



DAFTAR PUSTAKA

- American Psychiatric Association. (2022). *Diagnostic and Statistical Manual of Mental Disorders* (5th ed.,). American Psychiatric Association.
- Arevalillo-Herráez, M., Arnau-González, P., & Ramzan, N. (2022). On Adapting the DIET Architecture and the Rasa Conversational Toolkit for the Sentiment Analysis Task. *IEEE Access*, 10, 107477–107487.
<https://doi.org/10.1109/ACCESS.2022.3213061>
- Asmika, A., Harijanto, H., & Handayani, N. (2008). Prevalensi depresi dan gambaran stressor psikologososial pada remaja sekolah menengah umum di wilayah kotamadya Malang. *Jurnal Kedokteran Brawijaya*, 24(1), 15–21.
<https://doi.org/https://doi.org/10.21776/ub.jkb.2008.024.01.2>
- Boyd, K., Potts, C., Bond, R., Mulvenna, M., Broderick, T., Burns, C., Bickerdike, A., McTear, M., Kostenius, C., Vakaloudis, A., Dhanapala, I., Ennis, E., & Booth, F. (2022). Usability Testing and Trust Analysis of a Mental Health and Wellbeing Chatbot. *Proceedings of the 33rd European Conference on Cognitive Ergonomics*.
- <https://doi.org/10.1145/3552327.3552348>
- Brown, T. A., Chorpita, B. F., Korotitsch, W., & Barlow, D. H. (1997). Psychometric properties of the Depression Anxiety Stress Scales (DASS) in clinical samples. *Behaviour Research and Therapy*, 35(1), 79–89.
[https://doi.org/https://doi.org/10.1016/S0005-7967\(96\)00068-X](https://doi.org/https://doi.org/10.1016/S0005-7967(96)00068-X)
- Bunk, T., Varshneya, D., Vlasov, V., & Nichol, A. (2020). Diet: Lightweight language understanding for dialogue systems. *arXiv preprint arXiv:2004.09936*.
- Clark, M., Gritsenko, V., Bonnici, J. S., Marinova, T., Reznik, A., & Isralowitz, R. (2021). Psychology Student Attitudes and Beliefs Toward Cannabis for Mental Health Purposes: a Cross National Comparison. *International Journal of Mental Health and Addiction*, 19, 1866–1874.
<https://doi.org/https://doi.org/10.1007/s11469-020-00280-6>



- Coles, M. (2016). Adolescent Mental Health Literacy: Young People's Knowledge of Depression and Social Anxiety Disorder. *Journal of Adolescent Health*, 58(1), 57–62.
<https://doi.org/https://doi.org/10.1016/j.jadohealth.2015.09.017>
- Daley, K., Hungerbuehler, I., Cavanagh, K., Claro, H. G., Swinton, P. A., & Kapps, M. (2020). Preliminary evaluation of the engagement and effectiveness of a mental health chatbot. *Frontiers in digital health*, 2, 576361.
- Devlin, J., Chang, M.-W., Lee, K., & Toutanova, K. (2019). *BERT: Pre-training of Deep Bidirectional Transformers for Language Understanding*.
- Fulmer, R., Joerin, A., Gentile, B., Lakerink, L., Rauws, M., & others. (2018). Using psychological artificial intelligence (Tess) to relieve symptoms of depression and anxiety: randomized controlled trial. *JMIR mental health*, 5(4), e9782.
- Greer, S., Ramo, D., Chang, Y.-J., Fu, M., Moskowitz, J., Haritatos, J., & others. (2019). Use of the chatbot “vivibot” to deliver positive psychology skills and promote well-being among young people after cancer treatment: randomized controlled feasibility trial. *JMIR mHealth and uHealth*, 7(10), e15018.
- Guțu, S. M., Cosmoiu, A., Cojocaru, D., & Turturescu, T. (2021). Bot to the Rescue? Effects of a Fully Automated Conversational Agent on Anxiety and Depression: A Randomized Controlled Trial. *Ann Depress Anxiety*, 8(1), 1107.
- Hao, L., Peng, H., Song, X., Xu, C., & Zhang, M. (2022). Using AI chatbots to provide self-help depression interventions for university students: A randomized trial of effectiveness. *Internet Interventions*, 27(100495), 1–8.
<https://doi.org/https://doi.org/10.1016/j.invent.2022.100495>
- He, Y., Yang, L., BE, B. W., BE, S. Z., Qian, C., & BE, T. T. (2022). Mental health chatbot for young adults with depressive symptoms: a single-blind, three-arm, randomized controlled trial. *Journal of Medical Internet Research*.



- Ismael, M. I., Hashim, N. N. W., Shah, N. S. M., Syuhada, N., & Munir, M. (2022). Chatbot System for Mental Health in Bahasa Malaysia. *Journal of Integrated and Advanced Engineering (JIAE)*, 2(2), 135–146.
- Johnson, S. V, Ulvenes, P. G., Øktedalen, T., & Hoffart, A. (2006). Psychometric Properties of the General Anxiety Disorder 7-Item (GAD-7) Scale in a Heterogeneous Psychiatric Sample. *Frontier in Psychology*, 10(1713), 1–8. <https://doi.org/https://doi.org/10.3389/fpsyg.2019.01713>
- Kaywan, P., Ahmed, K., Ibaida, A., Miao, Y., & Gu, B. (2023). Early detection of depression using a conversational AI bot: A non-clinical trial. *Plos one*, 18(2), e0279743.
- Klos, M. C., Escoredo, M., Joerin, A., Lemos, V. N., Rauws, M., & Bunge, E. L. (2021). Artificial intelligence-based chatbot for anxiety and depression in university students: pilot randomized controlled trial. *JMIR formative research*, 5(8), e20678.
- Marvik AI. (2022, Juni 23). *NLP Transformer & DIET Explained*. <https://blog.marvik.ai/2022/06/23/nlp-transformer-diet-explained/>.
- Mauriello, M. L., Tantivasadakarn, N., Mora-Mendoza, M. A., Lincoln, E. T., Hon, G., Nowruzi, P., Simon, D., Hansen, L., Goenawan, N. H., Kim, J., & others. (2021). A Suite of Mobile Conversational Agents for Daily Stress Management (Popbots): Mixed Methods Exploratory Study. *JMIR formative research*, 5(9), e25294.
- McConaughy, S. H., & Whitcomb, S. A. (2022). *Clinical Interviews for Children and Adolescents Assessment to Intervention*. Guilford Publications.
- Park, S., Choi, J., Lee, S., Oh, C., Kim, C., La, S., Lee, J., & Suh, B. (2019). Designing a chatbot for a brief motivational interview on stress management: Qualitative case study. *Journal of medical Internet research*, 21(4), e12231.
- Patole, A., Dambre, V., Kesharwani, R., & Khanuja, H. (2021). Mental Health Chatbot (Psykh). *International Research Journal of Engineering and Technology*, 8(3), 1084–1087.
- Pretsch, J., Flunger, B., & Schmitt, M. (2012). Resilience predicts well-being in teachers, but not in non-teaching employees. *Social Psychology of*



Education, 15, 321–336. <https://doi.org/https://doi.org/10.1007/s11218-012-9180-8>

Rao, T. S. M., Manasa, R., Chandana, M., & Kumar, K. P. (t.t.). A NOVEL FRAMEWORK TO MITIGATE MENTAL HEALTH ISSUES USING NLP.

Rapee, R. M., Lyneham, H. J., Sburlati, E. S., & Schniering, C. A. (2014). *Evidence-Based CBT for Anxiety and Depression in Children and Adolescents A Competencies Based Approach*. Wiley.

Rasa Technologies GmbH. (2019). *Introduction to Rasa Open Source*. <https://rasa.com/docs/rasa/>.

Rathnayaka, P., Mills, N., Burnett, D., De Silva, D., Alahakoon, D., & Gray, R. (2022). A mental health chatbot with cognitive skills for personalised behavioural activation and remote health monitoring. *Sensors*, 22(10), 3653.

Reimers, N., & Gurevych, I. (2019). Sentence-bert: Sentence embeddings using siamese bert-networks. *arXiv preprint arXiv:1908.10084*.

SH, L. (1995). Manual for the depression anxiety stress scales. Dalam *Sydney Psychology Foundation*. <https://cir.nii.ac.jp/crid/1370294643851494273>

Spielberger, C. D., Gonzalez-Reigosa, F., Martinez-Urrutia, A., Natalicio, L. F. S., & Natalicio, D. S. (1971). The state-trait anxiety inventory. *Revista Interamericana de Psicología/Interamerican journal of psychology*, 5(3 & 4).

Spitzer, R. L., Kroenke, K., Williams, J. B. W., & Löwe, B. (2006). A Brief Measure for Assessing Generalized Anxiety Disorder: The GAD-7. *Archives of Internal Medicine*, 166(10), 1092–1097. <https://doi.org/10.1001/archinte.166.10.1092>

Stapleton, A., Lavelle, J., & McHugh, L. (2022). *Chatbot-delivered acceptance and commitment therapy with adolescents: A pilot randomized controlled trial*.

Suweleh, A. S. (2022). *PENGEMBANGAN CHATBOT UNTUK REKOMENDASI TEMPAT WISATA DI PROVINSI NUSA TENGGARA BARAT*. Universitas Gadjah Mada.



- Tewari, A., Chhabria, A., Khalsa, A. S., Chaudhary, S., & Kanal, H. (2021). A survey of mental health chatbots using NLP. *Proceedings of the International Conference on Innovative Computing & Communication (ICICC)*.
- Tobin, R. M., & House, A. E. (2015). *DSM-5® Diagnosis in the Schools*. Guilford Publications.
- Wani, I. A., & Singh, B. (2019). Effect of Islamic psycho-spiritual therapy in managing craving, withdrawal symptoms, and mental health problems among cannabis users. *Mental Health, Religion and Culture*, 22(7). <https://doi.org/https://doi.org/10.1080/13674676.2019>
- Zhu, X., & de Melo, G. (2020). *Sentence Analogies: Exploring Linguistic Relationships and Regularities in Sentence Embeddings*.
- Zsido, A. N., Teleki, S. A., Csokasi, K., Rozsa, S., & Bandi, S. A. (2020). Development of the short version of the spielberger state—trait anxiety inventory. *Psychiatry Research*, 291, 113223. <https://doi.org/https://doi.org/10.1016/j.psychres.2020.113223>