

DAFTAR PUSTAKA

- Abdulghani, H.M., Irshad, M., Al Zunitan, M.A., Al Sulihem, A.A., Al Dehaim, M.A., Al Esefir, W.A., Al Rabiah, A.M., Kameshki, R.N., Alrowais, N.A., Sebiany, A. and Haque, S., 2014. Prevalence of stress in junior doctors during their internship training: a cross-sectional study of three Saudi medical colleges' hospitals. *Neuropsychiatric disease and treatment*, pp.1879-1886.
- Arifah, S. and Trise, I.N., 2012. Pengaruh pemberian informasi tentang persiapan operasi dengan pendekatan komunikasi terapeutik terhadap tingkat kecemasan pasien pre operasi di Ruang Bougenville RSUD Sleman. *Jurnal Kebidanan*.
- Ariga, R.A., 2019. Decrease anxiety among students who will do the objective structured clinical examination with deep breathing relaxation technique. *Open access Macedonian journal of medical sciences*, 7(16), p.2619.
- Arisyna, A., Sustini, F. and Muhdi, N., 2020. Anxiety Level and Risk Factors in Medical Students. *JUXTA: Jurnal Ilmiah Mahasiswa Kedokteran Universitas Airlangga*, 11(2), pp.79-82.
- Bandelow, B., Michaelis, S. and Wedekind, D., 2022. Treatment of anxiety disorders. *Dialogues in clinical neuroscience*.
- Beck, T., 2019. *Estrogen and female anxiety*, *Harvard Gazette*. Harvard Gazette. Available at: <https://news.harvard.edu/gazette/story/2012/08/estrogen-and-female-anxiety/> (Accessed: January 7, 2023).
- Bennett, K., Manassis, K., Walter, S.D., Cheung, A., Wilansky-Traynor, P., Diaz-Granados, N., Duda, S., Rice, M., Baer, S., Barrett, P. and Bodden, D., 2013. Cognitive behavioral therapy age effects in child and adolescent anxiety: an individual patient data metaanalysis. *Depression and anxiety*, 30(9), pp.829-841.
- Berndt, A.E., 2020. Sampling methods. *Journal of Human Lactation*, 36(2), pp.224-226.
- Carl, J.R., Miller, C.B., Henry, A.L., Davis, M.L., Stott, R., Smits, J.A., Emsley, R., Gu, J., Shin, O., Otto, M.W. and Craske, M.G., 2020. Efficacy of digital cognitive behavioral therapy for moderate-to-severe symptoms of generalized anxiety disorder: A randomized controlled trial. *Depression and anxiety*, 37(12), pp.1168-1178.
- Catherine, E., 2022. *Comparison of Anxiety Level Between Preclinical and Clinical Medical Students from Faculty of Medicine, Public Health, and Nursing*, Universitas Gadjah Mada (Doctoral dissertation, Universitas Gadjah Mada).

- Chand, S. and Marwaha, R., 2020. Anxiety, StatPearls Publishing [online]. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK470361/>.
- Cully, J.A., Dawson, D.B., Hamer, J. and Tharp, A.L., 2020. A provider's guide to brief cognitive behavioral therapy.
- Curtiss, J.E., Levine, D.S., Ander, I. and Baker, A.W., 2021. Cognitive-Behavioral Treatments for Anxiety and Stress-Related Disorders. *Focus*, 19(2), pp.184-189.
- Dahlan, M.S., 2014. *Langkah-langkah membuat proposal penelitian bidang kedokteran dan kesehatan*, edisi 2, Sagung Seto, Jakarta.
- de Paula, W., Breguez, G.S., Machado, E.L. and Meireles, A.L., 2020. Prevalence of anxiety, depression, and suicidal ideation symptoms among university students: a systematic review. *Brazilian Journal of Health Review*, 3(4), pp.8739-8756.
- Donker, T., Griffiths, K.M., Cuijpers, P. and Christensen, H., 2009. Psychoeducation for depression, anxiety and psychological distress: a meta-analysis. *BMC medicine*, 7(1), pp.1-9.
- Evans, C., 2007. Cognitive-behavioural therapy with older people. *Advances in Psychiatric Treatment*, 13(2), pp.111-118.
- Gan, G.G. and Yuen Ling, H., 2019. Anxiety, depression and quality of life of medical students in Malaysia. *Med J Malaysia*, 74(1), pp.57-61.
- Gidi, N.W., Horesa, A., Jarso, H., Tesfaye, W., Tucho, G.T., Siraneh, M.A. and Abafita, J., 2021. Prevalence of Low Self-esteem and Mental Distress among Undergraduate Medical Students in Jimma University: A Cross-Sectional Study. *Ethiopian Journal of Health Sciences*, 31(3).
- Gregurek, R. and Gregurek, R., 2016. 'The Integration of Psychodynamic Theories and Biological Aspects in the Development of Anxiety and Anxiety Disorders', in *New Developments in Anxiety Disorders*. InTech. doi: 10.5772/65669.
- Gupta, K.K., Attri, J.P., Singh, A., Kaur, H. and Kaur, G., 2016. Basic concepts for sample size calculation: critical step for any clinical trials!. *Saudi journal of anaesthesia*, 10(3), p.328.
- Hadi, I., Rosyanti, L. and Afrianty, N.S., 2018. Tingkat Kecemasan Narapidana Wanita di Lapas Kendari dengan Kuesioner Taylor Manifest Anxiety Scale (TMAS). *Health Information: Jurnal Penelitian*, 10(2), pp.82-89.
- Ham, K., Chin, S., Suh, Y.J., Rhee, M., Yu, E.S., Lee, H.J., Kim, J.H., Kim, S.W., Koh, S.J. and Chung, K.M., 2019. Preliminary results from a randomized controlled study for an app-based cognitive behavioral therapy program for depression and anxiety in cancer patients. *Frontiers in psychology*, 10,

p.1592.

Hayat, A., 2017. Kecemasan dan metode pengendaliannya. *Khazanah: Jurnal Studi Islam Dan Humaniora*, 12(1).

Hedman, E., Lindefors, N., Andersson, G., Andersson, E., Lekander, M., Rück, C. and Ljótsson, B., 2013. Predictors of outcome in Internet-based cognitive behavior therapy for severe health anxiety. *Behaviour research and therapy*, 51(10), pp.711-717.

Hofmann, S.G. and Gómez, A.F., 2017. Mindfulness-based interventions for anxiety and depression. *Psychiatric clinics*, 40(4), pp.739-749.

Islam, M.A., Barna, S.D., Raihan, H., Khan, M.N.A. and Hossain, M.T., 2020. Depression and anxiety among university students during the COVID-19 pandemic in Bangladesh: A web-based cross-sectional survey. *PloS one*, 15(8), p.e0238162.

Kaczurkin, A.N. and Foa, E.B., 2022. Cognitive-behavioral therapy for anxiety disorders: an update on the empirical evidence. *Dialogues in clinical neuroscience*.

Kandeger, A., Guler, H.A., Egilmez, U. and Guler, O., 2017. Major depressive disorder comorbid severe hydrocephalus caused by Arnold–Chiari malformation. *Indian Journal of Psychiatry*, 59(4), p.520.

Kayikcioglu, O., Bilgin, S., Seymenoglu, G. and Deveci, A., 2017. State and trait anxiety scores of patients receiving intravitreal injections. *Biomedicine hub*, 2(2), pp.1-5.

Latif, M.Z., Hussain, I., Saeed, R., Qureshi, M.A. and Maqsood, U., 2019. Use of smart phones and social media in medical education: trends, advantages, challenges and barriers. *Acta informatica medica*, 27(2), p.133.

Lee, R.A. and Jung, M.E., 2018. Evaluation of anmHealth App (DeStressify) on university students' mental health: pilot trial. *jmir mental health*.

Linardon, J. and Cuijpers, P., 2019. Per Carlbring, Mariel Messer, and Matthew Fuller-Tyszkiewicz. 2019. The efficacy of app-supported smartphone interventions for mental health problems: A meta-analysis of randomized controlled trials. *World Psychiatry*, 18(3), pp.325-336.

Macauley, K., Plummer, L., Bemis, C., Brock, G., Larson, C. and Spangler, J., 2018. Prevalence and predictors of anxiety in healthcare professions students. *Health Professions Education*, 4(3), pp.176-185.

Malau-Aduli, B.S., Roche, P., Adu, M., Jones, K., Alele, F. and Drovandi, A., 2020. Perceptions and processes influencing the transition of medical students from pre-clinical to clinical training. *BMC Medical Education*, 20(1), pp.1-13.

McCloud, T., Jones, R., Lewis, G., Bell, V. and Tsakanikos, E., 2020. Effectiveness of a mobile app intervention for anxiety and depression symptoms in

university students: randomized controlled trial. *JMIR mHealth and uHealth*, 8(7), p.e15418.

Mirza, A.A., Baig, M., Beyari, G.M., Halawani, M.A. and Mirza, A.A., 2021. Depression and anxiety among medical students: a brief overview. *Advances in Medical Education and Practice*, 12, p.393.

Nguyen, D.T., Wright, E.P., Dedding, C., Pham, T.T. and Bunders, J., 2019. Low self-esteem and its association with anxiety, depression, and suicidal ideation in vietnamese secondary school students: a cross-sectional study. *Frontiers in psychiatry*, p.698.

Onie, S., Kirana, A.C., Alfian, A., Mustika, N.P., Adesla, V. and Ibrahim, R., 2020. Assessing the predictive validity and reliability of the DASS-21. *PHQ-9 and GAD-7 in an Indonesian sample*. *psyArXiv*.

Patten, E.V. and Vaterlaus, J.M., 2021. Prevalence of depression, anxiety, and stress in undergraduate dietetics students. *Journal of Nutrition Education and Behavior*, 53(1), pp.67-74.

Pengurus Besar Ikatan Dokter Indonesia, 2017. *Panduan praktik klinis bagi dokter di fasilitas pelayanan kesehatan tingkat pertama*, edisi I, Indonesia.

Rogers, K.D., Young, A., Lovell, K., Campbell, M., Scott, P.R. and Kendal, S., 2013. The British sign language versions of the patient health questionnaire, the generalized anxiety disorder 7-item scale, and the work and social adjustment scale. *Journal of Deaf Studies and Deaf Education*, 18(1), pp.110-122.

Rohmawati, N., Asdie, A.H. and Susetyowati, S., 2015. Tingkat kecemasan, asupan makan, dan status gizi pada lansia di Kota Yogyakarta. *Jurnal Gizi Klinik Indonesia*, 12(2), pp.62-71.

Ruz, M.E.A., Al-Akash, H.Y. and Jarrah, S., 2018. Persistent (anxiety and depression) affected academic achievement and absenteeism in nursing students. *The open nursing journal*, 12, p.171.

Satria, 2021. 'Psikolog UGM : Sistem Kesehatan Jiwa di Indonesia Belum Setara', *Universitas Gadjah Mada* [Preprint]. Available at: <https://ugm.ac.id/id/berita/21787-psikolog-ugm-sistem-kesehatan-jiwa-di-indonesia-belum-setara>.

Savitsky, B., Findling, Y., Ereli, A. and Hendel, T., 2020. Anxiety and coping strategies among nursing students during the covid-19 pandemic. *Nurse education in practice*, 46, p.102809.

Sawaya, H., Atoui, M., Hamadeh, A., Zeinoun, P. and Nahas, Z., 2016. Adaptation and initial validation of the Patient Health Questionnaire-9 (PHQ-9) and the Generalized Anxiety Disorder-7 Questionnaire (GAD-7) in an Arabic speaking Lebanese psychiatric outpatient sample. *Psychiatry research*, 239, pp.245-252.

- Shamsaei, F., Yaghmaei, S., Sadeghian, E. and Tapak, L., 2018. Survey of stress, anxiety and depression in undergraduate nursing students of Hamadan University of Medical Sciences. *Iranian journal of psychiatric nursing*, 6(3), pp.26-31.
- Shevlin, M., Butter, S., McBride, O., Murphy, J., Gibson-Miller, J., Hartman, T.K., Levita, L., Mason, L., Martinez, A.P., McKay, R. and Stocks, T.V., 2022. Measurement invariance of the Patient Health Questionnaire (PHQ-9) and Generalized Anxiety Disorder scale (GAD-7) across four European countries during the COVID-19 pandemic. *BMC psychiatry*, 22(1), pp.1-9.
- Soodan, S. and Arya, A., 2015. 'Understanding the Pathophysiology and Management of the Anxiety Disorders', *Human Journals Review Article October*, 4(43), pp. 251–278. Available at: <http://ijppr.humanjournals.com/wp-content/uploads/2015/11/20.Shivani-Soodan-and-Ashwani-Arya.pdf>.
- Stein, D.J., Scott, K.M., De Jonge, P. and Kessler, R.C., 2022. Epidemiology of anxiety disorders: from surveys to nosology and back. *Dialogues in clinical neuroscience*.
- Syawal, H. and Helaluddin, H., 2018. Psikoanalisis Sigmund Freud Dan Implikasinya Dalam Pendidikan. *UIN SULTAN MAULANA HASANUDDIN BANTEN· Fakultas Ekonomi Dan Bisnis Islam*, 2.
- Tian-Ci Quek, T., Wai-San Tam, W., X. Tran, B., Zhang, M., Zhang, Z., Su-Hui Ho, C. and Chun-Man Ho, R., 2019. The global prevalence of anxiety among medical students: a meta-analysis. *International journal of environmental research and public health*, 16(15), p.2735.
- Toussaint, A., Hüsing, P., Gumz, A., Wingefeld, K., Härter, M., Schramm, E. and Löwe, B., 2020. Sensitivity to change and minimal clinically important difference of the 7-item Generalized Anxiety Disorder Questionnaire (GAD-7). *Journal of affective disorders*, 265, pp.395-401.
- Townsend, M.C., Morgan, K.I., 2018. *Pocket guide to psychiatric nursing*, 10th ed. Philadelphia: F.A. Davis Company.
- Yusoff, M.S.B., Rahim, A.F.A., Baba, A.A., Ismail, S.B. and Pa, M.N.M., 2013. Prevalence and associated factors of stress, anxiety and depression among prospective medical students. *Asian journal of psychiatry*, 6(2), pp.128-133.