. (2018). Evaluation of attitudes and knowledge toward mental disorders in a sample of the Chinese population using a web-based approach. *BMC Psychiatry*, 18. <https://doi.org/10.1186/s12888-018-1949-7>

Lindinger-Sternart, S. (2014). Help-Seeking Behaviors of Men for Mental Health and the Impact of Diverse Cultural Backgrounds. *International Journal of Social Science Studies*, 3(1), 1–6. <https://doi.org/10.11114/ijsss.v3i1.519>

Maeshima, L. S., & Parent, M. C. (2020). Mental health stigma and professional help-seeking behaviors among Asian American and Asian international students. *Journal of American College Health*, 0(0), 1–7. <https://doi.org/10.1080/07448481.2020.1819820>

Mantovani, N., Pizzolati, M., & Edge, D. (2017). Exploring the relationship between stigma and help-seeking for mental illness in African-descended faith communities in the UK. *Health Expectations: An International Journal of Public Participation in Health Care and Health Policy*, 20(3), 373–384. <https://doi.org/10.1111/hex.12464>

Mead, G. H. (1934). *Mind, Self, and Society from the Standpoint of a Social Behaviorist*. Chicago.

Mehta, N., & Thornicroft, G. (2014). Stigma, Discrimination, and Promoting Human Rights. Dalam V. Patel, H. Minas, A. Cohen, & M. J. Prince (Eds.), *Global mental health: Principles and practice* (hlm. 401-424). New York: Oxford University Press

Mackenzie, C. S., Scott, T., Mather, A., & Sareen, J. (2008). Older adults' help-seeking attitudes and treatment beliefs concerning mental health problems. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 16(12), 1010–1019. <https://doi.org/10.1097/JGP.0b013e31818cd3be>

Mason, R. J., Hart, L. M., Rossetto, A., & Jorm, A. F. (2015). Quality and predictors of adolescents' first aid intentions and actions towards a peer with a mental health problem. *Psychiatry Research*, 228(1), 31–38. doi: 10.1016/j.psychres.2015.03.036

Marastuti, A. (2014). Hubungan antara mental health literacy dengan perilaku remaja dalam mencari bantuan tenaga kesehatan mental profesional: Studi 57 remaja SMP dan SMU di DIY. Laporan hibah tidak dipublikasikan, Fakultas Psikologi Universitas Gadjah Mada, Yogyakarta

Mendoza, H., Masuda, A., & Swartout, K. M. (2015). Mental health stigma and self-concealment as predictors of help-seeking attitudes among Latina/o college students in the United States. *International Journal for the Advancement of Counselling*, 37(3), 207–222. <https://doi.org/10.1007/s10447-015-9237-4>

Murney, M. A., Sapag, J. C., Bobbili, S. J., & Khenti, A. (2020). Stigma and discrimination related to mental health and substance use issues in primary health care in Toronto, Canada: A qualitative study. *International Journal of Qualitative Studies on Health and Well-Being*, 15(1), 1744926. <https://doi.org/10.1080/17482631.2020.1744926>

Nearchou, F. A., Bird, N., Costello, A., Duggan, S., Gilroy, J., Long, R., McHugh, L., & Hennessy, E. (2018). Personal and perceived public mental-health stigma as predictors



SIKAP PENCARIAN BANTUAN FORMAL DITINJAU DARI PENGETAHUAN KESEHATAN MENTAL DAN PERCEIVED PUBLIC STIGMA

GRISELDA M.A WODONG, Dra. Muhan Sofiati Utami, M.S.,Ph.D.

UNIVERSITAS
GADJAH MADA

Universitas Gadjah Mada, 2021 | Diunduh dari <http://etd.repository.ugm.ac.id/>

of help-seeking intentions in adolescents. *Journal of Adolescence*, 66, 83–90.
<https://doi.org/10.1016/j.adolescence.2018.05.003>

Nugroho, I. P., Tarigan, A. H. Z., & Fikri, M. Z. (2020). Peran literasi kesehatan mental terhadap intensitas perilaku pencarian pertolongan di kalangan anak jalanan kota palembang. *JURNAL BIMBINGAN DAN KONSELING AR-RAHMAN*, 6(2), 74–82.
<https://doi.org/10.31602/jbkr.v6i2.3528>

O'Connor, M., & Casey, L. (2015). The Mental Health Literacy Scale (MHLS): A new scale-based measure of mental health literacy. *Psychiatry Research*, 229(1–2), 511–516.
<https://doi.org/10.1016/j.psychres.2015.05.064>

O'Connor, M., Casey, L., & Clough, B. (2014). Measuring mental health literacy—A review of scale-based measures. *Journal of Mental Health (Abingdon, England)*, 23(4), 197–204.
<https://doi.org/10.3109/09638237.2014.910646>

Oliver, M. I., Pearson, N., Coe, N., & Gunnell, D. (2005). Help-seeking behaviour in men and women with common mental health problems: Cross-sectional study. *The British Journal of Psychiatry*, 186(4), 297–301. <https://doi.org/10.1192/bjp.186.4.297>

Panis, M. P., Damayanti, Y., & Keraf, M. K. P. A. (2019). Coping Strategies, Personality Type, and Help-seeking behavior for Mental Health Problems. *Journal of Health and Behavioral Science*, 1(2), 98~105-98~105. <https://doi.org/10.35508/jhbs.v1i2.2087>

Pedersen, E. R., & Paves, A. P. (2014). Comparing perceived public stigma and personal stigma of mental health treatment seeking in a young adult sample. *Psychiatry Research*, 219(1), 143–150. <https://doi.org/10.1016/j.psychres.2014.05.017>

Picco, L., Abdin, E., Chong, S. A., Pang, S., Shafie, S., Chua, B. Y., Vaingankar, J. A., Ong, L. P., Tay, J., & Subramaniam, M. (2016). Attitudes Toward Seeking Professional Psychological Help: Factor Structure and Socio-Demographic Predictors. *Frontiers in Psychology*, 7, 547. <https://doi.org/10.3389/fpsyg.2016.00547>

Picco, L., Pang, S., Lau, Y. W., Jeyagurunathan, A., Satghare, P., Abdin, E., ... Subramaniam, M. (2016). Internalized stigma among psychiatric outpatients: Associations with quality of life, functioning, hope and self-esteem. *Psychiatry Research*, 246(October), 500–506. <https://doi.org/10.1016/j.psychres.2016.10.041>

Poegoeh, D. P., & Hamidah, H. (2016). Peran Dukungan Sosial Dan Regulasi Emosi Terhadap Resiliensi Keluarga Penderita Skizofrenia. *INSAN Jurnal Psikologi dan Kesehatan Mental*, 1(1), 12–21. <https://doi.org/10.20473/jpkm.V1I12016.12-21>

Ratnayake, P., & Hyde, C. (2019). Mental Health Literacy, Help-Seeking Behaviour and Wellbeing in Young People: Implications for Practice. *The Educational and Developmental Psychologist*, 36(1), 16–21. <https://doi.org/10.1017/edp.2019.1>

Rickwood, D., Thomas, K., & Bradford, S. (2012). *Help-seeking measures in mental health: A rapid review*. 35.



SIKAP PENCARIAN BANTUAN FORMAL DITINJAU DARI PENGETAHUAN KESEHATAN MENTAL DAN PERCEIVED PUBLIC STIGMA

GRISELDA M.A WODONG, Dra. Muhan Sofiati Utami, M.S.,Ph.D.

UNIVERSITAS GADJAH MADA

Universitas Gadjah Mada, 2021 | Diunduh dari <http://etd.repository.ugm.ac.id/>

Riset Kesehatan Dasar (Riskesdas) (2018). Badan Penelitian dan Pengembangan Kesehatan Kementerian RI tahun 2018.
http://www.depkes.go.id/resources/download/infoterkini/materi_rakorpop_2018/Hasil%20Riske...

Rüsch, N., Müller, M., Ajdacic-Gross, V., Rodgers, S., Corrigan, P. W., & Rössler, W. (2014). Shame, perceived knowledge and satisfaction associated with mental health as predictors of attitude patterns towards help-seeking. *Epidemiology and Psychiatric Sciences*, 23(2), 177–187. <https://doi.org/10.1017/S204579601300036X>

Rüsch, Nicolas, Evans-Lacko, S. E., Henderson, C., Flach, C., & Thornicroft, G. (2011). Knowledge and attitudes as predictors of intentions to seek help for and disclose a mental illness. *Psychiatric Services*, 62(6), 675–678. <https://doi.org/10.1176/appi.ps.62.6.675>

Schreiber, V., Maercker, A., & Renneberg, B. (2010). Social influences on mental health help-seeking after interpersonal traumatization: A qualitative analysis. *BMC Public Health*, 10(1), 634. <https://doi.org/10.1186/1471-2458-10-634>

Setiawan, J. L. (2006). Willingness to seek counselling, and factors that facilitate and inhibit the seeking of counselling in Indonesian undergraduate students. *British Journal of Guidance & Counselling*, 34(3), 403–419. <https://doi.org/10.1080/03069880600769654>

Searight, H.R. (2010). *Practicing psychology in primary care/H. Russell Searight*. Cambridge, MA: Hogrefe Publishing

Shidhaye, R., Lund, C., & Chisholm, D. (2015). Closing the treatment gap for mental, neurological and substance use disorders by strengthening existing health care platforms: Strategies for delivery and integration of evidence-based interventions. *International Journal of Mental Health Systems*, 9, 40. <https://doi.org/10.1186/s13033-015-0031-9>

Soebiantoro, J. (2017). Pengaruh Edukasi Kesehatan Mental Intensif Terhadap Stigma pada Pengguna Layanan Kesehatan Mental. *INSAN Jurnal Psikologi dan Kesehatan Mental*, 2(1), 1–21. <https://doi.org/10.20473/jpkm.V2I12017.1-21>

Spagnolo, J., Champagne, F., Leduc, N., Rivard, M., Piat, M., Laporta, M., Melki, W., & Charfi, F. (2018). Mental health knowledge, attitudes, and self-efficacy among primary care physicians working in the Greater Tunis area of Tunisia. *International Journal of Mental Health Systems*, 12. <https://doi.org/10.1186/s13033-018-0243-x>

Steele, L. S., Dewa, C. S., Lin, E., & Lee, K. L. K. (2007). Education Level, Income Level and Mental Health Services Use in Canada: Associations and Policy Implications. *Healthcare Policy*, 3(1), 96–106.

Straiton, M. L., Ledesma, H. M. L., & Donnelly, T. T. (2018). “It has not occurred to me to see a doctor for that kind of feeling”: A qualitative study of Filipina immigrants’



SIKAP PENCARIAN BANTUAN FORMAL DITINJAU DARI PENGETAHUAN KESEHATAN MENTAL DAN PERCEIVED PUBLIC STIGMA

UNIVERSITAS
GADJAH MADA
GRISELDA M.A WODONG, Dra. Muhan Sofiati Utami, M.S.,Ph.D.

Universitas Gadjah Mada, 2021 | Diunduh dari <http://etd.repository.ugm.ac.id/>

perceptions of help seeking for mental health problems. *BMC Women's Health*, 18(1), 73. <https://doi.org/10.1186/s12905-018-0561-9>

Subandi & Utami, M. S. (1996). Pola perilaku mencari bantuan pada keluarga pasien gangguan jiwa. *Jurnal Psikologi*, 2, 1-10.

Sugiyono. (2010). *Sugiyono. (2010). Metode Penelitian Kuantitatif Kualitatif & RND. Alfabeta, Bandung. Sujarweni, V. Wiratna. (2015). SPSS Untuk Penelitian—PDF Free Download. Adoc.Tips. <https://adoc.tips/sugiyono-2010-metode-penelitian-kuantitatif-kualitatif-rnd-a.html>*

Tanaka, G., Inadomi, H., Kikuchi, Y., & Ohta, Y. (2004). Evaluating stigma against mental disorder and related factors. *Psychiatry and Clinical Neurosciences*, 58(5), 558–566. <https://doi.org/10.1111/j.1440-1819.2004.01300.x>

Tay, J. L., Tay, Y. F., & Klainin-Yobas, P. (2018). Mental health literacy levels. *Archives of Psychiatric Nursing*, 32(5), 757–763. <https://doi.org/10.1016/j.apnu.2018.04.007>

Thomas, J. L., Adrian, A. L., Penix, E. A., Wilk, J. E., and Adler, A. B. (2016). Mental health literacy in US soldiers: knowledge of services and processes in the utilization of military mental health care. *Military Behav. Health* 4, 92–99. doi: 10.1080/21635781.2016.1153541

Vogel, D. L., & Wester, S. R. (2003). To seek help or not to seek help: The risks of self-disclosure. *Journal of Counseling Psychology*, 50(3), 351–361. <https://doi.org/10.1037/0022-0167.50.3.351>

Vogel, D. L., Wade, N. G., & Hackler, A. H. (2007). Perceived public stigma and the willingness to seek counseling: The mediating roles of self-stigma and attitudes toward counseling. *Journal of Counseling Psychology*, 54(1), 40–50. <https://doi.org/10.1037/0022-0167.54.1.40>

Vogel, D. L., Heimerdinger-Edwards, S. R., Hammer, J. H., & Hubbard, A. (2011). "Boys don't cry": Examination of the links between endorsement of masculine norms, self-stigma, and help-seeking attitudes for men from diverse backgrounds. *Journal of Counseling Psychology*, 58(3), 368–382. <https://doi.org/10.1037/a0023688>

Wang, P., Angermeyer, M. C., & Borges, G. (2007). Delay and failure in treatment seeking after first onset of mental disorders in the World Health Organization's World Mental Health Survey Initiative. *World Psychiatry*, 6(3), 177–185.

Wei, Y., McGrath, P. J., Hayden, J., & Kutcher, S. (2017). Measurement properties of mental health literacy tools measuring help-seeking: A systematic review. *Journal of Mental Health (Abingdon, England)*, 26(6), 543–555. <https://doi.org/10.1080/09638237.2016.1276532>

World Health Organization. (2017a). Depression and other common mental disorders: Global health estimates. Geneva: World Health Organization. Licence: CC BY-NC-SA 3.0 IGO



**SIKAP PENCARIAN BANTUAN FORMAL DITINJAU DARI PENGETAHUAN KESEHATAN MENTAL DAN
PERCEIVED PUBLIC STIGMA**

GRISELDA M.A WODONG, Dra. Muhan Sofiati Utami, M.S.,Ph.D.

UNIVERSITAS GADJAH MADA

Universitas Gadjah Mada, 2021 | Diunduh dari <http://etd.repository.ugm.ac.id/>

World Health Organization. (2015). Mental Health Gap Action Programme. MhGAP Newsletter, 1(9), 1–4. Retrieved from <http://books.google.com/books?id=diAlkgAACAAJ>

Wong, Y. J., Tran, K. K., Kim, S-H., Kerne, V. V. H., & Calfa, N. A. (2010). Asian American's lay beliefs about depression and professional help-seeking. *Journal of Clinical Psychology*, 66(3), 317-332.

Wrigley, S., Jackson, H., Judd, F., & Komiti, A. (2005). Role of Stigma and Attitudes Toward Help-Seeking from a General Practitioner for Mental Health Problems in a Rural Town. *The Australian and New Zealand Journal of Psychiatry*, 39, 514–521. <https://doi.org/10.1111/j.1440-1614.2005.01612.x>

Wang, J., Adair, C., Fick, G., Lai, D., Evans, B., Perry, B. W., Jorm, A., & Addington, D. (2007). Depression literacy in Alberta: Findings from a general population sample. *Canadian Journal of Psychiatry. Revue Canadienne De Psychiatrie*, 52(7), 442–449. <https://doi.org/10.1177/070674370705200706>

Wright, A., Jorm, A. F., & Mackinnon, A. J. (2011). Labeling of mental disorders and stigma in young people. *Social Science and Medicine*, 73(4), 498–506. doi: [10.1016/j.socscimed.2011.06.015](https://doi.org/10.1016/j.socscimed.2011.06.015)

Yap, M. B. H., & Jorm, A. F. (2012). Young people's mental health first aid intentions and beliefs prospectively predict their actions: Findings from an Australian National Survey of Youth. *Psychiatry Research*, 196(2–3), 315–319. doi: [10.1016/j.psychres.2011.10.00](https://doi.org/10.1016/j.psychres.2011.10.00)