

DAFTAR PUSTAKA

- Agustina, N., Lumonga, B. L., Moriza, N., & Tengku, M. (2020). Analisis Kunjungan Lansia Dalam Kegiatan Posyandu Di Wilayah Kerja Puskesmas Pintu Langit Padangsidempuan, 5(2).
- Aljoscha, C., Eskofier, B., & Berking, M. (2021). A Gamified Smartphone-Based Intervention for Depression: Randomized Controlled Pilot Trial. *JMIR Ment Health* 2021;8(7):E16643 <https://Mental.Jmir.Org/2021/7/E16643>, 8(7), e16643. <https://doi.org/10.2196/16643>
- Anderson, M., Mossialos, E., Richards, M., Sheikh, A., Anderson, M., Albala, S., ... Mossialos, E. (2021). Health Policy Health information technology and digital innovation for national learning health and care systems. [https://doi.org/10.1016/S2589-7500\(21\)00005-4](https://doi.org/10.1016/S2589-7500(21)00005-4)
- Andrews, G., Cuijpers, P., Craske, M. G., McEvoy, P., & Titov, N. (2010). Computer Therapy for the Anxiety and Depressive Disorders Is Effective, Acceptable and Practical Health Care: A Meta-Analysis. *PLoS ONE*, 5(10), e13196. <https://doi.org/10.1371/journal.pone.0013196>
- Anggraeni, D., Sanjaya, M., & Muhammad., Y. (2016). Rancang Bangun Smartphone Menggunakan Headset Mindwave Pendeteksi Sinyal Otak Secara Real Time Berbasis Python dan Mikrokontroler Arduino. *Journal of Physic, II*.
- Anissa, M., Amelia, R., & Dewi, N. P. (2019). Gambaran Tingkat Depresi pada Lansia di Wilayah Kerja Puskesmas Guguak Kabupaten 50 Kota Payakumbuh. *Health & Medical Journal*, 1(2), 12–16. <https://doi.org/10.33854/heme.v1i2.235>
- Anurogo, D. (2018). Ini Dia Jurus Sakti Penakluk Depresi. *MQ*, pp. 1–3.
- Ball, M. J., & Lilis, J. (2001). E-health transforming the physician/patient relationship. *Journal of Medical Internet Research*, 61, 1–10. [https://doi.org/10.1016/s1386-5056\(00\)00130](https://doi.org/10.1016/s1386-5056(00)00130)
- Bhayu, I. A., Ratep, N., & Westa, W. (2014). Gambaran Faktor-Faktor yang Mempengaruhi Tingkat Depresi pada Lanjut Usia di Wilayah Kerja Puskesmas Kubu II Januari-Februari 2014. *E-Jurnal Medika Udayana*, 4(1), 1–14. Retrieved from <http://ojs.unud.ac.id/index.php/eum/article/download/12599/8652>.
- Brown, G. M., McIntyre, R. S., Rosenblatt, J., & Hardeland, R. (2018). Depressive disorders: Processes leading to neurogeneration and potential novel treatments. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 80(April 2017), 189–204. <https://doi.org/10.1016/j.pnpbp.2017.04.023>
- Charova, E., Dorstyn, D., Tully, P., & Mittag, O. (2015). Web-based interventions for comorbid depression and chronic illness: a systematic review. *Journal of Telemedicine and Telecare*, 21(4), 189–201.

<https://doi.org/10.1177/1357633X15571997>

Connolly, S. L., Kuhn, E., Possemato, K., & Torous, J. (n.d.). Digital Clinics and Mobile Technology Implementation for Mental Health Care. *Psychiatry in Digital Age*. <https://doi.org/10.1007/s11920-021-01254-8>

Cuijpers, P., Donker, T., Straten, V. A., Li, J., & Andersson, G. (2010). Is guided self-help as effective as face-to-face psychotherapy for depression and anxiety disorders? A systematic review and meta-analysis of comparative outcome studies. *Psychological Medicine*, 40(12), 1943–1957. <https://doi.org/10.1017/S0033291710000772>

Dahlan, M. S. (2015a). *General Linear Model Repeated Measures*.

Dahlan, M. S. (2015b). *Statistik untuk Kedokteran dan Kesehatan*.

Darmojo, B. (2015). *GERIATRI Ilmu Kesehatan Usia Lanjut*. Fakultas Kedokteran Universitas Indonesia.

Dinkes Kota Tasikmalaya. (2017). *Laporan Data Lansia Kota Tasikmalaya*.

Dubad, M., Winsper, C., Meyer, C., Livanou, M., & Marwaha, S. (2018). A systematic review of the psychometric properties, usability and clinical impacts of mobile mood-monitoring applications in young people. *Psychological Medicine*, 48(2), 208–228. <https://doi.org/10.1017/S0033291717001659>

Dwivedi, S. K., & Kotnala, A. (2014). Impact of hypnotherapy in mitigating the symptoms of depression. *Indian Journal of Positive Psychology*, 5(4), 456–460. Retrieved from http://sfx.scholarsportal.info/guelph/docview/1655222140?accountid=11233%5Cnhttp://sfx.scholarsportal.info/guelph?url_ver=Z39.88-2004&rft_val_fmt=info:ofi/fmt:kev:mtx:journal&genre=article&sid=ProQ:ProQ%3Apsychology&atitle=Impact+of+hypnotherapy+in+mitiga

Elizabeth, R., Teresita Carrillo, M., Maria I Garcia, V., Catherine E, H., Alan A. Zavala, N., & Cesar P. Ley, Q. (2017). effectiveness of hypnosis therapy and gestalt therapy as depression, (Januari), 33–37.

Escobar, C. G. V., Cernuzzi, L. C., Miller, R. S., Rodríguez, H. J. M., Vieta, E., González, T. M., ... Hidalgo, M. D. (2021). Feasibility of mHealth interventions for depressive symptoms in Latin America: a systematic review. *International Review of Psychiatry*, 1–12. <https://doi.org/10.1080/09540261.2021.1887822>

Fahy, N., Williams, G. A., & Network, C.-19 H. S. R. M. (2021). Use of digital health tools in Europe. Before, during and after COVID-19. *Health Systems and Policy Analysis*.

Faulandi, M. T. (2013). *Pengaruh Humor Permainan Kearifan Budaya Lokal Terhadap Depresi Pada Lanjut Usia di HUnia Sementara Gondang I Sleman Yogyakarta*. Universitas Gajah Mada.

Furukawa, T. A., Shinohara, K., Sahker, E., Karyotaki, E., Miguel, C., Ciharova, M., ... Cuijpers, P. (2021). Initial treatment choices to achieve sustained

- response in major depression: a systematic review and network meta-analysis. *World Psychiatry*, 20(3), 387–396. <https://doi.org/10.1002/wps.20906>
- Gonsalves, M. A., White, T. L., Joyce, H., Fukuda, A. M., Harris, A. D., Barredo, J., ... Carpenter, L. L. (2021). Repetitive Transcranial Magnetic Stimulation-Associated Increases Neocortical Metabolites in Major Depression: A Systematic Review. *Brain Stimulation*, 14(5), 1411–1412. <https://doi.org/10.1016/j.brs.2021.07.045>
- Griffiths, K. C. H. (2007). Internet Based Mental Health Program : a powerful tool in the rural medical kit. *Australian Journal of Rural Health*, 15, 81–87.
- Hakim, A. (2010). *Hipnoterapi cara cepat mengatasi stres, fobia, trauma & gangguan mental lainnya*. Transmedia Pustaka.
- Hans, D. (2005). What is eHealth : A systematic review of published Definition. *Journal of Medical Internet Research*, 7. <https://doi.org/10.2196/jmir.7.1.e1>
- Harrison, V., Proudfoot, J., Wee, P., Parker, G., Pavlopic, D., & Manicavasagar, V. (2011). Mobile Mental Health :review of the emerging field and proof of concept study. *Journal of Mental Health*, 20, 509–524.
- Hartman, D. (2010). Hypnosis & Hypnotherapy Citations Index. *Journal of Heart-Centered Therapies*, 13(1), 3–142.
- Hasan, M. N. (2017). Faktor-Faktor yang Mempengaruhi Depresi pada Lansia di Panti Sosial Tresna Wredha Budi Dharma (PSTW) Yogyakarta. *Jurnal Kesehatan Madani Medika*, 8(1), 25–30.
- Hoffmann, T. C., Glasziou, P. P., Boutron, I., Milne, R., Perera, R., Moher, D., ... Michie, S. (2014). Better reporting of interventions: Template for intervention description and replication (TIDieR) checklist and guide. *BMJ (Online)*, 348(March), 1–12. <https://doi.org/10.1136/bmj.g1687>
- ITU. (2011). *International Telecommunication*.
- Johnston, W. D. (2021). *Attitudes Of Adults Treated For Depression*. Illinois Institute of Technology. Retrieved from <https://www.proquest.com/openview/b0916129ae56a2de2b02dd8d13b50dea/1?pq-origsite=gscholar&cbl=18750&diss=y>
- Juniardi, F. (2012). Faktor-Faktor Yang Mempengaruhi Rendahnya Kunjungan Lansia Ke Posyandu Lansia Di Puskesmas Batang Beruh Kecamatan Sidikalang Kabupaten Dairi. *Journal of Chemical Information and Modeling*, 53(9), 1689–1699.
- Kanchanatawan, B., Sirivichayakul, S., Carvalho, A. F., Anderson, G., Galecki, P., & Maes, M. (2018). Depressive, anxiety and hypomanic symptoms in schizophrenia may be driven by tryptophan catabolite (TRYCAT) patterning of IgA and IgM responses directed to TRYCATs. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 80(June 2017), 205–216. <https://doi.org/10.1016/j.pnpbp.2017.06.033>

- Keliat, B. A., Panjaitan, U., & Riasmini, M. (2012). *Manajemen Kasus Gangguan Jiwa*.
- Kellis, E. (2010). Clinical Hypnosis and Cognitive Behaviour Therapy in the Threatment of a young woman with anxiety, depression and self esteem issues. *Australian Journal of Clinical and Experimental Hypnosis*, 38, 155–165.
- Kemenkes RI, K. R. Undang-Undang Kesehatan (2009).
- Kemensos. Kesejahteraan Usia Lanjut (1998). Indonesia.
- Lal, S., Siafa, L., Lee, H., & Adair, C. E. (2021). Priority Given to Technology in Government-Based Mental Health and Addictions Vision and Strategy Documents: Systematic Policy Review. *Journal of Medical Internet Research*, 23(5), e25547. <https://doi.org/10.2196/25547>
- Livana, Y., Susanti, Y., Darwati, L. E., & Anggraeni, R. (2018). Gambaran Tingkat Depresi Lansia. *Nerscop : Jurnal Keperawatan Dan Pemikiran Ilmiah*, 4(4), 80–93.
- Lwanga, S. K., & Leameshow, S. (2000). *Sample Size Determination in Health Studies A Practical Manual*.
- Majid, I. (2009). *Pemahaman Dasar Hipnosis*.
- Marc, L. G., Raue, P. J., & Bruce, M. L. (2008). Screening performance of the 15-item geriatric depression scale in a diverse elderly home care population. *The American Journal of Geriatric Psychiatry: Official Journal of the American Association for Geriatric Psychiatry*, 16(11), 914–921. <https://doi.org/10.1097/JGP.0b013e318186bd67>
- Mea, V. Dela. (2001). What is e-Health: the death of telemedicine. *Journal of Medical Internet Research*, 3.
- Melita, & Nadjib, M. (2018). Faktor-faktor yang Berhubungan dengan Kunjungan Lansia ke Posbindu Lansia di Wilayah Kerja Puskesmas Kelurahan Bintara Kota Bekasi tahun 2017. *Jurnal Kebijakan Kesehatan Indonesia*, 07(04), 158–167.
- Mirzamani, S. M., Bahrami, H., Moghtaderi, S., Namegh, M., Branch, I., & Branch, I. (2011). The Effectiveness of Hypnotherapy in Treating Depression, Anxiety and Sleep Disturbance Caused by Subjective Tinnitus, 76–79.
- Nurindra, Y. (2009). Pundamental Hypnoterapi. In *Indonesian Board Hypnotherapy - Hipnoterapi*.
- O'Donoghue, J., & Herbert, J. (2012). Data Management within mHealth Enviroment : Patient Sensors, Mobile, Device and Database. *Journal of Data and Infomation Quality*, 4(5). <https://doi.org/10.1145/2378016.237821>
- Palupi, R. S. (2010). *Faktor-Faktor Yang Mempengaruhi Depresi pada Lansia Yang Ikut Posyandu di Kelurahan Terban Gondokusuman Yogyakarta*. Gajah Mada.

- Povey, J., Raphiphatthana, B., Torok, M., Nagel, T., Shand, F., Sweet, M., ... Dingwall, K. (2021). Collaborative Involvement of Indigenous Youth in the Design and Evaluation of Digital Mental Health Interventions: A Scoping Review Protocol, 1–8. Retrieved from <https://orcid.org/0000-0001-6961-4674>
- Prabhaswari, L., & Ariastuti, P. N. L. (2016). Gambaran Kejadian Depresi Pada Lanjut Usia Di Wilayah Kerja Puskesmas Petang I Kabupaten Badung Bali 2015. *Intisari Sains Medis*, 7(1), 47. <https://doi.org/10.15562/ism.v7i1.100>
- Pratama, A. S., & Darajat, A. M. (2020). Kerja UPT Panghegar Kota Bandung /Characteristics Of Lansia Visiting Posbindu In The Working Area Of Upt Panghegar , Bandung City, XI(3), 1–5.
- Proudfoot, J. (2013). The Future is in Our Hands : the role of mobile phones in the prevention and management of mental disorders. *Journal of Psychiatric Research*, 47, 111–113.
- Proudfoot, J., Clarke, J., Birch, M. R., Whitton, A. E., Parker, G., Manicavasagar, V., ... Hadzi-Pavlovic, D. (2013). Impact of a mobile phone and web program on symptom and functional outcomes for people with mild-to-moderate depression, anxiety and stress: A randomised controlled trial. *BMC Psychiatry*, 13. <https://doi.org/10.1186/1471-244X-13-312>
- Putra, Y. P. (2010). *Rahasia Dibalik Hipnosis Ericksonian* (1st ed.). Jakarta - Indonesia: PT. Gramedia.
- Ramírez, E. G., Montoya, T. C., Vega, M. L. G., Hart, C. E., Norzagaray, A. A. Z., & Quiñónez, C. P. L. (2017). Effectiveness of hypnosis therapy and Gestalt therapy as depression treatments. *Clínica y Salud*, 28(1), 33–37. <https://doi.org/10.1016/J.CLYSA.2016.11.001>
- Ramsey, A. T. (2016). Feasibility and acceptability of smartphone assessment in older adults with cognitive and emotional difficulties. *Journal of Technology in Human Services*, 34(2), 209–223. Retrieved from <http://www.tandfonline.com/toc/wths20/current>
- Riskesdas. (2018). *Riset Kesehatan Dasar*.
- Rismawan, W., & Damayanti, A. (2018). *Gambaran Depresi di PSTW Welas Asih Tasikmalaya*.
- Ross, F., & Wohllebe, A. (2021). Evaluating the Service Quality of Mobile Health Versus Clinic Based Intervention in Hearing Healthcare. A Comparative Study. *International Journal of Interactive Mobile Technologies (IJIM)*, 15(10), 21. <https://doi.org/10.3991/ijim.v15i10.21725>
- Rotaru, T. S., & Rusu, A. (2016). A Meta-Analysis for the Efficacy of Hypnotherapy in Alleviating PTSD Symptoms. *International Journal of Clinical and Experimental Hypnosis*, 64(1), 116–136. <https://doi.org/10.1080/00207144.2015.1099406>
- Sander, L., Paganini, S., Lin, J., Schlicker, S., Ebert, D. D., Buntrock, C., & Baumeister, H. (2017). Effectiveness and cost-effectiveness of a guided Internet- and mobile-based intervention for the indicated prevention of major

depression in patients with chronic back pain-study protocol of the PROD-BP multicenter pragmatic RCT. *BMC Psychiatry*, 17(1), 1–14. <https://doi.org/10.1186/s12888-017-1193-6>

Santoso, S., & Tjiptono, F. (2001). *Riset Pemasaran: konsep dan aplikasi dengan SPSS*. Jakarta - Indonesia: PT. Elex Media Komputindo.

Sekaran, U. (2006). *Metodologi penelitian untuk bisnis*.

Semiun, Y. (2006). *Kesehatan Mental*.

Sheikh, J. I., & Yesavage, J. A. (1986). Geriatric Depression Scale (GDS) Recent Evidence and Development of a Shorter Version. *Clinical Gerontologist*, 5(1–2), 165–173. https://doi.org/10.1300/J018v05n01_09

Sugiyono. (2016). *Metodologi Penelitian Kuantitatif, Kualitatif dan R&D*. Alfabeta.

Sugiyono, & Puspanthani, M. E. (2020). *Metode Penelitian Kesehatan*.

Thomas, E., & Fink. (2012). The enhancement of Neurofeedback with a low cost and easy- to-use NeuroSky EEG biofeedback-training device: The MindReflector Protocols.

Toh, G., Pearce, E., Vines, J., Ikhtabi, S., Birken, M., Pitman, A., & Johnson, S. (2021). Digital Interventions for Subjective and Objective Social Isolation Among Individuals with Mental Health Conditions: A Scoping Review. <https://doi.org/10.17605/OSF.IO/CNX8A>

Washburn, M., & Parrish, D. E. (2013). DBT Self-Help Application for Mobile Devices. *Journal of Technology in Human Services*, 31(2), 175–183. <https://doi.org/10.1080/15228835.2013.775904>

Wilopo, S. A. (2017). Epidemiology and burden of mental and substance use disorders (MSD) in Indonesia.

Wong, W., & Hakim, A. (2009). *Dasyatnya Hipnosis (Keempat)*. Jakarta - Indonesia: Transmedia Pustaka.

Yousef, M., & Mohamed, E. (2011). Brain Computer Interface System.

Yuliyanti, E. R. (2012). Pengalaman Religius Dalam Meditasi Transendental. *TOLERANSI: Media Ilmiah Komunikasi Umat Beragama*, 4(1), 26–41. <https://doi.org/10.24014/trs.v4i1.1030>