

## DAFTAR PUSTAKA

- Adwas, A., Jbireal, J., & Azab, A. (2019). Anxiety: Insights into Signs, Symptoms, Etiology, Pathophysiology, and Treatment. *The South African journal of medical sciences*, 2, 80–91.
- Amitai, M., Chen, A., & Apter, A. (2017). T30 The Role Of Circulating Micromnas As Possible Biomarkers Predicting Response And Adverse Events In Depressed And Anxious Children And Adolescents Treated With Fluoxetine. *European Neuropsychopharmacology*, 27. <https://doi.org/10.1016/j.euroneuro.2016.09.518>
- Amitai, M., Taler, M., Carmel, M., Michaelovsky, E., Eilat, T., Yablonski, M., Orpaz, N., Chen, A., Apter, A., Weizman, A., & Fennig, S. (2016). The Relationship Between Plasma Cytokine Levels and Response to Selective Serotonin Reuptake Inhibitor Treatment in Children and Adolescents with Depression and/or Anxiety Disorders. *Journal of child and adolescent psychopharmacology*, 26, 8, 727–732. <https://doi.org/10.1089/CAP.2015.0147>
- Annuar, K., & Saadah, N. (2022). TERAPI SEFT (SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE) UNTUK MENGATASI KECEMASAN BELAJAR SISWA. *Counselia; Jurnal Bimbingan Konseling Pendidikan Islam*. <https://doi.org/10.31943/counselia.v3i2.41>
- Ardi, Z., Eseadi, C., Yuniarti, E., Yendi, F. M., & Murni, A. W. (2023). Efficacy of Cognitive Behavioral Therapy With Local Wisdom and Web-Based Counseling on Generalized Anxiety Disorders and Functional Gastrointestinal Disorders in Adolescent College Girls: Protocol for a Randomized Controlled Trial. *JMIR Research Protocols*, 12. <https://doi.org/10.2196/50316>
- Auerbach, R., Pagliaccio, D., Hubbard, N., Frosch, I. R., Kremens, R., Cosby, E. A., Jones, R. J., Siless, V., Lo, N., Henin, A., Hofmann, S., Gabrieli, J., Yendiki, A., Whitfield-Gabrieli, S., & Pizzagalli, D. (2021). Reward-Related Neural Circuitry in Depressed and Anxious Adolescents: A Human Connectome Project. *Journal of the American Academy of Child and Adolescent Psychiatry*. <https://doi.org/10.1016/j.jaac.2021.04.014>
- Bach, D., Groesbeck, G., Stapleton, P., Sims, R., Blickheuser, K., & Church, D. (2019). Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *Journal of Evidence-Based Integrative Medicine*, 24, 2515690X1882369. <https://doi.org/10.1177/2515690X18823691>
- Baker, H. J., Lawrence, P. J., Karalus, J., Creswell, C., & Waite, P. (2021). The Effectiveness of Psychological Therapies for Anxiety Disorders in Adolescents: A Meta-Analysis. *Clinical Child and Family Psychology Review*, 24(4), 765–782. <https://doi.org/10.1007/s10567-021-00364-2>
- Bandelow, B., Allgulander, C., Baldwin, D., Costa, D. L. C., Denys, D., Dilbaz, N., Domschke, K., Eriksson, E., Fineberg, N., Hättenschwiler, J., Hollander, E., Kaiya, H., Karavaeva, T., Kasper, S., Katzman, M., Kim, Y.-K., Inoue, T., Lim, L., Masdrakis, V., ... Zohar, J. (2022). World Federation of Societies of Biological Psychiatry (WFSBP) guidelines for treatment of anxiety,

- obsessive-compulsive and posttraumatic stress disorders – Version 3. Part I: Anxiety disorders. *The World Journal of Biological Psychiatry*, 24, 79–117. <https://doi.org/10.1080/15622975.2022.2086295>
- Bathelt, J., Vignoles, A., & Astle, D. E. (2021). Just a phase? Mapping the transition of behavioural problems from childhood to adolescence. *Social Psychiatry and Psychiatric Epidemiology*. <https://doi.org/10.1007/s00127-020-02014-4>
- Biswas, T., Scott, J. G., Munir, K., Renzaho, A., Rawal, L., Baxter, J., & Mamun, A. (2020). Global variation in the prevalence of suicidal ideation, anxiety and their correlates among adolescents: A population based study of 82 countries. *EClinicalMedicine*, 24. <https://doi.org/10.1016/j.eclinm.2020.100395>
- Blakeley-Smith, A., Meyer, A. T., Boles, R. E., & Reaven, J. (2021). Group cognitive behavioural treatment for anxiety in adolescents with ASD and intellectual disability: A pilot and feasibility study. *Journal of applied research in intellectual disabilities: JARID*. <https://doi.org/10.1111/jar.12854>
- Boraita, R. J., Ibort, E. G., Torres, J. M. D., & Alsina, D. A. (2020). Gender Differences Relating to Lifestyle Habits and Health-Related Quality of Life of Adolescents. *Child Indicators Research*, 1–15. <https://doi.org/10.1007/s12187-020-09728-6>
- Cabral, M. D., & Patel, D. (2020). Risk Factors and Prevention Strategies for Anxiety Disorders in Childhood and Adolescence. *Advances in experimental medicine and biology*, 1191, 543–559. [https://doi.org/10.1007/978-981-32-9705-0\\_27](https://doi.org/10.1007/978-981-32-9705-0_27)
- Călin, M., Sandu, M., & Zburlea, A. (2021). Identifying the relationships between personality and behavior in adolescents. *Technium Social Sciences Journal*. <https://doi.org/10.47577/tssj.v20i1.3600>
- Chavanne, A. V., & Robinson, O. (2020). The Overlapping Neurobiology of Induced and Pathological Anxiety: A Meta-Analysis of Functional Neural Activation. *The American journal of psychiatry*. <https://doi.org/10.1176/appi.ajp.2020.19111153>
- Choi, Y., Kim, Y., Choi, S., Choi, Y., Kwon, O., Kwon, D., Lee, S.-H., Cho, S.-H., & Kim, H. (2023). Emotional freedom technique versus written exposure therapy versus waiting list for post-traumatic stress disorder: Protocol for a randomised clinical MRI study. *BMJ Open*, 13. <https://doi.org/10.1136/bmjopen-2022-070389>
- Christ, C., Schouten, M., Blankers, M., Schaik, D. V. van, Beekman, A., Wisman, M. A., Stikkelbroek, Y., & Dekker, J. (2020). Internet and Computer-Based Cognitive Behavioral Therapy for Anxiety and Depression in Adolescents and Young Adults: Systematic Review and Meta-Analysis. *Journal of Medical Internet Research*, 22. <https://doi.org/10.2196/17831>
- Chubar, V., Leeuwen, K. V., Bijttebier, P., Assche, E. V., Bosmans, G., Noortgate, W. V. den, Winkel, R. van, Goossens, L., & Claes, S. (2020). Gene–environment interaction: New insights into perceived parenting and social

- anxiety among adolescents. *European Psychiatry*, 63. <https://doi.org/10.1192/j.eurpsy.2020.62>
- Church, D., & David, I. (2019). Borrowing Benefits: Clinical EFT (Emotional Freedom Techniques) as an Immediate Stress Reduction Skill in the Workplace. *Psychology*. <https://doi.org/10.4236/PSYCH.2019.107061>
- Church, D., Hawk, C., Brooks, A. J., Toukolehto, O., Wren, M., Dinter, I., & Stein, P. (2013). Psychological trauma symptom improvement in veterans using emotional freedom techniques: A randomized controlled trial. *The Journal of Nervous and Mental Disease*, 201(2), 153–160. <https://doi.org/10.1097/NMD.0b013e31827f6351>
- Church, D., Sparks, T., & Clond, M. (2016). EFT (Emotional Freedom Techniques) and Resiliency in Veterans at Risk for PTSD: A Randomized Controlled Trial. *Explore (New York, N.Y.)*, 12(5), 355–365. <https://doi.org/10.1016/j.explore.2016.06.012>
- Clond, M. A. (2016). Emotional Freedom Techniques for Anxiety: A Systematic Review With Meta-analysis. *The Journal of Nervous and Mental Disease*, 204. <https://doi.org/10.1097/NMD.0000000000000483>
- Diler, R., & Avci, A. (2002). Selective serotonin reuptake inhibitors in children and adolescents. *Swiss medical weekly*, 132 33-34, 470–477.
- Dincer, B., & Inangil, D. (2021). The effect of Emotional Freedom Techniques on nurses' stress, anxiety, and burnout levels during the COVID-19 pandemic: A randomized controlled trial. *Explore (New York, N.Y.)*, 17(2), 109–114. <https://doi.org/10.1016/j.explore.2020.11.012>
- Dincer, B., Özçelik, S. K., Özer, Z., & Bahçecik, N. (2020). Breathing therapy and emotional freedom techniques on public speaking anxiety in Turkish nursing students: A randomized controlled study. *Explore*. <https://doi.org/10.1016/j.explore.2020.11.006>
- Dumais, K., Chernyak, S., Nickerson, L., & Janes, A. (2018). Sex differences in default mode and dorsal attention network engagement. *PLoS ONE*, 13. <https://doi.org/10.1371/journal.pone.0199049>
- Fang, S., & He, J. (2023). Psychosocial therapy models in news media scenarios on adolescents with social anxiety disorders. *CNS Spectrums*, 28, 108–108. <https://doi.org/10.1017/S1092852923005242>
- Fuller, S. A., & Stapleton, P. (2021). Emotional Freedom Techniques for Stroke Rehabilitation: A Single Case Study. *OBM Integrative and Complementary Medicine*. <https://doi.org/10.21926/obm.icm.2104038>
- Gaesser, A. H., & Karan, O. (2017). A Randomized Controlled Comparison of Emotional Freedom Technique and Cognitive-Behavioral Therapy to Reduce Adolescent Anxiety: A Pilot Study. *Journal of alternative and complementary medicine*, 23 2, 102–108. <https://doi.org/10.1089/acm.2015.0316>
- GaesserAmy, H., & KaranOrv, C. (2017). A Randomized Controlled Comparison of Emotional Freedom Technique and Cognitive-Behavioral Therapy to Reduce Adolescent Anxiety: A Pilot Study. *Journal of Alternative and Complementary Medicine*, 23, 102–108. <https://doi.org/10.1089/ACM.2015.0316>

- Ghasemzadeh, A., Ghamari, M., & Hosseinian, S. (2019). The impact of emotional freedom techniques on Students' anxiety reduction and psychological wellbeing increase. *Education Strategies in Medical Sciences*, 12, 121–130.
- Hafter, B. M., Barbee, J., Miller, C. Z., & Shaner, L. (2021). *A Comprehensive Introductory Guide to EFT (Emotional Freedom Techniques)*. EFT International.
- Hartini, R. S. (2015). *Pengaruh Terapi Kombinasi Emotional Freedom Technique Dan Terapi Relaksasi Terhadap Derajat Depresi Narapidana Wanita Di Lembaga Pemasarakatan Klas IIA Yogyakarta* [Universitas Gadjah Mada]. <https://etd.repository.ugm.ac.id/penelitian/detail/83997>
- Harwanto, N. C., Fitrikasari, A., & AS, W. S. (2015). Hubungan Prestasi Remaja SMA yang Dikonsulkan ke Bimbingan dan Konseling dengan Kejadian Kecemasan. *Media Medika Muda*, 4(4).
- Hengartner, M., & Plöderl, M. (2021). Suicidality and other severe psychiatric events with duloxetine: Re-analysis of safety data from a placebo-controlled trial for juvenile fibromyalgia. *The International journal of risk & safety in medicine*, 32 3, 209–218. <https://doi.org/10.3233/jrs-200033>
- Hetrick, S., Merry, S., McKenzie, J., Sindahl, P., & Proctor, M. (2007). Selective serotonin reuptake inhibitors (SSRIs) for depressive disorders in children and adolescents. *The Cochrane database of systematic reviews*, 3. <https://doi.org/10.1002/14651858.CD004851.PUB2>
- Inangil, D., Vural, P., Doğan, S., & Körpe, G. (2020). Effectiveness of Music Therapy and Emotional Freedom Technique on Test Anxiety in Turkish Nursing Students: A Randomised Controlled Trial. *European Journal of Integrative Medicine*, 33. <https://doi.org/10.1016/J.EUJIM.2019.101041>
- Ipsier, J., Stein, D., Hawkrigde, S., & Hoppe, L. (2009). Pharmacotherapy for anxiety disorders in children and adolescents. *The Cochrane database of systematic reviews*, 3. <https://doi.org/10.1002/14651858.CD005170.pub2>
- Irmak Vural, P., Körpe, G., & Inangil, D. (2019). Emotional freedom techniques (EFT) to reduce exam anxiety in Turkish nursing students. *European Journal of Integrative Medicine*, 32, 101002. <https://doi.org/10.1016/j.eujim.2019.101002>
- Kasturi, S., Oguoma, V., Grant, J. B., Niyonsenga, T., & Mohanty, I. (2023). Prevalence Rates of Depression and Anxiety among Young Rural and Urban Australians: A Systematic Review and Meta-Analysis. *International Journal of Environmental Research and Public Health*, 20. <https://doi.org/10.3390/ijerph20010800>
- Kim, M.-L., & Shin, K. (2022). Exploring the Major Factors Affecting Generalized Anxiety Disorder in Korean Adolescents: Based on the 2021 Korea Youth Health Behavior Survey. *International Journal of Environmental Research and Public Health*, 19. <https://doi.org/10.3390/ijerph19159384>
- Konac, D., Young, K., Lau, J., & Barker, E. (2021). Comorbidity Between Depression and Anxiety in Adolescents: Bridge Symptoms and Relevance of Risk and Protective Factors. *Journal of Psychopathology and Behavioral Assessment*, 43, 583–596. <https://doi.org/10.1007/s10862-021-09880-5>

- Krueger, R., Caspi, A., Moffitt, T., Silva, P. A., & McGee, R. (1996). Personality traits are differentially linked to mental disorders: A multitrait-multidiagnosis study of an adolescent birth cohort. *Journal of abnormal psychology, 105* 3, 299–312. <https://doi.org/10.1037/0021-843X.105.3.299>
- Kurniawati, L., Wahyudi, A., & Sriyono, S. (2022). The Effect of Emotional Freedom Technique and Deep Breathing Exercise on Reducing Anxiety. *Current Research in Traditional Medicine*. <https://doi.org/10.25082/crtm.2022.01.001>
- Kwak, H.-Y., Choi, E.-J., Kim, J., Suh, H.-W., & Chung, S.-Y. (2020). Effect of the Emotional Freedom Techniques on anger symptoms in Hwabyung patients: A comparison with the progressive muscle relaxation technique in a pilot randomized controlled trial. *Explore*. <https://doi.org/10.1016/J.EXPLORE.2019.08.006>
- Lambert, M., Smith, S., Moss, S., & Kirshbaum, M. (2022). Emotional Freedom Techniques (Tapping) to Improve Wellbeing and Reduce Anxiety in Primary School Classrooms. *Australian Journal of Teacher Education*. <https://doi.org/10.14221/ajte.2022v47n3.5>
- Lataima, N. S. (2020). *Advantages Emotional Freedom Technique (EFT) For Anxiety Disorder: A Systematic Review. II*. <https://doi.org/10.33846/SF.V11I4.732>
- Lataima, N. S., Kurniawati, N. D., & Astuti, P. (2020). Manfaat Emotional Freedom Technique (EFT) Bagi Pasien Dengan Gangguan Kecemasan. *Jurnal Penelitian Kesehatan "SUARA FORIKES" (Journal of Health Research "Forikes Voice")*, 11(2), Article 2. <https://doi.org/10.33846/sf11204>
- Leigh, E., Chiu, K., & Clark, D. (2021). Is concentration an indirect link between social anxiety and educational achievement in adolescents? *PLoS ONE, 16*. <https://doi.org/10.1371/journal.pone.0249952>
- Levine, A. A., & McGlinchey, E. (2015). Assessing Sexual Symptoms and Side Effects in Adolescents. *Pediatrics, 135*, 815–817. <https://doi.org/10.1542/peds.2014-3003>
- Licari, A., Ciprandi, R., Marseglia, G., & Ciprandi, G. (2020). Anxiety in adolescents with severe asthma and response to treatment. *Acta Bio Medica : Atenei Parmensis, 91*. <https://doi.org/10.23750/abm.v91i4.8806>
- Lipp, A., & Kadosh, K. C. (2020). Training the anxious brain: Using fMRI-based neurofeedback to change brain activity in adolescence. *Developmental Medicine & Child Neurology, 62*. <https://doi.org/10.1111/dmcn.14611>
- Liu, Z., Hu, Y., Zhang, Y., Liu, W., Zhang, L., Wang, Y., Yang, H., Wu, J., Cheng, W., & Yang, Z. (2020). Altered gray matter volume and structural covariance in adolescents with social anxiety disorder: Evidence for a delayed and unsynchronized development of the fronto-limbic system. *Psychological Medicine, 51*, 1742–1751. <https://doi.org/10.1017/S0033291720000495>
- Luca, L. D., Giletta, M., Menesini, E., & Prinstein, M. (2022). Reciprocal associations between peer problems and non-suicidal self-injury throughout adolescence. *Journal of Child Psychology and Psychiatry, and Allied Disciplines, 63*, 1486–1495. <https://doi.org/10.1111/jcpp.13601>

- Mardhiyah, R. A. (2022). Religious Psychotherapy for Depressive and Anxiety Disorder: A Systematic Review. *Journal of Comparative Study of Religions*. <https://doi.org/10.21111/jcsr.v3i1.7260>
- Martin, E. I., Ressler, K. J., Binder, E., & Nemeroff, C. B. (2009). The neurobiology of anxiety disorders: Brain imaging, genetics, and psychoneuroendocrinology. *The Psychiatric Clinics of North America*, 32(3), 549–575. <https://doi.org/10.1016/j.psc.2009.05.004>
- Mazzone, L., Ducci, F., Scoto, M. C., Passaniti, E., D'Arrigo, V. G., & Vitiello, B. (2007). The role of anxiety symptoms in school performance in a community sample of children and adolescents. *BMC Public Health*, 7, 347. <https://doi.org/10.1186/1471-2458-7-347>
- Messenger, M., Packman, A., Onslow, M., Menzies, R., & O'Brian, S. (2015). Children and adolescents who stutter: Further investigation of anxiety. *Journal of Fluency Disorders*, 46, 15–23. <https://doi.org/10.1016/j.jfludis.2015.07.006>
- Mohammadi, M., Pourdehghan, P., Mostafavi, S., Hooshyari, Z., Ahmadi, N., & Khaleghi, A. (2020). Generalized anxiety disorder: Prevalence, predictors, and comorbidity in children and adolescents. *Journal of anxiety disorders*, 73. <https://doi.org/10.1016/j.janxdis.2020.102234>
- Narmandakh, A., Roest, A., Jonge, P. de, & Oldehinkel, A. (2020). Psychosocial and biological risk factors of anxiety disorders in adolescents: A TRAILS report. *European Child & Adolescent Psychiatry*, 30, 1969–1982. <https://doi.org/10.1007/s00787-020-01669-3>
- Nikmaturrohman. (2016). *Konsep Manusia Ki Ageng Suryomentaram Relevansi dengan Pembentukan Karakter Sufistik*. UIN Walisongo.
- Painter, K. R., & Scannapieco, M. (2021). Treatment of Anxiety Disorders. *Understanding the Mental Health Problems of Children and Adolescents*. <https://doi.org/10.1093/OSO/9780190927844.003.0008>
- Parfanovych, I., Kyrychenko, V., Petrochko, Z., Necherda, V., Koropetska, O., & Lavrentieva, I. (2022). Peculiarities of Assertiveness Development and Ways of Socialization of Personality in Adolescence. *BRAIN. Broad Research in Artificial Intelligence and Neuroscience*. <https://doi.org/10.18662/brain/13.4/381>
- Pettitt, R., Brown, E. A., Delashmitt, J. C., & Pizzo, M. N. (2022). The Management of Anxiety and Depression in Pediatrics. *Cureus*, 14. <https://doi.org/10.7759/cureus.30231>
- Pfeifer, J. H., & Allen, N. (2021). Puberty Initiates Cascading Relationships Between Neurodevelopmental, Social, and Internalizing Processes Across Adolescence. *Biological Psychiatry*, 89, 99–108. <https://doi.org/10.1016/j.biopsych.2020.09.002>
- Pickering, L., Hadwin, J. A., & Kovshoff, H. (2020). The Role of Peers in the Development of Social Anxiety in Adolescent Girls: A Systematic Review. *Adolescent Research Review*, 5(4), 341–362. <https://doi.org/10.1007/s40894-019-00117-x>
- Rahman, I. A., Nurhayati, N., Anggriani, D., Khasanah, U., Anwar, S., & Apipudin, A. (2024). Emotional Freedom Techniques (EFT) to Overcome Anxiety in

- Teenagers with Smoking Behavior. *Indonesian Journal of Global Health Research*, 6(3), Article 3. <https://doi.org/10.37287/ijghr.v6i3.3092>
- Rapee, R. M. (2012). Family Factors in the Development and Management of Anxiety Disorders. *Clinical Child and Family Psychology Review*, 15(1), 69–80. <https://doi.org/10.1007/s10567-011-0106-3>
- Rynn, M., Walkup, J., Compton, S., Sakolsky, D. J., Sherrill, J., Shen, S., Kendall, P., McCracken, J., Albano, A., Piacentini, J., Riddle, M., Keeton, C. P., Waslick, B., Chrisman, A. K., Iyengar, S., March, J., & Birmaher, B. (2015). Child/Adolescent anxiety multimodal study: Evaluating safety. *Journal of the American Academy of Child and Adolescent Psychiatry*, 54 3, 180–190. <https://doi.org/10.1016/j.jaac.2014.12.015>
- Safara, M., Mesri, M., Gooshki, H. S., & Ghazvini, A. (2020). *Evaluation the Effectiveness of Anxiety Treatments: Cognitive Therapy in Comparison to Spiritual Therapy*. 11, 147–153. <https://doi.org/10.5455/jcmr.2020.11.03.18>
- Santos, E. da C., Lopes, M., Asbahr, F., Rodrigues, C. L., Saffi, F., Spruyt, K., Serafim, A., & Rocca, C. C. (2023). Personality Characteristics of Children and Adolescents with Anxiety Disorder from a Maternal Perspective: A Brief Report. *Behavioral Sciences*, 13. <https://doi.org/10.3390/bs13050404>
- Saviola, F., Pappaianni, E., Monti, A., Grecucci, A., Jovicich, J., & Pisapia, N. D. (2020). Trait and state anxiety are mapped differently in the human brain. *Scientific Reports*, 10. <https://doi.org/10.1038/s41598-020-68008-z>
- Semyonova, A. V. (2020). *Personal characteristics in adolescence and adolescence*. 3, 74–83. <https://doi.org/10.17748/2686-9969-2020-3-3-74-83>
- Solmi, M., Fornaro, M., Ostinelli, E., Zangani, C., Croatto, G., Monaco, F., Krinitski, D., Fusar-Poli, P., & Correll, C. (2020). Safety of 80 antidepressants, antipsychotics, anti-attention-deficit/hyperactivity medications and mood stabilizers in children and adolescents with psychiatric disorders: A large scale systematic meta-review of 78 adverse effects. *World Psychiatry*, 19. <https://doi.org/10.1002/wps.20765>
- Stahl, S. M. (Ed.). (2022). Anxiety, Trauma, and Treatment. Dalam *Stahl's Essential Psychopharmacology: Neuroscientific Basis and Practical Applications* (hlm. 359–378). Cambridge University Press. <https://doi.org/10.1017/9781009053365.009>
- Stapleton, P., Crighton, G., Sabot, D., & O'Neill, H. (2020). Reexamining the effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial. *Psychological trauma: theory, research, practice and policy*. <https://doi.org/10.1037/tra0000563>
- Stapleton, P., Kip, K., Church, D., Toussaint, L., Footman, J., Ballantyne, P., & O'Keefe, T. (2023). Emotional freedom techniques for treating post traumatic stress disorder: An updated systematic review and meta-analysis. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1195286>
- Stark, V. S., Williams, E., Tribin, F. E., Coto, J., Carrico, A., Carreño, J. M., Bielak, D., Desai, P., Krammer, F., Hoffer, M. E., Pallikkuth, S., & Pahwa, S. (2023). Examining the effect of SARS-CoV-2 pandemic-induced stress and anxiety on humoral immunity in healthcare workers. *Journal of*

- occupational and environmental medicine.*  
<https://doi.org/10.1097/JOM.00000000000003014>
- Steinsbekk, S., Ranum, B. M., & Wichstrøm, L. (2021). Prevalence and course of anxiety disorders and symptoms from preschool to adolescence: A 6-wave community study. *Journal of child psychology and psychiatry, and allied disciplines.* <https://doi.org/10.1111/jcpp.13487>
- Su, X. (2023). Influence of Social Media and Family Environment on Adolescent Anxiety Disorder. *Journal of Education, Humanities and Social Sciences.* <https://doi.org/10.54097/ehss.v22i.12421>
- Timulak, L., Keogh, D., Chigwedere, C., Wilson, C., Ward, F., Hevey, D., Griffin, P., Jacobs, L., & Irwin, B. (2018). A comparison of emotion-focused therapy and cognitive-behavioural therapy in the treatment of generalised anxiety disorder: Study protocol for a randomised controlled trial. *Trials, 19*(1), 506. <https://doi.org/10.1186/s13063-018-2892-0>
- Truchta, M., Mańkowska, A., Jabłońska, W., Wardęszkieiwcz, M., Kasprzak, A., Markowiak, S., Świercz, M., Kolano, A., & Pejas, A. (2023). Anxiety disorders pharmacological and non-pharmacological methods of therapy. *Journal of Education, Health and Sport, 50*(1), 11–22. <https://doi.org/10.12775/JEHS.2023.50.01.001>
- Vicente, A., & Martinez Manrique, F. (2011). Inner Speech: Nature and Functions. *Philosophy Compass, 6*(3), 209–219. <https://doi.org/10.1111/j.1747-9991.2010.00369.x>
- Wahyadi, A. E., Setyawan, A., Putri, Y. A., Erskine, H. E., Wallis, K., McGrath, C., Whiteford, H. A., Scott, J. G., Blum, R., Fine, S., Li, M., & Ramaiya, A. (2022). *Indonesia-National Adolescent Mental Health Survei (I-NAMBHS)*. Pusat Kesehatan Reproduksi; University of Queensland; John Hopkins Bloomberg School of Public Health.
- Walter, H., Bukstein, O., Abright, A., Keable, H., Ramtekkar, U., Ripperger-Suhler, J. A., & Rockhill, C. M. (2020). Clinical Practice Guideline for the Assessment and Treatment of Children and Adolescents With Anxiety Disorders. *Journal of the American Academy of Child and Adolescent Psychiatry.* <https://doi.org/10.1016/j.jaac.2020.05.005>
- Wati, N. L., Sansuwito, T. B., Riyanto, D., Sustiyono, A., & Musfirowati, F. (2022). The Effectiveness of Emotional Freedom Technique on Public Speaking Anxiety in University Student: An Integrated Review. *Open Access Macedonian Journal of Medical Sciences, 10*(F), 263–268. <https://doi.org/10.3889/oamjms.2022.7919>
- Wehry, A. M., Beesdo-Baum, K., Hennelly, M., Connolly, S., & Strawn, J. (2011). Assessment and Treatment of Anxiety Disorders in Children and Adolescents. *Current Psychiatry Reports, 17*, 1–11. <https://doi.org/10.1007/s11920-015-0591-z>
- Xie, S., Zhang, X., Cheng, W., & Yang, Z. (2021). Adolescent anxiety disorders and the developing brain: Comparing neuroimaging findings in adolescents and adults. *General Psychiatry, 34.* <https://doi.org/10.1136/gpsych-2020-100411>

- Yaffe, Y. (2021). A narrative review of the relationship between parenting and anxiety disorders in children and adolescents. *International Journal of Adolescence and Youth*, 26, 449–459. <https://doi.org/10.1080/02673843.2021.1980067>
- Yang, N., & Yang, X. (2022). Anxiety and depression in graduating university students during the COVID-19 pandemic: A longitudinal study. *American Journal of Translational Research*, 14(4), 2668–2676.
- Zsamboky, M., Haskell, B., Vick, R., & Schroer, M. (2020). Treating Child and Adolescent Depression and Anxiety in Primary Care. *The Journal for Nurse Practitioners*. <https://doi.org/10.1016/J.NURPRA.2020.08.019>