

DAFTAR PUSTAKA

- Abdulghani HM, Irshad M, Al Zunitan MA, Al Sulihem AA, Al Dehaim MA, Al Esefir WA, Al Rabiah AM, Kameshki RN, Alrowais NA, Sebiany A, Haque S. 2014. Prevalence of stress in junior doctors during their internship training: a cross-sectional study of three Saudi medical colleges' hospitals. *Neuropsychiatr Dis Treat*; 10:1879-86. doi: 10.2147/NDT.S68039. PMID: 25328389; PMCID: PMC4196886.
- ADAA, 2022. *Anxiety Disorders - Facts & Statistics*. [Online] Available at: <https://adaa.org/understanding-anxiety/facts-statistics>
- APA, 2013. *Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR)*. [Online] Available at: <https://www.psychiatry.org/psychiatrists/practice/dsm>.
- ARC University of Wisconsin, 2019. *Manifest Anxiety Scale (MAS)*. [Online] Available at: <https://arc.psych.wisc.edu/self-report/manifest-anxiety-scale-mas/>.
- Arismawati, 2016. *HUBUNGAN ANTARA PEMAAFAN (FORGIVENESS) DENGAN KECEMASAN (ANXIETY) PADA REMAJA YANG ORANGTUANYA BERCERAI*. S1 thesis, Universitas Pendidikan Indonesia.
- Bandelow, B. and Michaelis, S., 2015. Epidemiology of anxiety disorders in the 21st century. *Dialogues in clinical neuroscience*.
- Bhatt, N. V., 2019. *Anxiety Disorders*. [Online] Available at: <https://emedicine.medscape.com/article/286227-overview#showall>.
- Biliunaite, I., Kazlauskas, E., Sanderman, R., Truskauskaite-Kuneviciene, I., Dumarkaite, A. and Andersson, G., 2021. Internet-based cognitive behavioral therapy for informal caregivers: randomized controlled pilot trial. *Journal of medical internet research*, 23(4), p.e21466.
- Bond, F. W., and Dryden, W., 2002. *A Handbook of Brief Cognitive Behaviour Therapy*. John Wiley & Sons Ltd, The Atrium, Southern Gate, Chichester, West Sussex PO19 8SQ, England.
- Budikayanti A, Larasari A, Malik K, Syeban Z, Indrawati LA, Octaviana F. 2019. Screening of Generalized Anxiety Disorder in Patients with Epilepsy: Using a Valid and Reliable Indonesian Version of Generalized Anxiety Disorder-7 (GAD-7). *Neurol Res In*: 5902610. doi: 10.1155/2019/5902610. PMID: 31275648; PMCID: PMC6582805.
- Burani K, Nelson BD. 2020. Gender differences in anxiety: The mediating role of sensitivity to unpredictable threat. *Int J Psychophysiol*; 153:127-134. doi:

10.1016/j.ijpsycho.2020.05.001. Epub 2020 May 14. PMID: 32417225; PMCID: PMC7294929.

- Chan, L., 2019. *Mental health in Asia: The numbers*. [Online] Available at: https://www.ourbetterworld.org/series/mental-health/support-toolkit/mental-health-asia-numbers?gclid=CjwKCAjwzNOaBhAcEiwAD7Tb6I1vcxgy-H-FX3SD9AZIOyL1fl9ksVI9zzRqzzF4SYVphsachfFEAxoC72cQAvD_BwE&type=resource.
- Chand, S.P., and Marwaha, R. and Bender, R.M., 2022. Anxiety (nursing). In *StatPearls [Internet]*. StatPearls Publishing.
- Chen, C. 2020. Doctor who? Reflecting on impostor syndrome in medical learners. *Can Fam Physician*; 66(10):e268-e269. PMID: 33077468; PMCID: PMC7571643.
- Collier, S. (2022) *Is a mobile app as good as a therapist?*, Harvard Health. Available at: <https://www.health.harvard.edu/blog/is-a-mobile-app-as-good-as-a-therapist-202202072683>
- Cully, J. A., Dawson, D. B., Hamer, J., and Tharp, A. T., 2020. *A Provider's Guide to Brief Cognitive Behavioral Therapy*. Department of Veterans Affairs South Central MIRECC, Houston, TX.
- David, D., Cristea, I. and Hofmann, S.G., 2018. Why cognitive behavioral therapy is the current gold standard of psychotherapy. *Frontiers in psychiatry*, p.4.
- Davies, E.B., Morriss, R. and Glazebrook, C., 2014. Computer-delivered and web-based interventions to improve depression, anxiety, and psychological well-being of university students: a systematic review and meta-analysis. *Journal of medical Internet research*, 16(5), p.e3142.
- Dessauvage, A.S., Dang, H.M., Nguyen, T.A.T. and Groen, G., 2022. Mental health of university students in southeastern Asia: a systematic review. *Asia Pacific Journal of Public Health*, 34(2-3), pp.172-181.
- Devi, H.M., Purborini, N. and Chang, H.J., 2021. Mediating effect of resilience on association among stress, depression, and anxiety in Indonesian nursing students. *Journal of Professional Nursing*, 37(4), pp.706-713.
- Diferiansyah, O., 2015. Perbedaan Tingkat Gelisah antara Mahasiswa Kedokteran Tingkat Pertama yang Tinggal Kost dan Bersama Orang Tua. *J MAJORITY*, 4(6), pp.16-19.
- Direct Therapy, 2021. *7 Advantages and disadvantages Of Remaining In Cognitive Behavioral Therapy Market*. [Online] Available at: <https://direct-therapy.org.uk/7-advantages-and-disadvantages-of-remaining-in-cognitive-behavioral-therapy-market/>.

- Farhane-Medina NZ, Luque B, Tabernero C, Castillo-Mayén R. 2022. Factors associated with gender and sex differences in anxiety prevalence and comorbidity: A systematic review. *Science Progress*; 105(4). doi:10.1177/00368504221135469
- Forouhari, S., Teshnizi, S.H., Ehrampoush, M.H., Mahmoodabad, S.S.M., Fallahzadeh, H., Tabei, S.Z., Mohammad, N., Mirzaei, M., Jahromi, B.N., Teshnizi, S.M.H. and Dehkordi, J.G., 2019. Relationship between religious orientation, anxiety, and depression among college students: A systematic review and meta-analysis. *Iranian journal of public health*, 48(1), p.43.
- González-Valero, G., Zurita-Ortega, F., Ubago-Jiménez, J.L. and Puertas-Molero, P., 2019. Use of meditation and cognitive behavioral therapies for the treatment of stress, depression and anxiety in students. A systematic review and meta-analysis. *International journal of environmental research and public health*, 16(22), p.4394.
- Hadjistavropoulos, H.D., Pugh, N.E., Hesser, H. and Andersson, G., 2017. Therapeutic alliance in internet-delivered cognitive behaviour therapy for depression or generalized anxiety. *Clinical psychology & psychotherapy*, 24(2), pp.451-461.
- Hasanpour, M., Maroufizadeh, S., Mousavi, H., Noughani, F., Afshari, M. 2021. Prevalence of generalized anxiety disorder among nursing students in Iran during the COVID-19 pandemic: A web-based cross-sectional study, *International Journal of Africa Nursing Sciences*, 15, p. 100360. doi:10.1016/j.ijans.2021.100360.
- HHS, 2014. *What Are Five Major Types of Anxiety Disorders*. [Online] Available at: <https://www.hhs.gov/answers/mental-health-and-substance-abuse/what-are-the-five-major-types-of-anxiety-disorders/index.html>.
- HRSA, 2019. *GAD-7 (General Anxiety Disorder-7)*. [Online] Available at: <https://www.hrsa.gov/behavioral-health/gad-7-general-anxiety-disorder-7>.
- InformedHealth.org, 2016. *Cognitive behavioral therapy*. [Online] Available at: <https://www.ncbi.nlm.nih.gov/books/NBK279297>.
- Izzatika, M., Syakurah, R.A. and Bonita, I., 2021. Indonesia's mental health status during the Covid-19 pandemic. *Indigenous: Jurnal Ilmiah Psikologi*, 6(2), pp.78-92.
- Kaczurkin, A.N. and Foa, E.B., 2022. Cognitive-behavioral therapy for anxiety disorders: an update on the empirical evidence. *Dialogues in clinical neuroscience*.
- Karyotaki, E., Klein, A.M., Ciharova, M., Bolinski, F., Krijnen, L., de Koning, L., de Wit, L., van der Heijde, C.M., Ebert, D.D., Riper, H. and Batelaan, N., 2022. Guided internet-based transdiagnostic individually tailored Cognitive

Behavioral Therapy for symptoms of depression and/or anxiety in college students: A randomized controlled trial. *Behaviour Research and Therapy*, 150, p.104028.

Lattie, E.G., Adkins, E.C., Winkquist, N., Stiles-Shields, C., Wafford, Q.E. and Graham, A.K., 2019. Digital mental health interventions for depression, anxiety, and enhancement of psychological well-being among college students: systematic review. *Journal of medical Internet research*, 21(7), p.e12869.

Lattie, E.G., Stiles-Shields, C. and Graham, A.K., 2022. An overview of and recommendations for more accessible digital mental health services. *Nature Reviews Psychology*, 1(2), pp.87-100.

Lipson, S.K., Lattie, E.G. and Eisenberg, D., 2019. Increased rates of mental health service utilization by US college students: 10-year population-level trends (2007–2017). *Psychiatric services*, 70(1), pp.60-63.

Massachusetts Institute of Technology (2018) CHANGES IN YOUNG ADULTHOOD, *Young Adult Development Project*. Available at: <https://hr.mit.edu/static/worklife/youngadult/changes.html>

McConville, J., McAleer, R. and Hahne, A., 2017. Mindfulness training for health profession students—the effect of mindfulness training on psychological well-being, learning and clinical performance of health professional students: a systematic review of randomized and non-randomized controlled trials. *Explore*, 13(1), pp.26-45.

Mental Health Foundation, 2022. *Anxiety*. [Online] Available at: <https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/anxiety>.

Mirza AA, Baig M, Beyari GM, Halawani MA, Mirza AA. 2021. Depression and Anxiety Among Medical Students: A Brief Overview. *Adv Med Educ Pract*. 21;12:393-398. doi: 10.2147/AMEP.S302897. PMID: 33911913; PMCID: PMC8071692.

Mittal R, Su L, Jain R. 2021. COVID-19 mental health consequences on medical students worldwide. *J Community Hosp Intern Med Perspect*; 11(3):296-298. doi: 10.1080/20009666.2021.1918475. PMID: 34234896; PMCID: PMC8118449.

Mojarrab, S., Bazrafkan, L. & Jaber, A. 2020. The effect of a stress and anxiety coping program on objective structured clinical examination performance among nursing students in shiraz, Iran. *BMC Med Educ*, 301. <https://doi.org/10.1186/s12909-020-02228-9>

Naveed, S., Waqas, A., Chaudhary, A.M.D., Kumar, S., Abbas, N., Amin, R., Jamil, N. and Saleem, S., 2020. Prevalence of common mental disorders in South

Asia: a systematic review and meta-regression analysis. *Frontiers in psychiatry*, 11, p.573150

Newman, M.G., Kanuri, N., Rackoff, G.N., Jacobson, N.C., Bell, M.J. and Taylor, C.B., 2021. A randomized controlled feasibility trial of internet-delivered guided self-help for generalized anxiety disorder (GAD) among university students in India. *Psychotherapy*, 58(4), p.591.

NHS, 2022. *Overview - Cognitive behavioural therapy (CBT)*. [Online] Available at: <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/cognitive-behavioural-therapy-cbt/overview/>.

NHS, 2022. *Overview - Generalised anxiety disorder in adults*. [Online] Available at: <https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/overview/#:~:text=Anxiety%20is%20a%20feeling%20of,medical%20test%20or%20job%20interview.>

NIMH, 2017. *Any Anxiety Disorder*. [Online] Available at: <https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder#:~:text=An%20estimated%2031.1%25%20of%20U.S.,some%20time%20in%20their%20lives.>

NIMH, 2022. *Anxiety Disorder*. [Online] Available at: <https://www.nimh.nih.gov/health/topics/anxiety-disorders.>

Nordh, M., Wahlund, T., Jolstedt, M., Sahlin, H., Bjureberg, J., Ahlen, J., Lalouni, M., Salomonsson, S., Vigerland, S., Lavner, M. and Öst, L.G., 2021. Therapist-guided internet-delivered cognitive behavioral therapy vs internet-delivered supportive therapy for children and adolescents with social anxiety disorder: a randomized clinical trial. *JAMA psychiatry*, 78(7), pp.705-713.

Peynenburg, V., Hadjistavropoulos, H., Thiessen, D., Titov, N. and Dear, B., 2022. Internet-Delivered Cognitive Behavioral Therapy for Postsecondary Students: Randomized Factorial Trial for Examining Motivational Interviewing and Booster Lessons. *Journal of Medical Internet Research*, 24(9), p.e40637.

Ramadianto, A.S., Kusumadewi, I., Agiananda, F. and Raharjanti, N.W., 2022. Symptoms of depression and anxiety in Indonesian medical students: association with coping strategy and resilience. *BMC psychiatry*, 22(1), pp.1-11.

Robinson, O.J., Vytal, K., Cornwell, B.R. and Grillon, C., 2013. The impact of anxiety upon cognition: perspectives from human threat of shock studies. *Frontiers in human neuroscience*, 7, p.203.

- 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.
- SDG Tracking Progress, 2018. *Number of Deaths Attributed to Suicide*. [Online] Available at: <https://sdg.tracking-progress.org/indicator/3-4-1-number-of-deaths-attributed-to-suicide/>.
- Soo, J. Y., and Marques, L., 2018. *Intensive CBT: How fast can I get better?*. [Online] Available at: <https://www.health.harvard.edu/blog/intensive-cbt-how-fast-can-i-get-better-2018102315110>.
- Srivastava K, Chaudhury S, Dhamija S, Prakash J, Chatterjee K. 2020. Digital technological interventions in mental health care. *Ind Psychiatry J*; 29(2):181-184. doi: 10.4103/ipj.ipj_32_21. Epub 2021 Mar 15. PMID: 34158699; PMCID: PMC8188923.
- Ströhle, A., Gensichen, J. and Domschke, K., 2018. The diagnosis and treatment of anxiety disorders. *Deutsches Ärzteblatt International*, 115(37), p.611.
- The Recovery Village, 2022. *Different Levels of Anxiety*. [Online] Available at: <https://www.therecoveryvillage.com/mental-health/anxiety/levels-of-anxiety/>.
- Thibodeau, M.A., Welch, P.G., Sareen, J. and Asmundson, G.J., 2013. Anxiety disorders are independently associated with suicide ideation and attempts: propensity score matching in two epidemiological samples. *Depression and anxiety*, 30(10), pp.947-954.
- 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.
- United Nations, 2022. *The Sustainable Development Goals Report*. [Online] Available at: <https://unstats.un.org/sdgs/report/2022/The-Sustainable-Development-Goals-Report-2022.pdf>.
- WHO, 2021. *Suicide in the SDGs*. [Online] Available at: <https://www.who.int/teams/mental-health-and-substance-use/data-research/suicide-in-the-sdgs>.
- Williams, N., 2014. The GAD-7 questionnaire. *Occupational Medicine*, 64(3), pp. 224.