

## DAFTAR PUSTAKA

- Acikgoz, B., Dalkiran, B., & Dayi, A. (2022). An overview of the currency and usefulness of behavioral tests used from past to present to assess anxiety, social behavior and depression in rats and mice. *Behavioural Processes*, 200, 104670. <https://doi.org/10.1016/j.beproc.2022.104670>
- Ai, Z., Liu, Y., Shi, X., Hu, W., Zhang, Y., An, R., & Lei, G. (2023). The protective effects of apple pectin and citrus pectins on post-cerebral I/R depression in mice: The role of NF- $\kappa$ B-p65 and pSTAT3 pathways. *Arabian Journal of Chemistry*, 16(8), 104864. <https://doi.org/10.1016/j.arabjc.2023.104864>
- Amin, C., & Arinta, R. T. (2022). Pengabdian Masyarakat : Jenis Tanaman Obat, Desain Perancangan dan Pelaksanaan Taman Toga ( Kasus Studi RT 08, RW V, Sumurboto, Banyumanik, Semarang ). *Jurnal Suara Pengabdian* 45, 1(1), 73–82.
- Anggarain, D. I. i, Kusuma, E. W., & Murti, N. R. (2022). Uji Aktivitas Antidiabetes Kombinasi Ekstrak Etanol Bunga Turi Merah (*Sesbania grandiflora* L.) dan Bunga Telang (*Clitoria ternatea* L.) secara In Vitro. *Jurnal Farmasi Sains Dan Terapan*, 9(2), 53–59. <https://doi.org/10.33508/jfst.v9i2.3776>
- Anisyah, L.-, Kusuma, I. A. P., & Tindaon, L. V. (2022). Suhu Dan Waktu Optimum Penyeduhan Simplisia Bunga Telang (*Clitoria Ternatea* L) Terhadap Kandungan Antioksidan. *Media Farmasi*, 18(1), 16. <https://doi.org/10.32382/mf.v18i1.2586>
- Apriani, R., Kamaluddin, A. T., & Saleh, I. (2023). Mekanisme Aksi Kuersetin dan Sensitizer Insulin Terhadap Peningkatan Sensitivitas Insulin. *Oceana Biomedicina Journal*, 6(2), 221–232. <https://doi.org/10.30649/obj.v6i2.88>
- Apriliyani, T. (2024). *Toksitas Akut Dan Subkronik Infusa Bunga Telang ( Clitoria ternatea L.) Terhadap Struktur Histologis Lambung Dan Ginjal Tikus Putih ( Rattus norvegicus Berkenhout , 1769 )*. Universitas Gadjah Mada.
- Arsyady, I. R., & Purwanda, E. (2024). Sosialisasi Manfaat Tanaman Telang Bagi Masyarakat. *Innovative: Journal Of Social Science ...*, 4, 9434–9448. <http://j-innovative.org/index.php/Innovative/article/view/8992%0Ahttps://j-innovative.org/index.php/Innovative/article/download/8992/6152>
- Baskoro, D. (2024). *Mengaktivasi neurotransmitter penting pada orang yang mengalami depresi*. Akademi Psikoterapi Indonesia. <https://akademipsikoterapi.com/artikel/mengaktivasi-neurotransmitter-penting-pada-orang-yang-mengalami-depresi>. Diakses tanggal 9 Juni 2025.
- Becker, M., Pinhasov, A., & Ornoy, A. (2021). Animal models of depression: What can they teach us about the human disease? *Diagnostics*, 11(1), 123. <https://doi.org/10.3390/diagnostics11010123>
- Belwal, T., Ezzat, S. M., Rastrelli, L., Bhatt, I. D., Daglia, M., Baldi, A., ...& Atanasov, A. G. (2018). A critical analysis of extraction techniques used for botanicals: Trends, priorities, industrial uses and optimization strategies. *TrAC - Trends in Analytical Chemistry*, 100, 82–102. <https://doi.org/10.1016/j.trac.2017.12.018>
- Bendokas, V., Skemiene, K., Trumbeckaite, S., Stanys, V., Passamonti, S.,

- Borutaite, V., & Liobikas, J. (2020). Anthocyanins: From plant pigments to health benefits at mitochondrial level. *Critical Reviews in Food Science and Nutrition*, 60(19), 3352–3365. <https://doi.org/10.1080/10408398.2019.1687421>
- Black, C. N., Bot, M., Scheffer, P. G., Cuijpers, P., & Penninx, B. W. J. H. (2015). Is depression associated with increased oxidative stress? A systematic review and meta-analysis. *Psychoneuroendocrinology*, 51, 164–175. <https://doi.org/10.1016/j.psyneuen.2014.09.025>
- Breschi, A., Gingeras, T. R., & Guigó, R. (2017). Comparative transcriptomics in human and mouse. *Nature Reviews Genetics*, 18(7), 425–440. <https://doi.org/10.1038/nrg.2017.19>
- Care, D., & Suppl, S. S. (2021). 2. Classification and diagnosis of diabetes: Standards of medical care in diabetes-2021. *Diabetes Care*, 44, 15–33. <https://doi.org/10.2337/dc21-S002>
- Chayaratanasin, P., Caobi, A., Suparpprom, C., Saenset, S., Pasukamonset, P., Suanpairintr, N., ..., & Adisakwattana, S. (2019). Clitoria ternatea Flower Petal Extract Inhibits Adipogenesis and Lipid Accumulation in 3T3-L1 Preadipocytes by Downregulating Adipogenic Gene Expression. *Molecules*, 24(10).
- Cheon, S. Y. (2023). Impaired Cholesterol Metabolism, Neurons, and Neuropsychiatric Disorders. *Experimental Neurobiology*, 32(2), 57–67.
- Chiu, Y. J., Tu, H. H., Kung, M. L., Wu, H. J., & Chen, Y. W. (2021). Fluoxetine ameliorates high-fat diet-induced metabolic abnormalities partially via reduced adipose triglyceride lipase-mediated adipocyte lipolysis. *Biomedicine and Pharmacotherapy*, 141, 111848. <https://doi.org/10.1016/j.biopha.2021.111848>
- Dewi Lestari, Meytha, Muh. Miftahul Nurul Reskiawan, M. R. S. A. (2024). Tantangan Psikologis: Krisis Kesehatan Mental Anak Muda Di Era Digital. *Jurnal Pendidikan Inovatif*, 6(3), 585–596.
- Dewi, N. W. R. K., & Santi, M. D. S. (2022). Pemanfaatan Dan Potensi Antioksidan Pada Bunga Telang (*Clitoria ternatea* L.). *Jurnal Pharmactive*, 1(2), 44–50.
- Dillasamolla. (2021). Buku Ajar Teknik Evaluasi Bioaktivitas. In *Pharmacognosy Magazine* (Vol. 75, Issue 17). LPPM-Universitas Andalas Sumatera Barat.
- Diniatik. (2015). Penentuan Kadar Flavonoid Total Ekstrak Etanolik Daun Kepel (*Stelechocarpus Burahol* (Bl.) Hook F. & Th.) Dengan Metode Spektrofotometri. *Kartika-Jurnal Ilmiah Farmasi. Kartika-Jurnal Ilmiah Farmasi*, II(1), 1–5. <https://doi.org/10.26874/kjif.v3i1.90>
- Dirgayunita, A. (2016). Depresi: Ciri, Penyebab dan Penangannya. *Journal An-Nafs: Kajian Penelitian Psikologi*, 1(1), 1–14. <https://doi.org/10.33367/psi.v1i1.235>
- Endang, C. P. (2020). Kembang telang (*Clitoria ternatea* L.): pemanfaatan dan bioaktivitas. *EduMatSains*, 4(2), 111–124.
- Fadel, M. N., Setyowati, E., Besan, E. J., & Rahmawati, I. (2024). Efektivitas Antidiabetes Ekstrak Etanol Bunga Telang (*Clitoria ternatea* L.) Metode Induksi Aloksan. *IJF (Indonesia Jurnal Farmasi)*, 8(2), 60–71. <https://doi.org/10.26751/ijf.v8i2.2251>

- Fahrudin, F., Haribowo, D. R., Hamida, F., Wardhana, H. I., & Mirliana, F. (2022). Aktivitas Herbal Antidepresan Kombinasi Biji Salak dan Kulit Jeruk Terhadap Mencit yang Diperlakukan Tail Suspension Test (TST). *Jurnal Biotek Medisiana Indonesia*, 10 (2), 143–154. <https://doi.org/10.22435/jbmi.v10i2.5827>
- Febrianti, D., & Husniawati, N. (2021). Hubungan Tingkat Depresi dan Faktor Resiko Ide Bunuh Diri pada Remaja SMPN. *Jurnal Ilmiah Kesehatan*, 13(1), 85–94. <https://doi.org/10.37012/jik.v13i1.422>
- Feingold, K. R., & Grunfeld, C. (2024). Introduction to Lipids and Lipoproteins. In *Endotext (Internet)*. National Library of Medicine (NCBI). <https://www.ncbi.nlm.nih.gov/sites/books/NBK305896/>. diakses pada tanggal 30 April 2025.
- Gencer, B., Marston, N. A., Im, K. A., Cannon, C. P., Sever, P., Keech, A., Braunwald, E., Giugliano, R. P., & Sabatine, M. S. (2020). Efficacy and safety of lowering LDL cholesterol in older patients: a systematic review and meta-analysis of randomised controlled trials. *The Lancet*, 396(10263), 1637–1643. [https://doi.org/10.1016/S0140-6736\(20\)32332-1](https://doi.org/10.1016/S0140-6736(20)32332-1)
- Goel, K. K., Thapliyal, S., Kharb, R., Joshi, G., Negi, A., & Kumar, B. (2023). Imidazoles as Serotonin Receptor Modulators for Treatment of Depression: Structural Insights and Structure–Activity Relationship Studies. *Pharmaceutics*, 15(9). <https://doi.org/10.3390/pharmaceutics15092208>
- Grundy, S. M., Stone, N. J., Bailey, A. L., Beam, C., Birtcher, K., ... & Yeboah, J. (2019). 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Journal of the American College of Cardiology*, 73(24), e285–e350. <https://doi.org/10.1016/j.jacc.2018.11.003>
- Guan, L. P., & Liu, B. Y. (2016). Antidepressant-like effects and mechanisms of flavonoids and related analogues. *European Journal of Medicinal Chemistry*, 121, 47–57. <https://doi.org/10.1016/j.ejmech.2016.05.026>
- Hanifah & Suzana. (2024). Uji Aktivitas Antidepresan Ekstrak Buah Pare (*Momordica charantia* L) dengan Metode Tail Suspension Test (TST) dan Forced Swimming Test (FST) *Jurnal Farmasi Dan Farmakoinformatika*, 2(1).
- Harro, J. (2019). Animal models of depression: pros and cons. *Cell and Tissue Research*, 377(1), 5–20. <https://doi.org/10.1007/s00441-018-2973-0>
- Haryati, A. S., Tanamal, C., & Pratomo, F. A. (2024). The Effect of Telang Flower Extract (*Clitoria Ternatea*) on Reducing Total Cholesterol Levels in Male Wistar Rats (*Rattus Norvegicus*) with Obesity. *International Journal of Public Health Excellence (IJPHE)*, 3(2), 589–596. <https://doi.org/10.55299/ijphe.v3i2.755>
- Hataul, I. A. H. (2018). Perubahan Kadar Glukosa Darah Pada Mencit Pasca Stres Imobilisasi Kronik. *Molucca Medica*, 11(April), 35–40. <https://doi.org/10.30598/molmed.2018.v11.i1.35>
- Hunt, M. G., Marx, R., Lipson, C., & Young, J. (2018). *No More Fomo : Limiting Social Media Decreases Loneliness and Depression*. 37(10), 751–768.

- Hyasinta, M., Suhadi, V. P., Luthfiyyah, S., Bini, D., Rahayu, D., Tika, M., Amanu, P., Mentari, D. D., (2023). Efek Pemberian Air Rebusan Daun Sirsak (*Annona muricata* L.) terhadap Hormon Kortisol pada Mencit yang Diinduksi Depresi Effects of Soursop Leaf (*Annona muricata* L.) Decoction on Cortisol Hormones in Depression-Induced Mice. *Borneo Journal Of Biology Education*, 5(1), 1–10.
- Indriyati, F. et al. (2022). Kajian Sistematis: Potensi Bunga Telang (*Clitoria ternatea*) Sebagai Antidiabetes. *Generics : Journal of Research in Pharmacy Accepted : 4 Mei*, 2(1), 1–8.
- Institute for Health Metrics and Evaluation. (2023). *Global health data exchange: Depressive disorders – GBD 2019 results*. University of Washington. [https://www.healthdata.org/results/gbd\\_summaries/2019/depressive-disorders](https://www.healthdata.org/results/gbd_summaries/2019/depressive-disorders). Diakses pada tanggal 28 Maret 2025
- Intan, P. R., & Khariri. (2020). Pemanfaatan Hewan Laboratorium Yang Sesuai untuk Pengujian Obat dan Vaksin. *Prosiding Seminar Nasional Biologi Di Era Pandemi COVID-19*, 6(1), 48–53.
- Iqbal, T., Elahi, A., Wijns, W., & Shahzad, A. (2023). Cortisol detection methods for stress monitoring in connected health. *Health Sciences Review*, 6(November 2022), 100079. <https://doi.org/10.1016/j.hsr.2023.100079>
- Islami, E. F. (2024). *Profil Fitokimia Dan Potensi Antidepresan Ekstrak Metanolik Akar, Batang, Dan Daun Telang (Clitoria ternatea L.) Secara In Silico*. Universitas Gadjah Mada.
- Jannah, K. P. A., Prihantoro, I., & Karti, P. dewi manu hara. (2023). Optimasi Level Benzyl Amino Purin (BAP) terhadap Pertumbuhan Tanaman Kembang Telang (*Clitoria ternatea*) melalui Teknik Kultur Jaringan. *Jurnal Ilmu Nutrisi Dan Teknologi Pakan*, 21(2), 100–106. <https://doi.org/10.29244/jintp.21.2.100-106>
- Jayakumar, S., Raghunath, G., Ilango, S., Vijayakumar, J., & Vijayaraghavan, R. (2017). Effect of fluoxetine on the hippocampus of wistar albino rats in cold restraint stress model. *Journal of Clinical and Diagnostic Research*, 11(6), AF01–AF06. <https://doi.org/10.7860/JCDR/2017/26958.9953>
- Joseph, J. J., & Golden, S. H. (2017). Cortisol dysregulation: the bidirectional link between stress, depression, and type 2 diabetes mellitus. *Annals of the New York Academy of Sciences*, 1391(1), 20–34. <https://doi.org/10.1111/nyas.13217>
- Juckel, G., & Freund, N. (2023). Animal Models for Mental Disorders. *Journal of Neural Transmission*, 130(9), 1089–1090. <https://doi.org/10.1007/s00702-023-02672-z>
- Keles, B., Mccrae, N., & Grealish, A. (2020). A systematic review : the influence of social media on depression , anxiety and psychological distress in adolescents. *International Journal of Adolescence and Youth*, 25(1), 79–93. <https://doi.org/10.1080/02673843.2019.1590851>
- Kementrian Kesehatan Republik Indonesia. (2023). *Depresi pada Anak Muda di Indonesi*. Kementerian Kesehatan Republik Indonesia. [www.badankebijakan.kemkes.go.id](http://www.badankebijakan.kemkes.go.id). Diakses pada tanggal 25 Maret 2025.
- Khairani, D., Ilyas, S., & Yurnadi. (2024). *Prinsip dan praktik hewan percobaan*

- Mencit* (*Mus musculus* Linnaeus). USU Press-Sumatera Utara.
- Khan, H., Perviz, S., Sureda, A., Nabavi, S. M., & Tejada, S. (2018). Current standing of plant derived flavonoids as an antidepressant. *Food and Chemical Toxicology*, *119*(March), 176–188. <https://doi.org/10.1016/j.fct.2018.04.052>
- Khanifah, F., Sari, E. P., Susanto, A., & Abstrak, I. A. (2021). Efektivitas Kombinasi Ekstrak Etanol Kunyit (*Curcuma longa* linn.) dan Coklat (*Theobroma cacao*) Sebagai Kandidat Antidepresan Pada Tikus Putih (*Rattus norvegicus*) Galur Wistar. *Jurnal Wiyati*, *8*(2), 103–110.
- Kuehl, L. K., Hinkelmann, K., Muhtz, C., Dettenborn, L., Wingenfeld, K., Spitzer, C., Kirschbaum, C., Wiedemann, K., & Otte, C. (2015). Hair cortisol and cortisol awakening response are associated with criteria of the metabolic syndrome in opposite directions. *Psychoneuroendocrinology*, *51*, 365–370. <https://doi.org/10.1016/j.psyneuen.2014.09.012>
- Lebang, R. T. A., Latuconsina, V. Z., Rahawarin, H., Hutagalung, I., Silalahi, P. Y., & Maruanaya, S. (2021). The Effect of Ethanol Extract of Brown Algae (*Sargassum* Sp.) on the Calculation of Leukocyte Type of Mice (*Mus musculus*) After Acute Stress Induction. *PAMERI: Pattimura Medical Review*, *3*(2), 8–24.
- Lely, N., Rasyad, A. A., & Sundari, A. A. (2023). Uji Aktivitas Antidepresan Fraksi Etil Asetat Ekstrak Daun Sirih Merah (*Piper Crocatum* Ruiz & Pav.) Terhadap Mencit Putih Jantan Galur Swiss Webster. *Jurnal Ilmiah Bakti Farmasi*, *7*(2), 15–24. <https://doi.org/10.61685/jibf.v7i2.90>
- Li, Y. C., Liu, Y. M., Shen, J. D., Chen, J. J., Pei, Y. Y., & Fang, X. Y. (2016). Resveratrol ameliorates the depressive-like behaviors and metabolic abnormalities induced by chronic corticosterone injection. *Molecules*, *21*(10). <https://doi.org/10.3390/molecules21101341>
- Lijon, M. B., Meghla, N. S., Jahedi, E., Rahman, M. A., & Hossain, I. (2017). Phytochemistry and pharmacological activities of *Clitoria ternatea*. *International Journal of Natural and Social Sciences*, *4*(1), 1–10. [www.ijnss.org](http://www.ijnss.org)
- Liu, M. Y., Yin, C. Y., Zhu, L. J., Zhu, X. H., Xu, C., Luo, C. X., Chen, H., Zhu, D. Y., & Zhou, Q. G. (2018). Sucrose preference test for measurement of stress-induced anhedonia in mice. *Nature Protocols*, *13*(7), 1686–1698. <https://doi.org/10.1038/s41596-018-0011-z>
- Lovita, A., & Kurnia, A. S. (2020). Pusat Rehabilitasi Kaum Milenial Depresi Di Jagakarsa. *Jurnal Sains, Teknologi, Urban, Perancangan, Arsitektur (Stupa)*, *1*(2), 941. <https://doi.org/10.24912/stupa.v1i2.4458>
- Ludiana, L., Hasanah, U., Sari, S. A., Fitri, N. L., & Nurhayati, S. (2022). Hubungan Faktor Psikologis (Stres dan Depresi) dengan Kadar Gula Darah Penderita Diabetes Mellitus Tipe 2. *Jurnal Wacana Kesehatan*, *7*(2), 61. <https://doi.org/10.52822/jwk.v7i2.413>
- Ma'ruf, N. Q., Antasionata, I., Fatimawali, & Tallei Trina. (2021). Gc-Ms Analysis Of Methanolic And N-Hexane Extracts From Butterfly Pea Flowers (*clitoria ternatea* L.). *Pharmacon*, *10*(2), 857–862.
- Maharani, S. I., Ansory, H. M., & Hanifah, I. R. (2023). Uji Aktivitas Antidepresan Isomiristisin Terhadap Immobility Time Mencit Putih Jantan (*Mus musculus*).

- Jurnal Insan Farmasi Indonesia*, 6(1), 123–133.  
<https://doi.org/10.36387/jifi.v6i1.1279>
- Martini, K, A, N., Gusti Ayu Ekawati, I., Timur Ina, P. (2020). The Effect of Drying Temperature and Time on The Characteristics of Blue Pea Flower Tea (*Clitoria ternatea* L.). *Online) Jurnal Itepa*, 9(3), 327–340.
- Medina-Saldivar, C., Cruz-Visalaya, S., Zevallos-Arias, A., Pardo, G. V. E., & Pacheco-Otálora, L. F. (2024). Differential effect of chronic mild stress on anxiety and depressive-like behaviors in three strains of male and female laboratory mice. *Behavioural Brain Research*. 460, 114829.  
<https://doi.org/10.1016/j.bbr.2023.114829>
- Melani, H., & Handayani, W. K. (2021). Analisis Tingkat Stres Terkait Kadar Gula Darah Pada Penderita Diabetes Melitus Tipe II. *Indonesian Journal of Public Health and Nutrition*, 1(3), 101–113.  
<http://journal.unnes.ac.id/sju/index.php/IJPHN>
- Melanti, N. A., Sri Peni Fitrianiingsih, & Ratu Choesrnia. (2021). Potensi Antidepresan Beberapa Tumbuhan Suku Fabaceae. *Jurnal Riset Farmasi*, 1(1), 73–80. <https://doi.org/10.29313/jrf.v1i1.195>
- Meliyati Wardani, D., Sri Damayanti, D., & Arif Martino, Y. (2024). Kombucha Bunga Telang (*Clitoria ternatea* L.) Menurunkan Kadar Kolesterol Total dan Trigliserida Serum Mencit Jantan. *Jurnal Kedokteran Komunitas*, 12(1).
- Michigan State University. (2022). *Introduction to Neuroscience: Psychiatric Disorders: Affective Disorders—Major Depression Disorder*. <https://openbooks.lib.msu.edu/introneuroscience1/chapter/mental-illness-depression/>. Diakses tanggal 15 April 2025.
- Mohammadi, F., Zahraee, H., Izadpanah Kazemi, M., Habibi, Z. S., Taghdisi, S. M., Abnous, K., Khoshbin, Z., & Chen, C. H. (2024). Recent advances in aptamer-based platforms for cortisol hormone monitoring. *Talanta*, 266(P1), 125010. <https://doi.org/10.1016/j.talanta.2023.125010>
- Montgomery, D. C. (2017). Design and Analysis of Experiments. In *Design and Analysis of Experiments* (Vol. 3, Issue June). John Wiley and Sons.  
<https://doi.org/10.1002/9781118147634>
- Moradi, Y., Albatineh, A. N., Mahmoodi, H., & Gheshlagh, R. G. (2021). The relationship between depression and risk of metabolic syndrome: a meta-analysis of observational studies. *Clinical Diabetes and Endocrinology*, 7(1), 1–12. <https://doi.org/10.1186/s40842-021-00117-8>
- Morito, K., Yamagata, M., Naka, F., Kobayashi, K., Ueda, H., Morimoto, H., Yasukawa, T., Takayama, K., Uozumi, Y., & Nagasawa, K. (2024). Sub-chronic and mild social defeat stress exposure to C57BL/6J mice increases visceral fat mass and causes accumulation of cholesterol and bile acids in the liver. *Biochemical and Biophysical Research Communications*, 702, 149631.  
<https://doi.org/10.1016/j.bbrc.2024.149631>
- Mourya, P., Shukla, A., Rai, G., & Lodhi, S. (2017). Hypoglycemic and hypolipidemic effects of ethanolic and aqueous extracts from *Ziziphus oenopia* (L) Mill on alloxan-induced diabetic rats. *Beni-Suef University Journal of Basic and Applied Sciences*, 6(1), 1–9.  
<https://doi.org/10.1016/j.bjbas.2016.12.002>

- Mutiarahmi, C. N., Hartady, T., & Lesmana, R. (2021). Use of Mice As Experimental Animals in Laboratories That Refer To the Principles of Animal Welfare: a Literature Review. *Indonesia Medicus Veterinus*, *10*(1), 134–145. <https://doi.org/10.19087/imv.2020.10.1.134>
- Nandam, L. S., Brazel, M., Zhou, M., & Jhaveri, D. J. (2020). Cortisol and Major Depressive Disorder—Translating Findings From Humans to Animal Models and Back. *Frontiers in Psychiatry*, *10*, 1–15. <https://doi.org/10.3389/fpsy.2019.00974>
- Niadi, A. T., Dewi, M. K., & Harun, Y. Z. (2022). Uji Aktivitas Senyawa Aktif Kunyit (*Curcuma Longa* L.) sebagai Kandidat Antidepresan dengan Metode In Silico. *Bandung Conference Series: Medical Science II*, 646–652. <https://doi.org/10.29313/bcsms.v2i1.1290>
- Ningtyas, R. A., Puspitasari, M. I., & Sinuraya, K. A. (2019). Review Artikel : Farmakoterapi Depresi dan Pengaruh Jenis Kelamin Terhadap Efikasi Antidepresan. *Farmaka*, *16*(2), 186–201. <http://jurnal.unpad.ac.id/farmaka/article/view/17530/pdf>
- Noegroho, B.B.C., Iryanthini, I.A.D., Surudarma, I.W., & Kusmawati, A.Y. (2022). Kolesterol Total pada Mencit (*Mus musculus* L.) yang diberi Pakan Tinggi Lemak. *Jurnal Medika Udayana*, *11*(2), 54–58.
- Novelni, R., Aria, M., Minerva, P., & Putri, A. U. (2022). Uji Aktivitas Antidepresan Ekstrak Etanol Daun Gedi Hijau (*Abelmoschus manihot* (L.) Medik) pada Mencit Putih Jantan (*Mus musculus*). *Jurnal Katalisator*, *7*(1), 82–89.
- Oguis, G. K., Gilding, E. K., Jackson, M. A., & Craik, D. J. (2019). Butterfly pea (*Clitoria ternatea*), a cyclotide-bearing plant with applications in agriculture and medicine. *Frontiers in Plant Science*, *10*, 1–23. <https://doi.org/10.3389/fpls.2019.00645>
- Oktavelia, W., & Kusuma, S. A. F. (2022). Therapy for Dyslipidemia: Plant Inhibitors of HMG-CoA Reductase. *Indonesian Journal of Biological Pharmacy*, *2*(3), 159–170.
- Padmanabhan, V., & Parvatam, G. (2024). Effect of dehydration methods on pigment characteristics, bioactives profile and antioxidant potential of blue petals of *Clitoria ternatea* L. *Journal of Food Measurement and Characterization*, *18*(5), 3536–3546. <https://doi.org/10.1007/s11694-024-02423-y>
- Pangondian, A., Rambe, R., Umayana, C., & Jambak, K. (2023). Potensi Ekstrak Bunga Telang (*Clitoria ternatea* L.) Terhadap Antidiabetes Pada Mencit Putih Jantan (*Mus musculus*) Hiperlikemia. *03*, 150–157.
- POWO (Plants of the World Online). (2024). *Clitoria ternatea*. L. <https://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:486606-1#higher-classification>. Diakses pada tanggal 28 Agustus 2025.
- Puspitasari, L. (2017). Ekstrak Etanol Daun Pandan Wangi (*Pandanus amaryllifolius* r.) Menurunkan Immobility Time dan Kadar Kortisol Tikus Jantan Galur wistar yang depresi. *Intisari Sains Medis*, *8*(1), 24–30. <https://doi.org/10.1556/ism.v8i1.107>
- Quazi, S., & Yogekar, T. (2020). A Review on Ethanopharmacological Importance

- of *Clitoria Ternatea*. *Scholars Academic Journal of Biosciences*, 08(03), 63–67. <https://doi.org/10.36347/sajb.2020.v08i03.002>
- Rahayuningsih, T., Revitriani, M., Noerhartati, E., & Mujiyanto. (2024). Pengolahan Bunga Telang Kering Dan Sirup Bunga Telang Warga Sekitar Pondok Pesantren Cepokolimo Pacet Mojokerto. *Humanism : Jurnal Pengabdian Masyarakat*, 4(3), 315–330. <https://doi.org/10.30651/hm.v4i3.20344>
- Rahman, M.A.A., Siti Hazar, & Sri Peni Fitriyaningsih. (2022). Studi Literatur Potensi Aktivitas Antidepresan dari Tumbuhan Suku Valerianaceae. *Bandung Conference Series: Pharmacy*, 2(2), 365–373. <https://doi.org/10.29313/bcsp.v2i2.4195>
- Ramadani, I. R., Islam, U., Sumatera, N., Medan, U., Rozzaq, B. K., William, J., Ps, I. V., Estate, M., Percut, K., Tuan, S., & Serdang, K. D. (2024). Depresi, Penyebab dan Gejala Depresi Tryana Fauziyah. *Bersatu : Jurnal Pendidikan Bhinneka Tunggal Ika*, 2(2), 89–99. <https://doi.org/10.51903/bersatu.v2i2.619>
- Rosyanti, lilin, Hadi, I., & Fitriwijayanti, F. (2018). Memahami Gangguan Depresi Mayor (Major Depressive Disorder). *E-Book*, 1, i–117. [https://www.researchgate.net/publication/335676275\\_E-Book\\_Memahami\\_Gangguan\\_Depresi\\_Mayor](https://www.researchgate.net/publication/335676275_E-Book_Memahami_Gangguan_Depresi_Mayor)
- Rosyanti, L., Devianti, R., Hadi, I., & Syahrianti, S. (2017). Kajian Teoritis: Hubungan Antara Depresi Dengan Sistem Neuroimun ( SITOKIN-HPA AKSIS) “Psikoneuroimunologi.” *Health Information : Jurnal Penelitian*, 9(2), 35–52. <https://doi.org/10.36990/hijp.v9i2.104>
- Rowland, N. E., & Toth, L. A. (2019). Analytic and Interpretational Pitfalls to Measuring Fecal Corticosterone Metabolites in Laboratory Rats and Mice. *Comparative Medicine*, 69(5), 337–349. <https://doi.org/10.30802/AALAS-CM-18-000119>
- Sahetapy, C., Kusadhiani, I., Taihuttu, Y. M. J., Penturi, J. C., Bension, J. B., & Latuconsina, V. Z. (2021). Pengaruh Stres Akut Terhadap Kadar Gula Darah Mencit (*Mus musculus*) dengan Perlakuan Ekstrak Etanol Alga Cokelat (*Sargassum* sp.). *PAMERI: Pattimura Medical Review*, 3(2), 25–41. <https://doi.org/10.30598/pamerivol3issue2page26-42>
- Saputri. (2024). Uji Efektivitas Antidepresan Kulit Bawang Merah (*Allium cepa* L.) Terhadap Mencit Putih Jantan (*Mus musculus*). *Jurnal Ilmiah Wahana Pendidikan*, 24(7), 28–42.
- Sausan, S., Fitriana, M., Abdillah, L. K., Lisi, F. H., Indriani, Z. I., Hidayat, L. H., & Hasina, R. (2023). Uji Aktivitas Antidepresan Ramuan Buah Adas (*Foeniculum vulgare* Mill.) pada Mencit Jantan (*Mus musculus*) dengan Metode *Tail Suspension Test* (TST). *Unram Medical Journal*, 12(2). <https://doi.org/10.29303/jku.v12i2.956>
- Sentari, M., Harahap, U., Sapiie, T. W. A., & Ritarwan, K. (2019). Blood cortisol level and blood serotonin level in depression mice with basil leaf essential oil treatment. *Open Access Macedonian Journal of Medical Sciences*, 7(16), 2652–2655. <https://doi.org/10.3889/oamjms.2019.819>
- Shahsavand Ananloo, E., Ghaeli, P., Kamkar, M. Z., & Sadeghi, M. (2013). Comparing the effects of fluoxetine and imipramine on total cholesterol, triglyceride, and weight in patients with major depression. *DARU, Journal of*

- Pharmaceutical Sciences*, 21(1), 1–7. <https://doi.org/10.1186/2008-2231-21-4>
- Shirodkar, S. M., Multisona, R. R., & Gramza-Michalowska, A. (2023). The Potential for the Implementation of Pea Flower (*Clitoria ternatea*) Health Properties in Food Matrix. *Applied Sciences (Switzerland)*, 13(12). <https://doi.org/10.3390/app13127141>
- Shoji, H., & Miyakawa, T. (2019). Increased depression-related behavior during the postpartum period in inbred BALB/c and C57BL/6 strains. *Molecular Brain*, 12(1), 1–20. <https://doi.org/10.1186/s13041-019-0490-z>
- Shruti, Mittal; Prashant, Gupta; Vijay, N. (2022). Evaluation of Antidepressant-Like Effect of *Clitoria Ternatea* Linn. *Indian Journals.Com*, 14(12), 6437–6441. <https://doi.org/http://dx.doi.org/10.52711/0974-360X.2021.01113>
- Silvia, A. (2020). *Pengaruh Murottal Al-Qur'an Terhadap Kadar Kolesterol Total Mencit (Mus musculus) Jantan Yang Mengalami Stres*. UIN Maulana Malaik Ibrahim Malang.
- Simanjuntak, T. D., Noveyani, A. E., & Kinanthi, C. A. (2023). Prevalensi dan Faktor-faktor yang Berhubungan dengan Simtom Depresi pada Penduduk di Indonesia (Analisis Data IFLS5 Tahun 2014-2015). *Jurnal Epidemiologi Kesehatan Indonesia*, 6(2). <https://doi.org/10.7454/epidkes.v6i2.6313>
- Sinaga, A.S. (2013). Perbandingan Kadar Glukosa Darah Mencit (*Mus musculus*) Yang Diberi Ekstrak Etanol dan Ekstrak Air Daging Buah Mahkota Dewa (*Phaleria macrocarpa*). *Jurnal Biosains Unimed*, 1(2), 34–42. <http://repository.um-surabaya.ac.id/id/eprint/4863>
- Sinulingga, S., Putri, A., Dewi, I. R., Sari, M. I., Azhar, M. B., Suciati, T., Mariana, M., & Subandrate, S. (2019). Efek minyak ikan toman (*Channa micropeltes*) terhadap kadar profil lipid mencit jantan (*Mus musculus*) model dislipidemia. *Majalah Kedokteran Andalas*, 42(2), 70. <https://doi.org/10.25077/mka.v42.i2.p70-79.2019>
- Siregar, M. H., Fatmah, F., & Sartika, R. (2020). Analisis Faktor Utama Kadar Trigliserida Abnormal pada Penduduk Dewasa di Indonesia. *Jurnal Delima Harapan*, 7(2), 118–127. <https://doi.org/10.31935/delima.v7i2.104>
- Siregar, P. A., Diwanta, F., Marwa, N. A., & Purba, E. Y. (2023). Konsep Epidemiologi Terjadinya Depresi di Indonesia. *JK: Jurnal Kesehatan*, 1(1), 60–73.
- Sun, J., Wang, F., Hu, X., Yang, C., Xu, H., Yao, Y., & Liu, J. (2018). *Clostridium butyricum* Attenuates Chronic Unpredictable Mild Stress-Induced Depressive-Like Behavior in Mice via the Gut-Brain Axis. *Journal of Agricultural and Food Chemistry*, 66(31), 8415–8421. <https://doi.org/10.1021/acs.jafc.8b02462>
- Sunarti; Octavini, P. (2023). Antidiabetic Effect of N-Hexane, Ethyl Acetate, and Water Fractions of *Clitoria ternatea* L. on Streptozotocin-Nicotinamide Induced Rats. *Juornal Economic and Strategy (JES)*, 6(2), 400–408. <https://www.journal-jps.com/>
- Swandayani, R. E., Andini, A. S., Syuhriatin, S., Meidatuzzahra, D., Basri, H., Rahayu, S. M., Pahriana, M., & Fitasari, B. D. (2021). Sosialisasi Pemanfaatan Tanaman Obat Keluarga (TOGA) untuk Wirausaha dan Konservasi Lingkungan di Desa Peresak Kecamatan Narmada. *Jurnal Abdidas*, 2(6),

- 1350–1355. <https://doi.org/10.31004/abdidas.v2i6.479>
- Tafet, G. E., & Nemeroff, C. B. (2016). The links between stress and depression: Psychoneuroendocrinological, genetic, and environmental interactions. *Journal of Neuropsychiatry and Clinical Neurosciences*, 28(2), 77–88. <https://doi.org/10.1176/appi.neuropsych.15030053>
- Tao, Y., Yuan, J., Zhou, H., Li, Z., Yao, X., Wu, H., Shi, H., Huang, F., & Wu, X. (2024). Antidepressant potential of total flavonoids from *Astragalus* in a chronic stress mouse model: Implications for myelination and Wnt/ $\beta$ -catenin/Olig2/Sox10 signaling axis modulation. *Journal of Ethnopharmacology*, 325(January), 117846. <https://doi.org/10.1016/j.jep.2024.117846>
- Tkachev, A., Stekolshchikova, E., Bobrovskiy, D. M., Anikanov, N., Ogurtsova, P., Park, D. I., Horn, A. K. E., Petrova, D., Khrameeva, E., Golub, M. S., Turck, C. W., & Khaitovich, P. (2021). Long-term fluoxetine administration causes substantial lipidome alteration of the juvenile macaque brain. *International Journal of Molecular Sciences*, 22(15). <https://doi.org/10.3390/ijms22158089>
- Tunna, T., Akter, M. S., Parvin, M., Jil haz, M., Jahan, S., & ISM, Z. (2020). A Comparative in Vivo Study on *Bambusa Polymorpha*, *Mentha Piperita* and *Clitoria Ternatea* as Alternative Anxiolytic. *European Journal of Medical and Health Sciences*, 2(3), 1–6. <https://doi.org/10.24018/ejmed.2020.2.3.266>
- Utami, W., Laksono, Y. D., Setiawibowo, S. N. F., Sunarsih, E. S., Wulandari, F., & Rohana, E. (2024). Antidiabetic and antioxidant activity of *Clitoria ternatea* flower extracts and fractions on blood glucose and MDA in rats induced by alloxan. *Pharmacy Education*, 24(6), 21–27. <https://doi.org/10.46542/pe.2024.246.2127>
- Vanessa, A., & Brian, S. M. (2020). Perubahan Perilaku Grooming Dan Imobilitas Mencit Balb/CTerinduksi Depresi yang Disuplementasi Tempe Sebagai Sumber Paraprobiotik. *Jurnal Agroteknologi*, 14(01), 1–12.
- Vildayanti, H., Puspitasari, I. M., & Sinuraya, R. K. (2018). Review: Farmakoterapi Gangguan Anxietas. *Farmaka*, 16(1), 196–213.
- Vina, F., Wilson, W., & Ilmiawan, M. I. (2021). Hubungan Tingkat Depresi terhadap Kadar Glukosa Darah Puasa pada Penderita Diabetes Melitus Tipe 2 di Poli Penyakit Dalam RSUD Sultan Syarif Mohamad Alkadrie Kota Pontianak. *Jurnal Kedokteran Dan Kesehatan*, 17(1), 1. <https://doi.org/10.24853/jkk.17.1.1-8>
- wang, Ting; Wang, Xiangyu; Wang, Keke; Yu, Mengyuan; Bai, Ruihua; Zhang, Yiru; ... & Dong, Z. (2025). Chronic stress-induced cholesterol metabolism abnormalities promote ESCC tumorigenesis and predict neoadjuvant therapy response. *PNAS*, 122(5), 1–12. <https://doi.org/https://doi.org/10.1073/pnas.2415042122>
- Wang, Q., Xu, Y., Qi, C., Liu, A., & Zhao, Y. (2020). Association study of serum soluble TREM2 with vascular dementia in Chinese Han population. *International Journal of Neuroscience*, 130(7), 708–712.
- Wang, R., Kogler, L., & Derntl, B. (2024). Sex differences in cortisol levels in depression: A systematic review and meta-analysis. *Frontiers in*

- Neuroendocrinology*, 72, 101118.  
<https://doi.org/10.1016/j.yfrne.2023.101118>
- Wang, Y., Liu, T., Xie, Y., Li, N., Liu, Y., Wen, J., Zhang, M., Feng, W., Huang, J., Guo, Y., Kabbas Junior, T., Wang, D., & Granato, D. (2022a). *Clitoria ternatea* blue petal extract protects against obesity, oxidative stress, and inflammation induced by a high-fat, high-fructose diet in C57BL/6 mice. *Food Research International*, 162. <https://doi.org/10.1016/j.foodres.2022.112008>
- Wang, Y., Liu, T., Xie, Y., Li, N., Liu, Y., Wen, J., Zhang, M., Feng, W., Huang, J., Guo, Y., Kabbas Junior, T., Wang, D., & Granato, D. (2022b). *Clitoria ternatea* blue petal extract protects against obesity, oxidative stress, and inflammation induced by a high-fat, high-fructose diet in C57BL/6 mice. *Food Research International*, 162. <https://doi.org/10.1016/j.foodres.2022.112008>
- Warditiani, N.K; Indrani, A. A. I. S., Sari, N. A. P. P., Swasti, I. A. S., Dewi, N. P. A. K., Widjaja, I. N. K., & Wirasuta, I. M. A. G. (2015). Pengaruh Pemberian Fraksi Terpenoid Daun Katuk (*Sauropus androgynus* (L.) Merr) Terhadap Profil Lipid Tikus Putih (*Rattus novergicus*, L.) Jantan Galur Wistar yang Diinduksi Pakan Kaya Lemak. *Jurnal Farmasi Udayana*, 4(2).
- Widowati, W., Darsono, L., Lucianus, J., Setiabudi, E., Susang Obeng, S., Stefani, S., Wahyudianingsih, R., Reynaldo Tandibua, K., Gunawan, R., Riski Wijayanti, C., Novianto, A., Sari Widya Kusuma, H., & Rizal, R. (2023). Butterfly pea flower (*Clitoria ternatea* L.) extract displayed antidiabetic effect through antioxidant, anti-inflammatory, lower hepatic GSK-3 $\beta$ , and pancreatic glycogen on Diabetes Mellitus and dyslipidemia rat. *Journal of King Saud University - Science*, 35(4), 102579. <https://doi.org/10.1016/j.jksus.2023.102579>
- World Health Organization. (2022). *COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide*. World Health Organization. <https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide>. Diakses tanggal 28 Maret 2025.
- World Health Organization. (2023). *Depressive disorder ( depression )*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/depression>. Diakses tanggal 28 Maret 2025.
- Wu, Q., Feng, J., & Pan, C. W. (2022). Risk factors for depression in the elderly: An umbrella review of published meta-analyses and systematic reviews. *Journal of Affective Disorders*, 307, 37–45. <https://doi.org/10.1016/j.jad.2022.03.062>
- Wysokiński, A., Strzelecki, D., & Kłoszewska, I. (2015). Levels of triglycerides, cholesterol, LDL, HDL and glucose in patients with schizophrenia, unipolar depression and bipolar disorder. *Diabetes and Metabolic Syndrome: Clinical Research and Reviews*, 9(3), 168–176. <https://doi.org/10.1016/j.dsx.2015.04.004>
- Xu, D. P., Li, Y., Meng, X., Zhou, T., Zhou, Y., Zheng, J., Zhang, J. J., & Li, H. Bin. (2017). Natural antioxidants in foods and medicinal plants: Extraction, assessment and resources. *International Journal of Molecular Sciences*, 18(1), 20–31.

- Yang, L., Zhao, Y., Wang, Y., Liu, L., Zhang, X., Li, B., & Cui, R. (2015). The Effects of Psychological Stress on Depression. *Current Neuropharmacology*, 13(4), 494–504. <https://doi.org/10.2174/1570159x1304150831150507>.
- Yang Wang, Xiaojie Zheng, Longyu Li, Hong Wang, Keyuan Chen, M. X., Yiwei Wu, Xueli Huang, Meiling Zhang, Xiaoxia Ye, Tunhai Xu, R. C., & Zhu, and Y. (2020). Cyclocarya paliurus ethanol leaf extracts protect against diabetic cardiomyopathy in db/db mice via regulating PI3K/Akt/NF- $\kappa$ B signaling. *Food & Nutrition Research*, 64, 1–12.
- Yao, B. C., Meng, L. B., Hao, M. L., Zhang, Y. M., Gong, T., & Guo, Z. G. (2019). Chronic stress: a critical risk factor for atherosclerosis. *Journal of International Medical Research*, 47(4), 1429–1440.
- Yurisna, V. C., Nabila, F. S., Radhityaningtyas, D., Listyaningrum, F., & Aini, N. (2022). Potensi Bunga Telang (*Clitoria ternatea* L.) sebagai Antibakteri pada Produk Pangan. *JITIPARI (Jurnal Ilmiah Teknologi Dan Industri Pangan UNISRI)*, 7(1), 68–77. <https://doi.org/10.33061/jitipari.v7i1.5738>
- Zahara Asringtyas, D., Putri Daryanti, E., Studi D-, P., & Tinggi Ilmu Kesehatan Madani, S. (2022). Efektivitas Terapi Murrotal Al-Quran Terhadap Stres Mencit (*Mus musculus*) Akibat Penggunaan Hewan Coba pada Praktikum Farmakologi. *Prosiding Seminar Nasional Penelitian dan Pengabdian kepada Masyarakat (Snpp) Tahun 2022*, 165–172.
- Zhang, C., Yang, Y., Zhu, D. min, Zhao, W., Zhang, Y., Zhang, B., Wang, Y., Zhu, J., & Yu, Y. (2020). Neural correlates of the association between depression and high density lipoprotein cholesterol change. *Journal of Psychiatric Research*, 130(June), 9–18. <https://doi.org/10.1016/j.jpsychires.2020.07.012>
- Zhao, Q., Wu, X., Yan, S., Xie, X., Fan, Y., Zhang, J., Peng, C., & You, Z. (2016). The antidepressant-like effects of pioglitazone in a chronic mild stress mouse model are associated with PPAR $\gamma$ -mediated alteration of microglial activation phenotypes. *Journal of Neuroinflammation*, 13(1), 1–17. <https://doi.org/10.1186/s12974-016-0728-y>