

References

- Aass, L. K., Skundberg-Kletthagen, H., Schröder, A., & Moen, Ø. L. (2020). Young adults and their families living with mental illness: Evaluation of the usefulness of family-centered support conversations in Community Mental Health Care Settings. *Journal of Family Nursing*, 26(4), 302–314. <https://doi.org/10.1177/1074840720964397>
- Akyurek, G., Sahadet Sezer, K., Kaya, L., & Temucin, K. (2019). Stigma in Obsessive Compulsive Disorder. IntechOpen. doi: 10.5772/intechopen.83642
- American Psychiatric Association. (2022, October). *What is obsessive-compulsive disorder?*. Psychiatry.org - What Is Obsessive-Compulsive Disorder? <https://www.psychiatry.org/patients-families/obsessive-compulsive-disorder/what-is-obsessive-compulsive-disorder>
- American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. Arlington, VA, American Psychiatric Association, 2013.
- American Psychological Association. (n.d.). APA Dictionary of Psychology. <https://dictionary.apa.org/adulthood>
- Belloch, A., del Valle, G., Morillo, C., Carrió, C., & Cabedo, E. (2008). To seek advice or not to seek advice about the problem: The help-seeking dilemma for obsessive-compulsive disorder. *Social Psychiatry and Psychiatric Epidemiology*, 44(4), 257–264. <https://doi.org/10.1007/s00127-008-0423-0>
- Brakoulias, V., Starcevic, V., Belloch, A., Brown, C., Ferrao, Y. A., Fontenelle, L. F., Lochner, C., Marazziti, D., Matsunaga, H., Miguel, E. C., Reddy, Y., MC, d. R., Shavitt, R. G., Sundar, A. S., Stein, D. J., Torres, A. R., & Viswasam, K. (2017). Comorbidity, age of onset and suicidality in obsessive-compulsive disorder (OCD): An international collaboration. *Comprehensive Psychiatry*, 76, 79–86. <https://doi.org/10.1016/j.comppsy.2017.04.002>
- Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology*, 3(2), 77–101, DOI: 10.1191/1478088706qp063oa
- Chaves, A., Arnáez, S., Castilla, D., Roncero, M., & García-Soriano, G. (2022). Enhancing mental health literacy in obsessive-compulsive disorder and reducing stigma via smartphone: A randomized controlled trial protocol. *Internet interventions*, 29, 100560. <https://doi.org/10.1016/j.invent.2022.100560>
- Cheng, H.-L., Wang, C., McDermott, R. C., Kridel, M., & Rislin, J. L. (2018). Self-stigma, mental health literacy, and attitudes toward seeking psychological help. *Journal of Counseling & Development*, 96(1), 64–74. <https://doi.org/10.1002/jcad.12178>
- Corrigan, P. (2004). How stigma interferes with mental health care. *American Psychologist*, 59(7), 614–625. <https://doi.org/10.1037/0003-066x.59.7.614>
- Corrigan, P. W., & Rao, D. (2012). On the self-stigma of mental illness: stages, disclosure, and strategies for change. *Canadian journal of psychiatry. Revue canadienne de psychiatrie*, 57(8), 464–469. <https://doi.org/10.1177/070674371205700804>
- Dörnyei, Z. (2007). *Research methods in applied linguistics*. Oxford University Press.
- Fennell, D., & Boyd, M. (2014). Obsessive-compulsive disorder in the media. *Deviant Behavior*, 35(9), 669–686. <https://doi.org/10.1080/01639625.2013.872526>
- Fennell, D., & Liberato, A. S. (2007a). Learning to live with OCD: Labeling, the self, and stigma. *Deviant Behavior*, 28(4), 305–331. <https://doi.org/10.1080/01639620701233274>

- Ganesh, K. (2011). Knowledge and Attitude of Mental Illness Among General Public of Southern India. *National Journal of Community Medicine*, 2(01), 175–178. Retrieved from <https://njcmindia.com/index.php/file/article/view/1873>
- Hall, R. (2020). Between friends, an "implicit trust": Exploring the (non)disclosure of private mental health-related information in friendships. *Ohio Communication Journal*, 58, 26-39.
- Keyes, C., Nolte, L., & Williams, T. I. (2017). The battle of living with obsessive compulsive disorder: A qualitative study of young people's experiences. *Child and Adolescent Mental Health*, 23(3), 177–184. <https://doi.org/10.1111/camh.12216>
- King, M., Dinos, S., Shaw, J., Watson, R., Stevens, S., Passeti, F., Weich, S., & Serfaty, M. (2007). The Stigma Scale: Development of a standardised measure of the stigma of mental illness. *British Journal of Psychiatry*, 190(3), 248–254. <https://doi.org/10.1192/bjp.bp.106.024638>
- Latalova, K., Kamaradova, D., & Prasko, J. (2014). Perspectives on perceived stigma and self-stigma in adult male patients with depression. *Neuropsychiatric disease and treatment*, 10, 1399–1405. <https://doi.org/10.2147/NDT.S54081>
- Lopez, K. A., & Willis, D. G. (2004). Descriptive versus interpretive phenomenology: Their contributions to nursing knowledge. *Qualitative Health Research*, 14(5), 726–735. <https://doi.org/10.1177/1049732304263638>
- Mayer, L., Corrigan, P. W., Eisheuer, D., Oexle, N., & Rüsch, N. (2022). Attitudes towards disclosing a mental illness: impact on quality of life and recovery. *Social psychiatry and psychiatric epidemiology*, 57(2), 363–374. <https://doi.org/10.1007/s00127-021-02081-1>
- Moges, S., Belete, T., Mekonen, T., & Menberu, M. (2021). Lifetime relapse and its associated factors among people with schizophrenia spectrum disorders who are on follow up at Comprehensive Specialized Hospitals in Amhara Region, Ethiopia: A cross-sectional study. *International Journal of Mental Health Systems*, 15(1). <https://doi.org/10.1186/s13033-021-00464-0>
- Mohammadi, M. R., Ghanizadeh, A., & Moini, R. (2007). Lifetime comorbidity of obsessive-compulsive disorder with psychiatric disorders in a community sample. *Depression and anxiety*, 24(8), 602–607. <https://doi.org/10.1002/da.20259>
- Murayama, K., Nakao, T., Ohno, A., Tsuruta, S., Tomiyama, H., Hasuzawa, S., Mizobe, T., Kato, K., & Kanba, S. (2020). Impacts of Stressful Life Events and Traumatic Experiences on Onset of Obsessive-Compulsive Disorder. *Frontiers in psychiatry*, 11, 561266. <https://doi.org/10.3389/fpsyt.2020.561266>
- Ociskova, M., Prasko, J., Cerna, M., Jelenova, D., Kamaradova, D., Latalova, K., Sedlackova, Z. (2014). Stigmatization in patients with obsessive-compulsive disorder. *Acta Nerv Super Rediviva* 2013, 55(1–2): 19–26. 110. 82-87.
- Praptomojati, A. (2019). "how do I stop checking things?" understanding obsessive-compulsive disorder from neuropsychological perspective. *Buletin Psikologi*, 27(1), 15. <https://doi.org/10.22146/buletinpsikologi.32807>
- Ringland, K. E., Nicholas, J., Kornfield, R., Lattie, E. G., Mohr, D. C., & Reddy, M. (2019). Understanding Mental Ill-health as Psychosocial Disability: Implications for Assistive Technology. *ASSETS. Annual ACM Conference on Assistive Technologies*, 2019, 156–170. <https://doi.org/10.1145/3308561.3353785>
- Robinson, K. J., Rose, D., & Salkovskis, P. M. (2017). Seeking help for obsessive compulsive

- disorder (ocd): A qualitative study of the enablers and barriers conducted by a researcher with personal experience of ocd. *Psychology and Psychotherapy: Theory, Research and Practice*, 90(2), 193–211. <https://doi.org/10.1111/papt.12090>
- Stein, D. J., Costa, D. L. C., Lochner, C., Miguel, E. C., Reddy, Y. C. J., Shavitt, R. G., van den Heuvel, O. A., & Simpson, H. B. (2019). Obsessive-compulsive disorder. *Nature reviews. Disease primers*, 5(1), 52. <https://doi.org/10.1038/s41572-019-0102-3>
- Subu, M. A., Wati, D. F., Netrida, N., Priscilla, V., Dias, J. M., Abraham, M. S., Slewa-Younan, S., & Al-Yateem, N. (2021). Types of stigma experienced by patients with mental illness and mental health nurses in Indonesia: a qualitative content analysis. *International journal of mental health systems*, 15(1), 77. <https://doi.org/10.1186/s13033-021-00502-x>
- Suryaningrum, C. (2013). COGNITIVE BEHAVIOR THERAPY (CBT) UNTUK MENGATASI GANGGUAN OBSESIF KOMPULSIF. *Jurnal Ilmiah Psikologi Terapan*, 1(1). <https://doi.org/10.22219/jipt.v1i1.1352>
- Swan, H. (2016). A qualitative examination of stigma among formerly incarcerated adults living with HIV. *SAGE Open*, 6(1), 215824401662952. <https://doi.org/10.1177/2158244016629524>
- Thompson-Hollands, J., Edson, A., Tompson, M. C., & Comer, J. S. (2014). Family involvement in the psychological treatment of obsessive-compulsive disorder: a meta-analysis. *Journal of family psychology : JFP : journal of the Division of Family Psychology of the American Psychological Association (Division 43)*, 28(3), 287–298. <https://doi.org/10.1037/a0036709>
- Wang, Y., An, S., Yang, X., Zhang, Z., Li, S., Yao, J., Chen, Y., & Deng, H. (2023). Disease information disclosure among patients with mental illness and their family members in China. *Frontiers in psychiatry*, 13, 1036568. <https://doi.org/10.3389/fpsy.2022.1036568>
- Wang, Y.-Z., Meng, X.-D., Zhang, T.-M., Weng, X., Li, M., Luo, W., Huang, Y., Thornicroft, G., & Ran, M.-S. (2023). Affiliate stigma and caregiving burden among family caregivers of persons with schizophrenia in rural China. *International Journal of Social Psychiatry*, 69(4), 1024–1032. <https://doi.org/10.1177/00207640231152206>
- Werner, L. (2021). "I'm so OCD!": A qualitative study examining disclosure of obsessive-compulsive disorder. *UWL Journal of Undergraduate Research XXIV*(1). 1–20. Retrieved from. <https://www.uwlax.edu/globalassets/offices-services/urc/jur-online/pdf/2021/werner.ily.cst.pdf>