

bahasa Indonesia dapat digunakan sebagai alat *screening* untuk mendeteksi gejala depresi, kecemasan, dan stres, dengan tetap menyertakan asesmen lain dan keahlian profesional untuk menegakkan diagnosis.

Referensi

- American Educational Research Association. (2014). Standards for educational and psychological testing. American Educational Research Association.
- Antony, M. M., Bieling, P. J., Cox, B. J., Enns, M. W., & Swinson, R. P. (1998). Psychometric properties of the 42-item and 21-item versions of the Depression Anxiety Stress Scales in clinical groups and a community sample. *Psychological Assessment*, 10(2), 176–181. <https://doi.org/10.1037/1040-3590.10.2.176>
- Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469–480. <https://doi.org/10.1037/0003-066X.55.5.469>
- Arnett, J. J. (2014). *Emerging adulthood: The winding road from the late teens through the twenties* (Second Edition). Oxford University Press.
- Azwar, S. (2021). Penyusunan skala psikologi (ed. 3). Pustaka Pelajar.
- Beaufort, I. N., De Weert-Van Oene, G. H., Buwalda, V., de Leeuw, J., & Goudriaan, A. E. (2017). The Depression, Anxiety and Stress Scale (DASS-21) as a Screener for Depression in Substance Use Disorder Inpatients: A Pilot Study. *European addiction research*, 23(5), 260–268. <https://doi.org/10.1159/000485182>
- Beck, A. T., Epstein, N., Brown, G., & Steer, R. A. (1988). *An inventory for measuring clinical anxiety: Psychometric properties*. *Journal of Consulting and Clinical Psychology*, 56(6), 893–897. doi:10.1037/0022-006x.56.6.893
- Bieling, P. J., Antony, M. M., & Swinson, R. P. (1998). The State-Trait Anxiety Inventory, Trait version: Structure and content re-examined. *Behaviour Research and Therapy*, 36, 777–788.
- Bilgel, N., & Bayram, N. (2010). Turkish version of the Depression Anxiety Stress Scale (DASS-42): Psychometric properties. *Archives of Neuropsychiatry*, 48(3), 1–1. doi:10.4274/npa.5344
- Brown, T. A. (2015). Confirmatory factor analysis for applied research (Second edition). The Guilford Press
- Browne, M. W., & Cudeck, R. (1992). Alternative Ways of Assessing Model Fit. *Sociological Methods & Research*, 21(2), 230–258. <https://doi.org/10.1177/0049124192021002005>

- Clark, L. A., & Watson, D. (1991). Tripartite model of anxiety and depression: Psychometric evidence and taxonomic implications. *Journal of Abnormal Psychology*, 100(3), 316–336. <https://doi.org/10.1037/0021-843X.100.3.316>
- Costello, C. G. & Comrey, A. L. (1967). Scales for measuring anxiety and depression. *Journal of Psychology*, 66, 303–313
- Coulehan, J. L., Schulberg, H. C., Block, M. R., Madonia, M. J., & Rodriguez, E. (1997). Treating depressed primary care patients improves their physical, mental, and social functioning. *Archives of internal medicine*, 157(10), 1113–1120.
- Crawford, J. R., & Henry, J. D. (2003). The Depression Anxiety Stress Scales (DASS): normative data and latent structure in a large non-clinical sample. *The British journal of clinical psychology*, 42(Pt 2), 111–131. <https://doi.org/10.1348/014466503321903544>
- Damanik, D. E., (2006). Pengujian reliabilitas, validitas, analisis item dan pembuatan norma Depression Anxiety Stress Scale (DASS): Berdasarkan penelitian pada kelompok sampel Yogyakarta dan Bantul yang mengalami gempa bumi dan kelompok sampel Jakarta dan sekitarnya yang tidak mengalami gempa bumi. [http://eprints.lib.ui.ac.id/15253/1/94859%2DPengujian%20reabilitas%20Full%20Text%20\(T%2017892\).pdf](http://eprints.lib.ui.ac.id/15253/1/94859%2DPengujian%20reabilitas%20Full%20Text%20(T%2017892).pdf).
- De Beurs, E., Van Dyck, R., Marquenie, L. A., Lange, A., & Blonk, R. W. B. D. (2001). DASS: een vragenlijst voor het meten van depressie, angst en stress. *Gedragstherapie*, 34, 35–53.
- Eysenck, M. W., & Fajkowska, M. (2018). Anxiety and depression: Toward overlapping and distinctive features. *Cognition and Emotion*, 32(7), 1391–1400. <https://doi.org/10.1080/02699931.2017.1330255>
- Farrell, A. M., & Rudd, J. M. (2009). Factor analysis and discriminant validity: a brief review of some practical issues. In D. Tojib (Ed.), ANZMAC 2009 conference proceedings ANZMAC.
- Gloster, A. T., Rhoades, H. M., Novy, D., Klotsche, J., Senior, A., Kunik, M., Wilson, N., & Stanley, M. A. (2008). Psychometric properties of the Depression Anxiety and Stress Scale-21 in older primary care patients. *Journal of affective disorders*, 110(3), 248–259. <https://doi.org/10.1016/j.jad.2008.01.023>
- Guo, W.-J., Wang, H.-Y., Deng, W., Huang, M.-J., Dong, Z.-Q., Liu, Y., ... Li, T. (2019). Effects of anxiety and depression and early detection and management of emotional distress on length of stay in hospital in non-psychiatric inpatients in China: a hospital-based cohort study. *The Lancet*, 394, S83. doi:10.1016/s0140-6736(19)32419-5
- Habibi, M., Dehghani, M., Pooravari, M., & Salehi, S. (2017). Confirmatory Factor Analysis of Persian Version of Depression, Anxiety and Stress (DASS-

- 42): Non-Clinical Sample. *Razavi International Journal of Medicine, In Press*(In Press). <https://doi.org/10.5812/rijm.12021>
- Hair, J. F., Black, W. C., Babin, B. J., & Anderson, R. E. (2010). *Multivariate Data Analysis 7th Edition*. Prentice Hall.
- Hekimoglu, L., Altun, Z. O., Kaya, E. Z., Bayram, N., & Bilgel, N. (2012). Psychometric Properties of the Turkish Version of the 42 Item Depression Anxiety Stress Scale (Dass-42) in a Clinical Sample. *The International Journal of Psychiatry in Medicine*, 44(3), 183–198. <https://doi.org/10.2190/PM.44.3.a>
- Hooper, D., Coughlan, J., & Mullen, M. (2008). *Structural Equation Modelling: Guidelines for Determining Model Fit*. 6(1), 9.
- Hu, L., & Bentler, P. M. (1999). Cutoff criteria for fit indexes in covariance structure analysis: Conventional criteria versus new alternatives. *Structural Equation Modeling: A Multidisciplinary Journal*, 6(1), 1–55. <https://doi.org/10.1080/10705519909540118>
- Institute for Health Metrics and Evaluation (IHME). (2020). GBD Compare Data Visualization. IHME, University of Washington, 2020. Diakses dari: <http://vizhub.healthdata.org/gbd-compare>.
- Kementerian Kesehatan Republik Indonesia. (2019). Laporan Nasional Riskesdas 2018. Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan.
- Kim, Y. E., & Lee, B. (2019). The Psychometric Properties of the Patient Health Questionnaire-9 in a Sample of Korean University Students. *Psychiatry investigation*, 16(12), 904–910. <https://doi.org/10.30773/pi.2019.0226>
- Kinanthi, M., Listiyandini, R. A., Amaliah, U., Ramadhanty, R., & Farhan, M. (2020). Adaptasi Alat Ukur DASS-21 Versi Indonesia pada Populasi Mahasiswa. Manuskrip dalam proses publikasi.
- Kline, R. B. (1998). *Principles and practice of structural equation modeling*. New York: Guildford Press.
- Lee, B. & Kim, Y. E. (2019) The psychometric properties of the Generalized Anxiety Disorder scale (GAD-7) among Korean university students, *Psychiatry and Clinical Psychopharmacology*, 29:4, 864-871, DOI: 10.1080/24750573.2019.1691320
- Lisznayai, S., Vida, K., Németh, M., & Benczúr, Z. (2014). Risk Factors for Depression in the Emerging Adulthood. In *The European Journal of Counselling Psychology* (Vols. 3, Issue 1, pp. 54–68). PsychOpen GOLD. <https://doi.org/10.23668/psycharchives.2011>
- Lovibond, P. F., & Lovibond, S. H. (1995). The structure of negative emotional states: Comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behaviour Research and Therapy*, 33(3), 335–343. [https://doi.org/10.1016/0005-7967\(94\)00075-U](https://doi.org/10.1016/0005-7967(94)00075-U)
- MacCallum, R. C., Browne, M. W., & Sugawara, H. M. (1996). *Power Analysis and Determination of Sample Size for Covariance Structure Modeling*. 20.

- Mahmoud, J. S. R., Staten, R. "Topsy," Hall, L. A., & Lennie, T. A. (2012). The Relationship among Young Adult College Students' Depression, Anxiety, Stress, Demographics, Life Satisfaction, and Coping Styles. *Issues in Mental Health Nursing*, 33(3), 149–156. <https://doi.org/10.3109/01612840.2011.632708>
- Makara-Studzińska, M., Tyburski, E., Załuski, M., Adamczyk, K., Mesterhazy, J., & Mesterhazy, A. (2022). Confirmatory Factor Analysis of Three Versions of the Depression Anxiety Stress Scale (DASS-42, DASS-21, and DASS-12) in Polish Adults. *Frontiers in Psychiatry*, 12, 770532. <https://doi.org/10.3389/fpsy.2021.770532>
- Maulana, H. A. (2021). The Influence of Psychological Impact of Online Learning during Covid-19 on Student's Academic Achievement: A Case Study at Vocational Higher Education. *Psychocentrum Review*, 3(1), 10–21. DOI:10.26539/pcr.31560
- Moras, K., Di Nardo, P. A., & Barlow, D. H. (1992). Distinguishing anxiety and depression: Reexamination of the Reconstructed Hamilton Scales. *Psychological Assessment*, 4, 224–227.
- Mukhlis, H., et al. (2020). The effect of expressive writing techniques on stress level decrease of new students at Al-Falah Putri Islamic Boarding School, Margodadi, Tandggamus, Ann. Trop. Med. & Public Health; 23(S6):758–766. DOI: <http://doi.org/10.36295/ASRO.2020.23624>
- Muttaqin, D., & Ripa, S. (2021). Psychometric properties of the Indonesian version of the Depression Anxiety Stress Scale: Factor structure, reliability, gender, and age measurement invariance. *Psikohumaniora: Jurnal Penelitian Psikologi*, 6(1), 61–76. <https://doi.org/10.21580/pjpp.v6i1.7815>
- Nieuwenhuijsen, K., de Boer, A. G. E. M., Verbeek, J. H. A. M. , et al. (2003). The Depression Anxiety Stress Scales (DASS): detecting anxiety disorder and depression in employees absent from work because of mental health problems. *Occupational and Environmental Medicine*, 60:i77-i82.
- Oliver, 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: the journal of mental science*. 186. 297–301. [10.1192/bjp.186.4.297](https://doi.org/10.1192/bjp.186.4.297).
- Page, A. C., Hooke, G. R., & Morrison, D. L. (2007). Psychometric properties of the Depression Anxiety Stress Scales (DASS) in depressed clinical samples. *The British journal of clinical psychology*, 46(Pt 3), 283–297. <https://doi.org/10.1348/014466506X158996>
- Pai, A. L. H., Mullins, L. L., Drotar, D., Burant, C., Wagner, J., & Chaney, J. M. (2006). Exploratory and Confirmatory Factor Analysis of the Child Uncertainty in Illness Scale Among Children with Chronic Illness. *Journal of Pediatric Psychology*, 32(3), 288–296. <https://doi.org/10.1093/jpepsy/jsl021>

- Peltzer, K., & Pengpid, S. (2018). High prevalence of depressive symptoms in a national sample of adults in Indonesia: Childhood adversity, sociodemographic factors and health risk behaviour. *Asian Journal of Psychiatry*, 33, 52–59. <https://doi.org/10.1016/j.ajp.2018.03.017>
- Pertiwi, S. T., Moeliono, M. F., & Kendhawati, L. (2021). Depresi, Kecemasan, dan Stres Remaja selama Pandemi Covid-19. *JURNAL AL-AZHAR INDONESIA SERI HUMANIORA*, 6(2), 72. <https://doi.org/10.36722/sh.v6i2.497>
- Peters, L., Peters, A., Andreopoulos, E., Pollock, N., Pande, R. L., & Mochari-Greenberger, H. (2021). *Comparison of DASS-21, PHQ-8, and GAD-7 in a virtual behavioral health care setting*. *Heliyon*, 7(3), e06473. doi:10.1016/j.heliyon.2021.e06473
- Prasetyo, D. Y., & Suprayitno, E. (2021). Kecemasan Dan Stress Pasien Diabetes Milietus Tipe II. *Jurnal Kebidanan dan Keperawatan Aisyiyah*, 17(1), 48–58. <https://doi.org/10.31101/jkk.1775>
- Psychology Foundation of Australia. (2018). *Overview of the DASS and its uses*. <http://www2.psy.unsw.edu.au/dass/over.htm>
- Ramli, M., Rosnani, S., & AR, A. F. (2012). Psychometric Profile of Malaysian Version of the Depressive, Anxiety and Stress Scale 42-item (DASS-42). *Malaysian Journal of Psychiatry*, 21(1).
- Ritchie, H. & Roser, M. (2018). *Mental Health*. World in Data. <https://ourworldindata.org/mental-health>
- Rost, K., Smith, J. L., & Dickinson, M. (2004). The effect of improving primary care depression management on employee absenteeism and productivity. A randomized trial. *Medical care*, 42(12), 1202–1210. <https://doi.org/10.1097/00005650-200412000-00007>
- Schiller, M., Hammen, C. C., & Shahar, G. (2016). Links among the self, stress, and psychological distress during emerging adulthood: Comparing three theoretical models. *Self and Identity*, 15(3), 302–326. <https://doi.org/10.1080/15298868.2015.1131736>
- Seedat, S., Scott, K. M., Angermeyer, M. C., Berglund, P., Bromet, E. J., Brugha, T. S., Demyttenaere, K., de Girolamo, G., Haro, J. M., Jin, R., Karam, E. G., Kovess-Masfety, V., Levinson, D., Medina Mora, M. E., Ono, Y., Ormel, J., Pennell, B. E., Posada-Villa, J., Sampson, N. A., Williams, D., ... Kessler, R. C. (2009). Cross-national associations between gender and mental disorders in the World Health Organization World Mental Health Surveys. *Archives of general psychiatry*, 66(7), 785–795. <https://doi.org/10.1001/archgenpsychiatry.2009.36>
- Seok, C. B., Cosmas, G., Hashmi, S. I., & Ading, C. (2022). Psychometric and Gender Invariance Analysis of the Flourishing Scale in the Malaysian Context. *SAGE Open*. <https://doi.org/10.1177/21582440221096447>

- Severino, G. A., & Haynes, W. D. G. (2010). *Development of an Italian version of the Depression Anxiety Stress Scales. Psychology, Health & Medicine, 15*(5), 607–621. doi:10.1080/13548506.2010.498889
- Shayan, N, Niazi, A., Waseq, A. M., & Ozcebe, H. (2021). Depression, Anxiety, and Stress Scales 42 (DASS-42) in Dari-Language: Validity and Reliability Study in Adults, Herat, Afghanistan. *Bezmialem Science. 9.* 356-362. 10.14235/bas.galenos.2020.4250.
- Shevlin, M., & Miles, J. N. V. (1998). Effects of sample size, model specification and factor loadings on the GFI in confirmatory factor analysis. *Personality and Individual Differences, 25*(1), 85–90. [https://doi.org/10.1016/S0191-8869\(98\)00055-5](https://doi.org/10.1016/S0191-8869(98)00055-5)
- Szabó, M. (2011). The emotional experience associated with worrying: Anxiety, depression or stress? *Anxiety, Stress, & Coping: An International Journal, 24*, 91-105.
- Tiller, J. W. G. (2012). Depression and anxiety. *The Medical Journal of Australia, 1*(4), 28–31. <https://doi.org/10.5694/mjao12.10628>
- Titov, N., Dear, B. F., McMillan, D., Anderson, T., Zou, J., & Sunderland, M. (2011). Psychometric comparison of the PHQ-9 and BDI-II for measuring response during treatment of depression. *Cognitive behaviour therapy, 40*(2), 126–136. <https://doi.org/10.1080/16506073.2010.550059>
- Widyana, R., Sumiharso, S., & Safitri, R. M. (2020). Psychometric Properties of Internet-Administered Version of Depression, Anxiety and Stress Scales (DASS-42) in sample Indonesian Adults. *Talent Development, 13*.
- World Health Organization. (2017). Depression and other common mental disorders: global health estimates. World Health Organization. <https://apps.who.int/iris/handle/10665/254610>.