Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

DAFTAR PUSTAKA

Adi, S. (2019). Pengelolaan Dan Pencegahan Diabetes Melitus Tipe 2 Dewasa di Indonesia. *PB Perkeni*, 133.

Aguiar-Bernal, I. R., Miranda-Félix, P. E., & Ortiz-Félix, R. E. (2023). Psychological Stress and Diabetes Distress in Adults with Type 2 Diabetes Mellitus: A Systematic Review. *Revista Ciencias de La Salud*, *21*(2). https://doi.org/10.12804/revistas.urosario.edu.co/revsalud/a.11674

Ajzen, I. (1991). The theory of planned behavior. *Organizational Behavior and Human Decision Processes*, *50*(2), 179–211. https://doi.org/https://doi.org/10.1016/0749-5978(91)90020-T

Akgul, A., Guner, B., Çırak, M., Çelik, D., Hergünsel, O., & Bedirhan, S. (2016). The Beneficial Effect of Hypnosis in Elective Cardiac Surgery: A Preliminary Study. *Thoracic and Cardiovascular Surgeon*, *64*(7), 581–588. https://doi.org/10.1055/s-0036-1580623

Akhaury, K., & Chaware, S. (2022). Relation Between Diabetes and Psychiatric Disorders. *Cureus*, *14*(10), e30733. https://doi.org/10.7759/cureus.30733

Akın, S., & Bölük, C. (2020). Prevalence of comorbidities in patients with type–2 diabetes mellitus. *Primary Care Diabetes*, *14*(5), 431–434. https://doi.org/https://doi.org/10.1016/j.pcd.2019.12.006

Al Harbi, S. S., Alajmi, M. M., Algabbas, S. M., & Alharbi, M. S. (2022). The comparison of self-management group education and the standard care for patients with type 2 diabetes mellitus: An updated systematic review and meta-analysis. *Journal of Family Medicine and Primary Care*, *11*(8), 4299–4309. https://doi.org/10.4103/jfmpc.jfmpc_2087_21

Alaofè, H., Amoussa Hounkpatin, W., Djrolo, F., Ehiri, J., & Rosales, C. (2022). Factors Associated with Quality of Life in Patients with Type 2 Diabetes of South Benin: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, *19*(4). https://doi.org/10.3390/ijerph19042360

Ali, A., Iqbal, F., Taj, A., Iqbal, Z., Amin, M. J., & Iqbal, Q. Z. (2013). Prevalence of microvascular complications in newly diagnosed patients with type 2 diabetes. *Pakistan Journal of Medical Sciences*, *29*(4), 899–902. https://doi.org/10.12669/pjms.294.3704

Alkhayyal, A. K., Almalki, A. S., Alsaeed, M. S., Almedaires, S. A., AlMuhaish, A. A., Almikhlal, S. M., AlKhalifah, I. S., & Albujays, A. S. (2025). Prevalence of Anxiety and Depression Among Patients With Type 2 Diabetes Mellitus in Eastern Region, Saudi Arabia: A Cross-Sectional Study. *Cureus*, *17*(2), e79490. https://doi.org/10.7759/cureus.79490

Alladin, A. (2012). Cognitive Hypnotherapy: A New Vision and Strategy for Research and Practice. *American Journal of Clinical Hypnosis*, *54*(4), 249–262. https://doi.org/10.1080/00029157.2012.654528

UNIVERSITAS
GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Almarshad, M. I., Algonaiman, R., Alharbi, H. F., Almujaydil, M. S., & Barakat, H. (2022). Relationship between Ultra-Processed Food Consumption and. *Nutrients*, *14*, 1–10.

Almgren, P., Lehtovirta, M., Isomaa, B., Sarelin, L., Taskinen, M. R., Lyssenko, V., Tuomi, T., & Groop, L. (2011). Heritability and familiality of type 2 diabetes and related quantitative traits in the Botnia Study. *Diabetologia*, *54*(11), 2811–2819. https://doi.org/10.1007/s00125-011-2267-5

Almomani, M. H., & Al-Tawalbeh, S. (2022). Glycemic Control and Its Relationship with Diabetes Self-Care Behaviors Among Patients with Type 2 Diabetes in Northern Jordan: A Cross-Sectional Study. *Patient Preference and Adherence*, *16*(January), 449–465. https://doi.org/10.2147/PPA.S343214

Alonso-Morán, E., Satylganova, A., Orueta, J. F., & Nuño-Solinis, R. (2014). Prevalence of depression in adults with type 2 diabetes in the Basque Country: Relationship with glycaemic control and health care costs. *BMC Public Health*, *14*(1), 1–8. https://doi.org/10.1186/1471-2458-14-769

AlQahtani, A. H., Alzahrani, A. S., Alzahrani, S. H., Alqahtani, S. M., AlOtaibi, A. F., & Khan, A. A. (2020). Levels of Practice and Determinants of Diabetes Self-Care in Primary Health Care in Jeddah City, Saudi Arabia. *Cureus*, *12*(6), e8816. https://doi.org/10.7759/cureus.8816

Amelia, R. (2018). The Model of Self Care Behaviour and the Relationship with Quality Of Life, Metabolic Control and Lipid Control of Type 2 Diabetes Mellitus Patients in Binjai City, Indonesia. *Open Access Macedonian Journal of Medical Sciences*, *6*(9), 1762–1767. https://doi.org/10.3889/oamjms.2018.363

American Diabetes Association. (2014). 4. Foundations of care: Education, nutrition, physical activity, smoking cessation, psychosocial care, and immunization. *Diabetes Care*, *38*(Supplement_1), S20--S30.

Anderson, R. J., De Groot, M., Grigsby, A. B., McGill, J. B., Freedland, K. E., Clouse, R. E., Lustman, P. J., De Groot, M., McGill, J. B., Clouse, R. E., Lustman, P. J., Grigsby, A. B., McGill, J. B., Freedland, K. E., Clouse, R. E., & Lustman, P. J. (2002). Anxiety and poor glycemic control: A meta-analytic review of the literature. *International Journal of Psychiatry in Medicine*, *32*(3), 235–247. https://doi.org/10.2190/KLGD-4H8D-4RYL-TWQ8

Andrich, D., & Foronda, C. (2020). Improving Glycemic Control and Quality of Life With Diabetes Self-Management Education: A Pilot Project. *Journal of Continuing Education in Nursing*, *51*(3), 119–123. https://doi.org/10.3928/00220124-20200216-06

Armitage, C. J. (2009). Is there utility in the transtheoretical model? *British Journal of Health Psychology*, *14*(Pt 2), 195–210. https://doi.org/10.1348/135910708X368991

Armitage, C. J., & Conner, M. (2001). Efficacy of the Theory of Planned Behaviour: a meta-analytic review. *The British Journal of Social Psychology*, *40*(Pt 4), 471–

UNIVERSITAS
GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

499. https://doi.org/10.1348/014466601164939

Arteaga-Zarate, G., Demarini-Olivares, G., Torres-Slimming, P. A., & Bernabe-Ortiz, A. (2021). Type 2 diabetes mellitus and anxiety symptoms: a cross-sectional study in Peru. *Wellcome Open Research*, *6*, 331. https://doi.org/10.12688/wellcomeopenres.17328.2

Aschalew, A. Y., Yitayal, M., & Minyihun, A. (2020). Health-related Quality of Life and Associated Factors Among Patients with Diabetes Mellitus at the University of Gondar referral hospital. [revista en Internet] 2020 [acceso 13 de agosto de 2020]; 62: 1-8. *Health and Qualitu of Life Outcome*, *5*, 1–8. https://hqlo.biomedcentral.com/articles/10.1186/s12955-020-01311-5

Atlas, I. D. F. D. (2023). *Global, regional and country-level diabetes prevalence estimates for 2021 and projections for 2045*.

Azmiardi, A., Murti, B., Febrinasari, R. P., & Tamtomo, D. G. (2021). The effect of peer support in diabetes self-management education on glycemic control in patients with type 2 diabetes: a systematic review and meta-analysis. *Epidemiology and Health*, *43*, e2021090. https://doi.org/10.4178/epih.e2021090

B P S. (2021). Catalog : 1101001. *Statistik Indonesia 2020*, *1101001*, 790. https://www.bps.go.id/publication/2020/04/29/e9011b3155d45d70823c141f/statistik-indonesia-2020.html

Bahety, P., Agarwal, G., Khandelwal, D., Dutta, D., Kalra, S., Taparia, P., & Singhal, V. (2017). Occurrence and predictors of depression and poor quality of life among patients with Type-2 diabetes: A Northern India perspective. *Indian Journal of Endocrinology and Metabolism*, *21*(4), 564–569. https://doi.org/10.4103/ijem.IJEM_123_17

Baroni, I., Caruso, R., Dellafiore, F., Ausili, D., Barello, S., Magon, A., Conte, G., Russo, S., Vangone, I., Guardamagna, L., Arrigoni, C., Russo, S., Magon, A., Conte, G., Guardamagna, L., & Arrigoni, C. (2022). Self-care and type 2 diabetes mellitus (T2DM): a literature review in sex-related differences. *Acta Biomedica*, *93*(4), e2022277. https://doi.org/10.23750/abm.v93i4.13324

Bay, R., & Bay, F. (2011). Combined therapy using acupressure therapy, hypnotherapy, and transcendental meditation versus placebo in type 2 diabetes. *Journal of Acupuncture and Meridian Studies*, *4*(3), 183–186. https://doi.org/10.1016/j.jams.2011.09.006

Bayrak, G., & Çolak, R. (2012). Patient education in treatment of diabetes. *Ondokuz Mayis Universitesi Tip Dergisi*, *29*, 7–11. https://doi.org/10.5835/jecm.omu.29.s1.003

Becker, P. M. (2015). Hypnosis in the Management of Sleep Disorders. *Sleep Medicine Clinics*, *10*(1), 85–92. https://doi.org/10.1016/j.jsmc.2014.11.003

Bekele, B. B., Negash, S., Bogale, B., Tesfaye, M., Getachew, D., Weldekidan, F., & Balcha, B. (2021). Effect of diabetes self-management education (DSME) on glycated hemoglobin (HbA1c) level among patients with T2DM: Systematic

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

review and meta-analysis of randomized controlled trials. *Diabetes & Metabolic Syndrome*, *15*(1), 177–185. https://doi.org/10.1016/j.dsx.2020.12.030

Benarroch, E. E. (2014). Parasympathetic System; Overview. In *Encyclopedia of the Neurological Sciences* (pp. 805–808). https://doi.org/10.1016/B978-0-12-385157-4.00508-X

Benhaiem, J.-M. (2006). Pain management and hypnosis. *Douleur et Analgesie*, *19*(4), 75–80. https://doi.org/10.1007/s11724-006-0016-1

Bermudez, O. I. (2018). Diabetes mellitus; diagnosis and treatment in the elderly. In *Encyclopedia of Endocrine Diseases* (pp. 133–140). https://doi.org/10.1016/B978-0-12-801238-3.95794-5

Black, P. H. (2002). Stress and the inflammatory response: a review of neurogenic inflammation. *Brain, Behavior, and Immunity*, *16*(6), 622–653. https://doi.org/10.1016/s0889-1591(02)00021-1

Bolen, S. D., Chandar, A., Falck-Ytter, C., Tyler, C., Perzynski, A. T., Gertz, A. M., Sage, P., Lewis, S., Cobabe, M., Ye, Y., Menegay, M., & Windish, D. M. (2014). Effectiveness and safety of patient activation interventions for adults with type 2 diabetes: Systematic review, meta-analysis, and meta-regression. *Journal of General Internal Medicine*, *29*(8), 1166–1176. https://doi.org/10.1007/s11606-014-2855-4

Booth, A. O., Lowis, C., Dean, M., Hunter, S. J., & McKinley, M. C. (2013). Diet and physical activity in the self-management of type 2 diabetes: barriers and facilitators identified by patients and health professionals. *Primary Health Care Research & Development*, *14*(3), 293–306. https://doi.org/10.1017/S1463423612000412

Brandwein, D. (2011). *Psychodynamic Approaches BT - Encyclopedia of Child Behavior and Development* (S. Goldstein & J. A. Naglieri (Eds.); pp. 1174–1176). Springer US. https://doi.org/10.1007/978-0-387-79061-9_2292

Brugnoli, M. P., Pesce, G., Pasin, E., Basile, M. F., Tamburin, S., & Polati, E. (2018). The role of clinical hypnosis and self-hypnosis to relief pain and anxiety in severe chronic diseases in palliative care: A 2-year longterm follow-up of treatment in a nonrandomized clinical trial. *Annals of Palliative Medicine*, *7*(1), 17–31. https://doi.org/10.21037/apm.2017.10.03

Burke, S. D., Sherr, D., & Lipman, R. D. (2014). Partnering with diabetes educators to improve patient outcomes. *Diabetes, Metabolic Syndrome and Obesity*, *7*, 45–53. https://doi.org/10.2147/DMSO.S40036

Buse, J. B., Bigger, J. T., Byington, R. P., Cooper, L. S., Cushman, W. C., Friedewald, W. T., Genuth, S., Gerstein, H. C., Ginsberg, H. N., Goff, D. C. J., Grimm, R. H. J., Margolis, K. L., Probstfield, J. L., Simons-Morton, D. G., & Sullivan, M. D. (2007). Action to Control Cardiovascular Risk in Diabetes (ACCORD) trial: design and methods. *The American Journal of Cardiology*, *99*(12A), 21i-33i. https://doi.org/10.1016/j.amjcard.2007.03.003

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Buysschaert, M., Preumont, V., Medina, J. L., & Bergman, M. (2014). Diagnosis and definition. In *Global Health Perspectives in Prediabetes and Diabetes Prevention* (pp. 1–16). https://doi.org/10.1142/9789814603324_0001

Cadenillas-Maguiña, N. S., Rosas-Castillo, M. A., Morillas, M. E., de Santana Carvalho, E. S., & Ochoa-Vigo, K. (2024). QUALITY OF LIFE IN PATIENTS WITH TYPE 2 DIABETES MELLITUS. *Revista de La Facultad de Medicina Humana* , *24*(3), 20–26. https://doi.org/10.25176/RFMH.v24i3.6625

Cai, H., Li, G., Zhang, P., Xu, D., & Chen, L. (2017). Effect of exercise on the quality of life in type 2 diabetes mellitus: a systematic review. *Quality of Life Research*, *26*(3), 515–530. https://doi.org/10.1007/s11136-016-1481-5

Cai, T., Verze, P., & Bjerklund Johansen, T. E. (2021). The Quality of Life Definition: Where Are We Going? *Uro*, *1*(1), 14–22. https://doi.org/10.3390/uro1010003

Callara, A. L., Zelič, Ž., Fontanelli, L., Greco, A., Santarcangelo, E. L., & Sebastiani, L. (2023). Is Hypnotic Induction Necessary to Experience Hypnosis and Responsible for Changes in Brain Activity? *Brain Sciences*, *13*(6). https://doi.org/10.3390/brainsci13060875

Camargo-Plazas, P., Robertson, M., Alvarado, B., Paré, G. C., Costa, I. G., & Duhn, L. (2023). Diabetes self-management education (DSME) for older persons in Western countries: A scoping review. In *PLoS ONE* (Vol. 18, Issue 8 August). https://doi.org/10.1371/journal.pone.0288797

Cárdenas, L., Cabezas, M. D. C., Muñoz, A., Proaño, J. L., Miño, C., & Aguirre, N. (2022). Prevalence and risk factors of depression, anxiety, and stress in an Ecuadorian outpatient population with type II diabetes mellitus: A cross-sectional study (STROBE). *Medicine*, *101*(39), e30697. https://doi.org/10.1097/MD.0000000000030697

Chamine, I., Atchley, R., & Oken, B. S. (2018). Hypnosis Intervention Effects on Sleep Outcomes: A Systematic Review. *Journal of Clinical Sleep Medicine : JCSM : Official Publication of the American Academy of Sleep Medicine*, *14*(2), 271–283. https://doi.org/10.5664/jcsm.6952

Champion, V. L., & Skinner, C. S. (2008). The health belief model. In *Health behavior and health education: Theory, research, and practice, 4th ed.* (pp. 45–65). Jossey-Bass/Wiley.

Chaturvedi, S. K., Manche Gowda, S., Ahmed, H. U., Alosaimi, F. D., Andreone, N., Bobrov, A., Bulgari, V., Carrà, G., Castelnuovo, G., de Girolamo, G., Gondek, T., Jovanovic, N., Kamala, T., Kiejna, A., Lalic, N., Lecic-Tosevski, D., Minhas, F., Mutiso, V., Ndetei, D., … Sartorius, N. (2019). More anxious than depressed: prevalence and correlates in a 15-nation study of anxiety disorders in people with type 2 diabetes mellitus. *General Psychiatry*, *32*(4), e100076. https://doi.org/10.1136/gpsych-2019-100076

Chew, B. H., Mohd-Sidik, S., & Shariff-Ghazali, S. (2015). Negative effects of

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

diabetes-related distress on health-related quality of life: An evaluation among the adult patients with type 2 diabetes mellitus in three primary healthcare clinics in Malaysia. *Health and Quality of Life Outcomes*, *13*(1). https://doi.org/10.1186/s12955-015-0384-4

Chirkov, V., Ryan, R. M., Kim, Y., & Kaplan, U. (2003). Differentiating autonomy from individualism and independence: A self-determination theory perspective on internalization of cultural orientations and well-being. In *Journal of Personality and Social Psychology* (Vol. 84, Issue 1, pp. 97–110). American Psychological Association. https://doi.org/10.1037/0022-3514.84.1.97

Chrvala, C. A., Sherr, D., & Lipman, R. D. (2016). Diabetes self-management education for adults with type 2 diabetes mellitus: A systematic review of the effect on glycemic control. *Patient Education and Counseling*, *99*(6), 926–943. https://doi.org/10.1016/j.pec.2015.11.003

Cochran, J., & Conn, V. S. (2008). Meta-analysis of quality of life outcomes following diabetes self-management training. *The Diabetes Educator*, *34*(5), 815–823. https://doi.org/10.1177/0145721708323640

Consoli, S.-M., Barthélémy, L., Idtaleb, L., Le Pape, G., Fraysse, M., Dugardin, N., Kherbachi, Y., & Grimaldi, A. (2016). Illness and treatment perception and emotional experience by patients living with a type 2 diabetes and general population. *Medecine Des Maladies Metaboliques*, *10*(4), 364–375. https://doi.org/10.1016/S1957-2557(16)30132-8

Costanza, R., Fisher, B., Ali, S., Beer, C., Bond, L., Boumans, R., Danigelis, N. L., Dickinson, J., Elliott, C., Farley, J., Gayer, D. E., Glenn, L. M. D., Hudspeth, T., Mahoney, D., McCahill, L., McIntosh, B., Reed, B., Rizvi, S. A. T., Rizzo, D. M., … Snapp, R. (2007). Quality of life: An approach integrating opportunities, human needs, and subjective well-being. *Ecological Economics*, *61*(2–3), 267–276. https://doi.org/10.1016/j.ecolecon.2006.02.023

Coughlin, S. S., Hatzigeorgiou, C., Anglin, J., Xie, D., Besenyi, G. M., De Leo, G., Stewart, J., & Wilkins, T. (2017). Healthy lifestyle intervention for adult clinic patients with type 2 diabetes mellitus. *Diabetes Management (London, England)*, *7*(2), 197–204. http://www.ncbi.nlm.nih.gov/pubmed/28794802%0Ahttp://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=PMC5545882

Cunningham, A. T., Crittendon, D. R., White, N., Mills, G. D., Diaz, V., & LaNoue, M. D. (2018). The effect of diabetes self-management education on HbA1c and quality of life in African-Americans: a systematic review and meta-analysis. *BMC Health Services Research*, *18*(1), 367. https://doi.org/10.1186/s12913-018-3186-7

da Rocha, R. B., Silva, C. S., & Cardoso, V. S. (2020). Self-Care in Adults with Type 2 Diabetes Mellitus: A Systematic Review. *Current Diabetes Reviews*, *16*(6), 598–607. https://doi.org/10.2174/1573399815666190702161849

Darcy, M., Parkinson, J., Ball, L., Norton, L., & Hobby, J. (2023). Multicomponent

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

approaches to promoting healthy behaviours in people with Type 2 diabetes: An integrative review. *Health Promotion International*, *38*(3). https://doi.org/10.1093/heapro/daac042

De Benedittis, G. (2024). Hypnotic Modulation of Autonomic Nervous System (ANS) Activity. *Brain Sciences*, *14*(3). https://doi.org/10.3390/brainsci14030249

De Visser, C. L., Bilo, H. J. G., Groenier, K. H., De Visser, W., & Meyboom-De Jong, B. (2002). The influence of cardiovascular disease on quality of life in type 2 diabetics. *Quality of Life Research*, *11*(3), 249–261. https://doi.org/10.1023/A:1015287825660

de Wit, M., & Hajos, T. (2013). *Health-Related Quality of Life BT - Encyclopedia of Behavioral Medicine* (M. D. Gellman & J. R. Turner (Eds.); pp. 929–931). Springer New York. https://doi.org/10.1007/978-1-4419-1005-9_753

Deci, E. L., & Ryan, R. M. (2013). *Intrinsic Motivation and Self-Determination in Human Behavior*. Springer US. https://books.google.co.id/books?id=M3CpBgAAQBAJ

DeCoster, V. A. (2003). The emotions of adults with diabetes: A comparison across race. In *Social Work in Health Care* (Vol. 36, Issue 4, pp. 79–99). Haworth Press. https://doi.org/10.1300/J010v36n04_05

Delestre, F., Lehéricey, G., Estellat, C., Diallo, M. H., Hansel, B., & Giral, P. (2022). Hypnosis reduces food impulsivity in patients with obesity and high levels of disinhibition: HYPNODIET randomized controlled clinical trial. *American Journal of Clinical Nutrition*, *115*(6), 1637–1645. https://doi.org/10.1093/ajcn/nqac046

Dhillon H, Nordin R, & Ramadas A. (2019). *Quality of life and associated factors among primary care Asian patients with type 2 diabetes mellitus. International Journal of Environmental Research and Public Health [revista en Internet] 2019 [acceso 15 de septiembre de 2021]; 16(1): 1-12.* https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6801549/pdf/ijerph-16-03561.pdf

Dixit, S., Maiya, A., & Shastry, B. (2014). Effect of aerobic exercise on quality of life in population with diabetic peripheral neuropathy in type 2 diabetes: A single blind, randomized controlled trial. *Quality of Life Research*, *23*(5), 1629–1640. https://doi.org/10.1007/s11136-013-0602-7

Domangue, B. B., Margolis, C. G., Lieberman, D., & Kaji, H. (1985). Biochemical correlates of hypnoanalgesia in arthritic pain patients. *The Journal of Clinical Psychiatry*, *46*(6), 235–238.

Dong, D., Lou, P., Wang, J., Zhang, P., Sun, J., Chang, G., & Xu, C. (2020). Interaction of sleep quality and anxiety on quality of life in individuals with type 2 diabetes mellitus. *Health and Quality of Life Outcomes*, *18*(1), 1–7. https://doi.org/10.1186/s12955-020-01406-z

Donsu, J. D. T., Kesehatan, P., & Yogyakarta, K. (2012). Simtom depresi dan

Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

diabetes mellitus: Sebuah comorbidity. *Buletin Psikologi*, *20*(1–2), 1–8.

Dorta, D. C., Colavolpe, P. O., Lauria, P. S. S., Fonseca, R. B., Brito, V. C. S. G., & Villarreal, C. F. (2024). Multimodal benefits of hypnosis on pain, mental health, sleep, and quality of life in patients with chronic pain related to fibromyalgia: A randomized, controlled, blindly-evaluated trial. *Explore*, *20*(6), 103016. https://doi.org/10.1016/j.explore.2024.103016

dos Santos, M. A. B., Ceretta, L. B., Réus, G. Z., Abelaira, H. M., Jornada, L. K., Schwalm, M. T., Neotti, M. V., Tomazzi, C. D., Gulbis, K. G., Ceretta, R. A., & Quevedo, J. (2014). Anxiety disorders are associated with quality of life impairment in patients with insulin-dependent type 2 diabetes: A case-control study. *Revista Brasileira de Psiquiatria*, *36*(4), 298–304. https://doi.org/10.1590/1516-4446-2013-1230

Ducat, L., Philipson, L. H., & Anderson, B. J. (2014). The mental health comorbidities of diabetes. *JAMA*, *312*(7), 691–692. https://doi.org/10.1001/jama.2014.8040

Dunkel, A., von Storch, K., Hochheim, M., Zank, S., Polidori, M. C., & Woopen, C. (2025). Long-Term Effects of Transtheoretical Model-Based Lifestyle Intervention on Self-efficacy and Self-management in Patients with Type 2 Diabetes - Randomised Controlled Trial. *International Journal of Behavioral Medicine*, *32*(1), 45–57. https://doi.org/10.1007/s12529-024-10323-0

Ebrahem, S. M., & Masry, S. E. (2017). Effect of relaxation therapy on depression, anxiety, stress and quality of life among diabetic patients. *Clinical Nursing Studies*, *5*(1), 35. https://doi.org/10.5430/cns.v5n1p35

Egede, L. E., & Osborn, C. Y. (2010). Role of motivation in the relationship between depression, self-care, and glycemic control in adults with type 2 diabetes. *The Diabetes Educator*, *36*(2), 276–283. https://doi.org/10.1177/0145721710361389

El-Radad, H. M., Sayed Ahmed, H. A., & Eldahshan, N. A. (2023). The relationship between self-care activities, social support, and glycemic control in primary healthcare patients with type 2 diabetes. *Diabetology International*, *14*(1), 65–75. https://doi.org/10.1007/s13340-022-00598-7

Elkins, G., Jensen, M. P., & Patterson, D. R. (2007). Hypnotherapy for the management of chronic pain. *The International Journal of Clinical and Experimental Hypnosis*, *55*(3), 275–287. https://doi.org/10.1080/00207140701338621

Elkins, G., Otte, J., Carpenter, J. S., Roberts, L., Jackson, L. S. L. S., Kekecs, Z., Patterson, V., & Keith, T. Z. (2021). Hypnosis Intervention for Sleep Disturbance: Determination of Optimal Dose and Method of Delivery for Postmenopausal Women. *International Journal of Clinical and Experimental Hypnosis*, *69*(3), 323–345. https://doi.org/10.1080/00207144.2021.1919520

Elkins, G. R., Barabasz, A. F., Council, J. R., & Spiegel, D. (2015). Advancing research and practice: The revised APA division 30 definition of hypnosis.

Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

International Journal of Clinical and Experimental Hypnosis, *63*(1), 1–9. https://doi.org/10.1080/00207144.2014.961870

Engel, G. L. (1977). The need for a new medical model: a challenge for biomedicine. *Science (New York, N.Y.)*, *196*(4286), 129–136. https://doi.org/10.1126/science.847460

Ernawati, U., Wihastuti, T. A., & Utami, Y. W. (2021). Effectiveness of diabetes self-management education (DSME) in type 2 diabetes mellitus (T2DM) patients: Systematic literature review. *Journal of Public Health Research*, *10*(2). https://doi.org/10.4081/jphr.2021.2240

Esen, I., Esen, S. A., & Demirci, H. (2022). Fatigue and depression in elderly patients with poorly controlled diabetes. *Medicine (United States)*, *101*(45), E31713. https://doi.org/10.1097/MD.0000000000031713

Evers, C. (2017). Emotion regulation and self-control: Implications for health behaviors and wellbeing. In *The Routledge International Handbook of Self-Control in Health and Well-Being: Concepts, Theories, and Central Issues* (pp. 317–329). https://doi.org/10.4324/9781315648576-25

Facco, E., Zanette, G., & Casiglia, E. (2014). The role of hypnotherapy in dentistry. *SAAD Digest*, *30*, 3–6. https://www.scopus.com/inward/record.uri?eid=2-s2.0-84898008479&partnerID=40&md5=48130bce97a93e96d8dae39691916dc5

Fain, J. A. (2017). 2017 National Standards for Diabetes Self-Management Education and Support (DSMES): Revised and Updated. In *The Diabetes educator* (Vol. 43, Issue 5, p. 439). https://doi.org/10.1177/0145721717729355

Fakhri, M., Abdan, M., Ramezanpour, M., Dehkordi, A. H., & Sarikhani, D. (2021). Systematic Review and Meta-Analysis on Quality of Life in Diabetic Patients in Iran. *International Journal of Preventive Medicine*, *12*, 41. https://doi.org/10.4103/ijpvm.IJPVM_327_19

Farmaki, P., Damaskos, C., Garmpis, N., Garmpi, A., Savvanis, S., & Diamantis, E. (2020). Complications of the Type 2 Diabetes Mellitus. *Current Cardiology Reviews*, *16*(4), 249–251. https://doi.org/10.2174/1573403X1604201229115531

Farooqi, A., Gillies, C., Sathanapally, H., Abner, S., Seidu, S., Davies, M. J., Polonsky, W. H., & Khunti, K. (2022). A systematic review and meta-analysis to compare the prevalence of depression between people with and without Type 1 and Type 2 diabetes. *Primary Care Diabetes*, *16*(1), 1–10. https://doi.org/10.1016/j.pcd.2021.11.001

Fernandez, A., Urwicz, L., Vuilleumier, P., & Berna, C. (2022). Impact of hypnosis on psychophysiological measures: A scoping literature review. *American Journal of Clinical Hypnosis*, *64*(1), 36–52. https://doi.org/10.1080/00029157.2021.1873099

Feyisa, B. R., Yilma, M. T., & Tolessa, B. E. (2020). Predictors of health-related quality of life among patients with diabetes on follow-up at Nekemte specialised Hospital, Western Ethiopia: A cross-sectional study. *BMJ Open*, *10*(7), 1–8.

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

https://doi.org/10.1136/bmjopen-2019-036106

Fisch, S., Brinkhaus, B., & Teut, M. (2017). Hypnosis in patients with perceived stress - a systematic review. *BMC Complementary and Alternative Medicine*, *17*(1), 323. https://doi.org/10.1186/s12906-017-1806-0

Fisch, S., Trivaković-Thiel, S., Roll, S., Keller, T., Binting, S., Cree, M., Brinkhaus, B., & Teut, M. (2020). Group hypnosis for stress reduction and improved stress coping: a multicenter randomized controlled trial. *BMC Complementary Medicine and Therapies*, *20*(1), 344. https://doi.org/10.1186/s12906-020-03129-6

Fisher, E. B., Thorpe, C. T., Devellis, B. M., & Devellis, R. F. (2007). Healthy coping, negative emotions, and diabetes management: a systematic review and appraisal. *The Diabetes Educator*, *33*(6), 1080–1086. https://doi.org/10.1177/0145721707309808

Fisher, L., Hessler, D., Glasgow, R. E., Arean, P. A., Masharani, U., Naranjo, D., & Strycker, L. A. (2013). REDEEM: A pragmatic trial to reduce diabetes distress. *Diabetes Care*, *36*(9), 2551–2558. https://doi.org/10.2337/dc12-2493

Flammer, E., & Alladin, A. (2007). The efficacy of hypnotherapy in the treatment of psychosomatic disorders: meta-analytical evidence. *The International Journal of Clinical and Experimental Hypnosis*, *55*(3), 251–274. https://doi.org/10.1080/00207140701338696

Fortier, M. S., Sweet, S. N., O'Sullivan, T. L., & Williams, G. C. (2007). A self-determination process model of physical activity adoption in the context of a randomized controlled trial. In *Psychology of Sport and Exercise* (Vol. 8, Issue 5, pp. 741–757). Elsevier Science. https://doi.org/10.1016/j.psychsport.2006.10.006

Fuhr, K., Meisner, C., & Batra, A. (2023). Long-Term Outcomes of Depression Treatment With Hypnotherapy or Cognitive Behavioral Therapy. *The Journal of Nervous and Mental Disease*, *211*(7), 519–524. https://doi.org/10.1097/NMD.0000000000001647

Funnell, M. M., Brown, T. L., Childs, B. P., Haas, L. B., Hosey, G. M., Jensen, B., Maryniuk, M., Peyrot, M., Piette, J. D., Reader, D., Siminerio, L. M., Weinger, K., & Weiss, M. A. (2010). National standards for diabetes self-management education. *Diabetes Care*, *33*(SUPPL. 1), S87-94. https://doi.org/10.2337/dc10-S089

Galloway, S., Bell, D., Hamilton, C., & Scullion, A. (2006). Quality of life and well-being: measuring the benefits of culture and sport. A literature review. *Quality of Life and Well-Being: Measuring the Benefits of Culture and Sport: Literature Review and Thinkpiece*, 4–97.

Garrett, C., & Doherty, A. (2014). Diabetes and mental health. *Clinical Medicine, Journal of the Royal College of Physicians of London*, *14*(6), 669–672. https://doi.org/10.7861/clinmedicine.14-6-669

Geagea, D., Tyack, Z., Kimble, R., Polito, V., Ayoub, B., Terhune, D. B., & Griffin,

UNIVERSITAS
GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

B. (2023). Clinical Hypnosis for Procedural Pain and Distress in Children: A Scoping Review. *Pain Medicine (Malden, Mass.)*, *24*(6), 661–702. https://doi.org/10.1093/pm/pnac186

Geijselaers, S. L. C., Sep, S. J. S., Stehouwer, C. D. A., & Biessels, G. J. (2015). Glucose regulation, cognition, and brain MRI in type 2 diabetes: a systematic review. *The Lancet. Diabetes & Endocrinology*, *3*(1), 75–89. https://doi.org/10.1016/S2213-8587(14)70148-2

Ghanbari, A., Yekta, P., Roushan, Z. A., & Lakeh, N. M. (2004). *POPULATIONS AT RISK: EMPIRICAL STUDIES Assessment of Factors Affecting Quality of Life in Diabetic Patients in Iran*. *22*(4), 311–322.

Girach, A., Julian, T. H., Varrassi, G., Paladini, A., Vadalouka, A., & Zis, P. (2019). Quality of life in painful peripheral neuropathies: A systematic review. *Pain Research and Management*, *2019*. https://doi.org/10.1155/2019/2091960

Glanz, K., Rimer, B. K., & Viswanath, K. (2008). *Health Behavior and Health Education: Theory, Research, and Practice*. Wiley. https://books.google.co.id/books?id=1xuGErZCfbsC

Göger, S., Şener, Ş., & Ci Ngi L, D. (2024). The effect of training to diabetes patients according to planned behavior theory on self-efficacy and patient empowerment: A randomized study. *Primary Care Diabetes*, *18*(5), 486–492. https://doi.org/10.1016/j.pcd.2024.08.002

Golicki, D., Dudzińska, M., Zwolak, A., & Tarach, J. S. (2015). Quality of life in patients with type 2 diabetes in Poland - comparison with the general population using the EQ-5D questionnaire. *Advances in Clinical and Experimental Medicine : Official Organ Wroclaw Medical University*, *24*(1), 139–146. https://doi.org/10.17219/acem/38137

Gonsalkorale, W. M., Miller, V., Afzal, A., & Whorwell, P. J. (2003). Long term benefits of hypnotherapy for irritable bowel syndrome. *Gut*, *52*(11), 1623–1629. https://doi.org/10.1136/gut.52.11.1623

Gonzalez, J. S., Peyrot, M., McCarl, L. A., Collins, E. M., Serpa, L., Mimiaga, M. J., & Safren, S. A. (2008). Depression and diabetes treatment nonadherence: a meta-analysis. *Diabetes Care*, *31*(12), 2398–2403. https://doi.org/10.2337/dc08-1341

González Ordi, H. (2006). Clinical hypnosis: Application of suggestion techniques in clinical and health psychology. *Psicologia Conductual*, *14*(3), 467–490. https://www.scopus.com/inward/record.uri?eid=2-s2.0-33846123646&partnerID=40&md5=4b40e8e1218826535122befe1c83e850

Good to Know: Factors Affecting Blood Glucose. (2018). *Clinical Diabetes*, *36*(2), 202. https://doi.org/10.2337/cd18-0012

Goyal, R., Singhal, M., & Jialal, I. (2025). *Type 2 Diabetes.*

Grégoire, C., Faymonville, M.-E. E., Vanhaudenhuyse, A., Charland-Verville, V.,

UNIVERSITAS
GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Jerusalem, G., Willems, S., & Bragard, I. (2020). Effects of an intervention combining self-care and self-hypnosis on fatigue and associated symptoms in post-treatment cancer patients: A randomized-controlled trial. *Psycho-Oncology*, *29*(7), 1165–1173. https://doi.org/10.1002/pon.5395

Grégoire, C., Faymonville, M.-E. E., Vanhaudenhuyse, A., Jerusalem, G., Willems, S., & Bragard, I. (2021). Randomized controlled trial of a group intervention combining self-hypnosis and self-care: secondary results on self-esteem, emotional distress and regulation, and mindfulness in post-treatment cancer patients. *Quality of Life Research*, *30*(2), 425–436. https://doi.org/10.1007/s11136-020-02655-7

Grégoire, C., Faymonville, M.-E., Vanhaudenhuyse, A., Jerusalem, G., Monseur, J., & Bragard, I. (2023). A Group Intervention Combining Self-Hypnosis and Self-Care in Oncology: Implementation in Daily Life and Perceived Usefulness. *The International Journal of Clinical and Experimental Hypnosis*, *71*(4), 313–337. https://doi.org/10.1080/00207144.2023.2249044

Grégoire, C., Faymonville, M. E., Vanhaudenhuyse, A., Charland-Verville, V., Jerusalem, G., & Bragard, I. (2018). Randomized controlled trial of an 8-week intervention combining self-care and hypnosis for post-treatment cancer patients: Study protocol. *BMC Cancer*, *18*(1), 1–10. https://doi.org/10.1186/s12885-018-5046-6

Grosklags, K. (2006). Healing from loss: using clinical hypnosis to help navigate the way. *Minnesota Medicine*, *89*(10), 46–48. https://www.scopus.com/inward/record.uri?eid=2-s2.0-39049192354&partnerID=40&md5=be70aedbce64b37793dfdbb3b2ff9012

Guerra, G., Guantieri, G., & Tagliaro, F. (1985). *Hypnosis and Plasmatic Beta-Endorphins BT - Modern Trends in Hypnosis* (D. Waxman, P. C. Misra, M. Gibson, & M. A. Basker (Eds.); pp. 259–266). Springer US. https://doi.org/10.1007/978-1-4684-4913-6_21

Gultom, A. B., & Indrawati, I. (2020). Edukasi Manajemen Diri Dalam Meningkatkan Efikasi Diri, Mengendalikan Kadar Gula Darah Dan Meningkatkan Kualitas Hidup Pada Pasien Diabetes Mellitus. *Jurnal Pengabdian Masyarakat Dalam Kesehatan*, *2*(2), 32. https://doi.org/10.20473/jpmk.v2i2.21002

Hackett, R. A., & Steptoe, A. (2017). Type 2 diabetes mellitus and psychological stress - a modifiable risk factor. *Nature Reviews. Endocrinology*, *13*(9), 547–560. https://doi.org/10.1038/nrendo.2017.64

Hailu, F. B., Moen, A., & Hjortdahl, P. (2019). Diabetes self-management education (DSME) – Effect on knowledge, self-care behavior, and self-efficacy among type 2 diabetes patients in Ethiopia: A controlled clinical trial. *Diabetes, Metabolic Syndrome and Obesity*, *12*, 2489–2499. https://doi.org/10.2147/DMSO.S223123

Hammond, D. C. (2010). Hypnosis in the treatment of anxiety- and stress-related disorders. *Expert Review of Neurotherapeutics*, *10*(2), 263–273. https://doi.org/10.1586/ern.09.140

UNIVERSITAS
GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Hardy, S. (2021). Recognising and treating psychological issues in people with diabetes mellitus. *Nursing Standard (Royal College of Nursing (Great Britain) : 1987)*, *36*(7), 77–82. https://doi.org/10.7748/ns.2021.e11682

Harris, A. N. (2019). Diabetes Self-management Education Provision by an Interprofessional Collaborative Practice Team: A Quality Improvement Project. *Nursing Clinics of North America*, *54*(1), 149–158. https://doi.org/10.1016/j.cnur.2018.11.002

Harris, M. L., Oldmeadow, C., Hure, A., Luu, J., Loxton, D., & Attia, J. (2017). Stress increases the risk of type 2 diabetes onset in women: A 12-year longitudinal study using causal modelling. *PloS One*, *12*(2), e0172126. https://doi.org/10.1371/journal.pone.0172126

Hasymi, Y., & Suwanto, . (2021). The Effect of Hypnotherapy on the Reduction of Blood Glucose Levels in Diabetes Mellitus Type-2. *KnE Life Sciences*, *2021*, 83–92. https://doi.org/10.18502/kls.v6i1.8593

Henriksen, R. E., Nilsen, R. M., & Strandberg, R. B. (2023). Loneliness increases the risk of type 2 diabetes: a 20 year follow-up – results from the HUNT study. *Diabetologia*, *66*(1), 82–92. https://doi.org/10.1007/s00125-022-05791-6

Hermanns, N., Ehrmann, D., Finke-Groene, K., & Kulzer, B. (2020). Trends in diabetes self-management education: where are we coming from and where are we going? A narrative review. *Diabetic Medicine*, *37*(3), 436–447. https://doi.org/10.1111/dme.14256

Hilliard, M. E., Yi-Frazier, J. P., Hessler, D., Butler, A. M., Anderson, B. J., & Jaser, S. (2016). Stress and A1c Among People with Diabetes Across the Lifespan. *Current Diabetes Reports*, *16*(8). https://doi.org/10.1007/s11892-016-0761-3

Hiltunen, S., Karevaara, M., Virta, M., Makkonen, T., Kallio, S., & Paavilainen, P. (2021). No evidence for theta power as a marker of hypnotic state in highly hypnotizable subjects. *Heliyon*, *7*(4), e06871. https://doi.org/10.1016/j.heliyon.2021.e06871

Hirsch, J. A. (2012). Virtual reality exposure therapy and hypnosis for flying phobia in a treatment-resistant patient: a case report. *The American Journal of Clinical Hypnosis*, *55*(2), 168–173. https://doi.org/10.1080/00029157.2011.639587

Hsu, S.-H., Tang, K.-P., Lin, C.-H., Chen, P.-C., & Wang, L.-H. (2023). Applying the theory of planned behavior to investigate type 2 diabetes patients' intention to receive injection therapy. *Frontiers in Public Health*, *11*, 1066633. https://doi.org/10.3389/fpubh.2023.1066633

Hu, F. B., Manson, J. E., Stampfer, M. J., Colditz, G., Liu, S., Solomon, C. G., & Willett, W. C. (2001). Diet, lifestyle, and the risk of type 2 diabetes mellitus in women. *The New England Journal of Medicine*, *345*(11), 790–797. https://doi.org/10.1056/NEJMoa010492

Huang, X. L., Pan, J. H., Chen, D., Chen, J., Chen, F., & Hu, T. T. (2016). Efficacy of lifestyle interventions in patients with type 2 diabetes: A systematic review and

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

meta-analysis. *European Journal of Internal Medicine*, *27*, 37–47. https://doi.org/10.1016/j.ejim.2015.11.016

Huth, C., Thorand, B., Baumert, J., Kruse, J., Emeny, R. T., Schneider, A., Meisinger, C., & Ladwig, K.-H. (2014). Job strain as a risk factor for the onset of type 2 diabetes mellitus: findings from the MONICA/KORA Augsburg cohort study. *Psychosomatic Medicine*, *76*(7), 562–568. https://doi.org/10.1097/PSY.0000000000000084

Hyphantis, T., Kaltsouda, A., Triantafillidis, J., Platis, O., Karadagi, S., Christou, K., Mantas, C., Argyropoulos, A., & Mavreas, V. (2005). Personality correlates of adherence to type 2 diabetes regimens. *International Journal of Psychiatry in Medicine*, *35*(1), 103–107. https://doi.org/10.2190/NBQA-08A7-6MG9-GC8W

Imayama, I., Plotnikoff, R. C., Courneya, K. S., & Johnson, J. A. (2011). Determinants of quality of life in type 2 diabetes population: the inclusion of personality. *Quality of Life Research : An International Journal of Quality of Life Aspects of Treatment, Care and Rehabilitation*, *20*(4), 551–558. https://doi.org/10.1007/s11136-010-9772-8

Indriawati, R., Rohmah, M., & Amany, F. D. (2024). Hypnotherapy Reduces Anxiety and Blood Glucose in Diabetic. *BIO Web of Conferences*, *133*. https://doi.org/10.1051/bioconf/202413300023

Iversen, M. M., Nefs, G., Tell, G. S., Espehaug, B., Midthjell, K., Graue, M., & Pouwer, F. (2015). Anxiety, depression and timing of insulin treatment among people with type 2 diabetes: Nine-year follow-up of the Nord-Trøndelag Health Study, Norway. *Journal of Psychosomatic Research*, *79*(4), 309–315. https://doi.org/10.1016/j.jpsychores.2015.07.004

Ivinson, M. H. L. (1995). The Emotional World of the Diabetic Patient. *Diabetic Medicine*, *12*(2), 113–116. https://doi.org/10.1111/j.1464-5491.1995.tb00440.x

Izgu, N., Gok Metin, Z., Karadas, C., Ozdemir, L., Metinarikan, N., & Corapcıoglu, D. (2020). Progressive Muscle Relaxation and Mindfulness Meditation on Neuropathic Pain, Fatigue, and Quality of Life in Patients With Type 2 Diabetes: A Randomized Clinical Trial. *Journal of Nursing Scholarship*, *52*(5), 476–487. https://doi.org/10.1111/jnu.12580

Jacobson, E. (1938). *Progressive relaxation* (2nd ed.). University of Chicago Press.

Jamshidpour, B., Bahrpeyma, F., & Khatami, M. R. (2020). The effect of aerobic and resistance exercise training on the health related quality of life, physical function, and muscle strength among hemodialysis patients with Type 2 diabetes. *Journal of Bodywork and Movement Therapies*, *24*(2), 98–103. https://doi.org/10.1016/j.jbmt.2019.10.003

Jensen, M. P., McArthur, K. D., Barber, J., Hanley, M. A., Engel, J. M., Romano, J. M., Cardenas, D. D., Kraft, G. H., Hoffman, A. J., & Patterson, D. R. (2006). Satisfaction with, and the beneficial side effects of, hypnotic analgesia. *International Journal of Clinical and Experimental Hypnosis*, *54*(4), 432–447.

Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

https://doi.org/10.1080/00207140600856798

Jensen, M. P., & Patterson, D. R. (2014). Hypnotic Approaches for Chronic Pain Management. *The American Psychologist*, *69*(2), 167–177. https://doi.org/10.1037/a0035644.Hypnotic

Ji, H., Chen, R., Huang, Y., Li, W., Shi, C., & Zhou, J. (2019). Effect of simulation education and case management on glycemic control in type 2 diabetes. *Diabetes/Metabolism Research and Reviews*, *35*(3), 1–7. https://doi.org/10.1002/dmrr.3112

Jiang, X., Jiang, H., & Li, M. (2024). The Role of Self-Efficacy Enhancement in Improving Self-Management Behavior for Type 2 Diabetes Mellitus Patients. *Diabetes, Metabolic Syndrome and Obesity : Targets and Therapy*, *17*, 3131–3138. https://doi.org/10.2147/DMSO.S460864

Jiang, X., Wang, J., Lu, Y., Jiang, H., & Li, M. (2019). Self-efficacy-focused education in persons with diabetes: A systematic review and meta-analysis. *Psychology Research and Behavior Management*, *12*, 67–79. https://doi.org/10.2147/PRBM.S192571

Jing, X., Chen, J., Dong, Y., Han, D., Zhao, H., Wang, X., Gao, F., Li, C., Cui, Z., Liu, Y., & Ma, J. (2018). Related factors of quality of life of type 2 diabetes patients: a systematic review and meta-analysis. *Health and Quality of Life Outcomes*, *16*(1), 189. https://doi.org/10.1186/s12955-018-1021-9

Jones, H. G., Rizzo, R. R. N., Pulling, B. W., Braithwaite, F. A., Grant, A. R., McAuley, J. H., Jensen, M. P., Moseley, G. L., Rees, A., & Stanton, T. R. (2024). Adjunctive use of hypnosis for clinical pain: a systematic review and meta-analysis. *Pain Reports*, *9*(5), e1185. https://doi.org/10.1097/PR9.0000000000001185

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

Kalra, S., Jena, B. N., & Yeravdekar, R. (2018). Emotional and Psychological Needs of People with Diabetes. *Indian Journal of Endocrinology and Metabolism*, *22*(5), 696–704. https://doi.org/10.4103/ijem.IJEM_579_17

Kaprio, J., Tuomilehto, J., Koskenvuo, M., Romanov, K., Reunanen, A., Eriksson, J., Stengård, J., & Kesäniemi, Y. A. (1992). Concordance for Type 1 (insulin-dependent) and Type 2 (non-insulin-dependent) diabetes mellitus in a population-based cohort of twins in Finland. *Diabetologia*, *35*(11), 1060–1067. https://doi.org/10.1007/BF02221682

Karami, H., Shirvani Shiri, M., Rezapour, A., Sarvari Mehrabadi, R., & Afshari, S. (2021). The association between diabetic complications and health-related quality of life in patients with type 2 diabetes: a cross-sectional study from Iran. *Quality of Life Research*, *30*(7), 1963–1974. https://doi.org/10.1007/s11136-021-02792-7

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Kargar Jahromi, M., Ramezanli, S., & Taheri, L. (2015). Effectiveness of diabetes self-management education on quality of life in diabetic elderly females. *Global Journal of Health Science*, *7*(1), 10–15. https://doi.org/10.5539/gjhs.v7n1p10

Karrasch, S., Bongartz, W., Behnke, A., Matits, L., & Kolassa, I.-T. (2022). The Effects of a Single Relaxation Hypnosis Session on Mental Stress in Chronically Stressed Individuals:An Explorative Experiment. *Zeitschrift Fur Klinische Psychologie Und Psychotherapie*, *51*(3–4), 247–262. https://doi.org/10.1026/1616-3443/a000679

Kasos, E., Kasos, K., Pusztai, F., Polyák, Á., Kovács, K. J., & Varga, K. (2018). Changes in oxytocin and cortisol in active-alert hypnosis: Hormonal changes benefiting low hypnotizable participants. In *International Journal of Clinical and Experimental Hypnosis* (Vol. 66, Issue 4, pp. 404–427). Taylor & Francis. https://doi.org/10.1080/00207144.2018.1495009

Katula, J. A., Kirk, J. K., Pedley, C. F., Savoca, M. R., Effoe, V. S., Bell, R. A., & Bertoni, A. G. (2017). The Lifestyle Intervention for the Treatment of Diabetes study (LIFT Diabetes): Design and baseline characteristics for a randomized translational trial to improve control of cardiovascular disease risk factors. *Contemporary Clinical Trials*, *53*, 89–99. https://doi.org/10.1016/j.cct.2016.12.005

Kaveh, M. H., Montazer, M., Karimi, M., & Hassanzadeh, J. (2022). Effects of a theory-based training program with follow-up home visits on self-management behavior, glycemic index, and quality of life among Iranian patients with type 2 diabetes mellitus. *BMC Public Health*, *22*(1), 1–11. https://doi.org/10.1186/s12889-022-13959-3

Kavookjian, Jan, LaManna, Jacqueline B, Davidson, Patricia, Davis, Jean W, Fahim, Shahariar Mohammed, McDaniel, Cassidi C, Ekong, Gladys, Todd, Andrew, Yehl, Kirsten, & Cox, Carla. (2022). Impact of Diabetes Self-Management Education/Support on Self-Reported Quality of Life in Youth With Type 1 or Type 2 Diabetes. *The Science of Diabetes Self-Management and Care*, *48*(5), 406–436. https://doi.org/10.1177/26350106221115450

Kazmierczak, T. (2004). Using hypnosis in emotional decision making. *Australian Journal of Clinical and Experimental Hypnosis*, *32*(2), 206–213. https://www.scopus.com/inward/record.uri?eid=2-s2.0-10644249976&partnerID=40&md5=fce1d5cf011b6a16825bad3739faae39

Kekecs, Z., Szekely, A., & Varga, K. (2016). Alterations in electrodermal activity and cardiac parasympathetic tone during hypnosis. *Psychophysiology*, *53*(2), 268–277. https://doi.org/10.1111/psyp.12570

Ketai, L. H., Komesu, Y. M., Schrader, R. M., Rogers, R. G., Sapien, R. E., Dodd, A. B., & Mayer, A. R. (2021). Mind-body (hypnotherapy) treatment of women with urgency urinary incontinence: changes in brain attentional networks. *American Journal of Obstetrics and Gynecology*, *224*(5), 498.e1-498.e10. https://doi.org/10.1016/j.ajog.2020.10.041

UNIVERSITAS
GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Ketema, D. B., Leshargie, C. T., Kibret, G. D., Assemie, M. A., Alamneh, A. A., Kassa, G. M., & Alebel, A. (2020). Level of self-care practice among diabetic patients in Ethiopia: A systematic review and meta-analysis. *BMC Public Health*, *20*(1), 1–12. https://doi.org/10.1186/s12889-020-8425-2

Khan, M. A. B., Hashim, M. J., King, J. K., Govender, R. D., Mustafa, H., & Al Kaabi, J. (2020). Epidemiology of Type 2 Diabetes - Global Burden of Disease and Forecasted Trends. *Journal of Epidemiology and Global Health*, *10*(1), 107–111. https://doi.org/10.2991/jegh.k.191028.001

Kiadaliri, A. A., Najafi, B., & Mirmalek-Sani, M. (2013). Quality of life in people with diabetes: a systematic review of studies in Iran. *Journal of Diabetes and Metabolic Disorders*, *12*(1), 54. https://doi.org/10.1186/2251-6581-12-54

Kiçaj, E., Saliaj, A., Çerçizaj, R., Prifti, V., Qirko, S., & Rogozea, L. (2024). Navigating Diabetes: Enhancing Self-Management through Education among Diabetic People at the Early Stages of the Disease—A Systematic Review. *International Journal of Environmental Research and Public Health*, *21*(5). https://doi.org/10.3390/ijerph21050522

Kiecolt-Glaser, J. K., McGuire, L., Robles, T. F., & Glaser, R. (2002). Emotions, morbidity, and mortality: new perspectives from psychoneuroimmunology. *Annual Review of Psychology*, *53*, 83–107. https://doi.org/10.1146/annurev.psych.53.100901.135217

Kihlstrom, J. F. (2023). Hypnosis and hypnotherapy. In *Encyclopedia of Mental Health, Third Edition: Volume 1-3* (Vol. 2, pp. V2-217). https://doi.org/10.1016/B978-0-323-91497-0.00052-7

Kim, E. J., & Han, K. S. (2020). Factors related to self-care behaviours among patients with diabetic foot ulcers. *Journal of Clinical Nursing*, *29*(9–10), 1712–1722. https://doi.org/10.1111/jocn.15215

Kim, H., Lee, J., Choi, G. H., Jeong, H. M., Kim, S. H., Gu, J. E., Yoo, J. J., Han, M., Kim, H. J., Sung, S. A., Han, S. H., Kim, Y. H., Yoon, J. W., Heo, J., & Oh, K. H. (2022). Quality of life in patients with diabetic nephropathy: findings from the KNOW-CKD (Korean Cohort Study for Outcomes in Patients with Chronic Kidney Disease) cohort. *Kidney Research and Clinical Practice*, *41*(1), 43–57. https://doi.org/10.23876/j.krcp.21.068

Kim, M. S., Khan, U., Boren, S. A., Narindrarangkura, P., Ye, Q., & Simoes, E. J. (2022). Transforming AADE7 for Use in an Evaluation Framework for Health Information Technology in Diabetes Mellitus. *Journal of Diabetes Science and Technology*, *16*(3), 764–770. https://doi.org/10.1177/1932296820985842

Kirsch, I. (2000). The response set theory of hypnosis. In *American Journal of Clinical Hypnosis* (Vol. 42, Issues 3–4, pp. 274–292). American Society of Clinical Hypnosis. https://doi.org/10.1080/00029157.2000.10734362

Knafo, G., & Weinberger, J. (2024). Exploring the Role of Conscious and Unconscious Processes in Hypnosis: A Theoretical Review. *Brain Sciences*,

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

14(4). https://doi.org/10.3390/brainsci14040374

Koekkoek, P. S., Kappelle, L. J., van den Berg, E., Rutten, G. E. H. M., & Biessels, G. J. (2015). Cognitive function in patients with diabetes mellitus: Guidance for daily care. *The Lancet Neurology*, *14*(3), 329–340. https://doi.org/10.1016/S1474-4422(14)70249-2

Kolb, L. (2021). An Effective Model of Diabetes Care and Education: The ADCES7 Self-Care Behaviors™. *The Science of Diabetes Self-Management and Care*, *47*(1), 30–53. https://doi.org/10.1177/0145721720978154

Kraft, T., & Kraft, D. (2006). The place of hypnosis in psychiatry: Its applications in treating anxiety disorders and sleep disturbances. *Australian Journal of Clinical and Experimental Hypnosis*, *34*(2), 187–203. https://www.scopus.com/inward/record.uri?eid=2-s2.0-33751544457&partnerID=40&md5=de30f8f8f363aefaad2af8851de2bffe

Laborde, S., Heuer, S., & Mosley, E. (2018). Effects of a Brief Hypnosis Relaxation Induction on Subjective Psychological States, Cardiac Vagal Activity, and Breathing Frequency. *The International Journal of Clinical and Experimental Hypnosis*, *66*(4), 386–403. https://doi.org/10.1080/00207144.2018.1494449

Lazarus, R. S., & Folkman, S. (1984). *Stress, Appraisal, and Coping*. Springer Publishing Company. https://books.google.co.id/books?id=i-ySQQuUpr8C

Lee, H. H., Choi, Y. Y., & Choi, M.-G. (2014). The Efficacy of Hypnotherapy in the Treatment of Irritable Bowel Syndrome: A Systematic Review and Meta-analysis. *Journal of Neurogastroenterology and Motility*, *20*(2), 152–162. https://doi.org/10.5056/jnm.2014.20.2.152

Lee, S.-C., Tsai, P.-H., Yu, K.-H., & Chan, T.-M. (2025). Effects of Mind-Body Interventions on Immune and Neuroendocrine Functions: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Healthcare (Basel, Switzerland)*, *13*(8). https://doi.org/10.3390/healthcare13080952

Leiper, R., & Maltby, M. (2012). The Psychodynamic Approach to Therapeutic Change. In *The Psychodynamic Approach to Therapeutic Change*. https://doi.org/10.4135/9781446216729

Leong, A., Rahme, E., & Dasgupta, K. (2014). Spousal diabetes as a diabetes risk factor: A systematic review and meta-analysis. *BMC Medicine*, *12*(1). https://doi.org/10.1186/1741-7015-12-12

Levterova, B. A., Orbetzova, M., Levterov, G., Dimitrova, D., & Todorov, P. (2018). Assessment of the impact of type 2 diabetes on the quality of life by Audit of Diabetes-Dependent Quality-of-Life (ADDQoL-19). *Biotechnology and Biotechnological Equipment*, *32*(6), 1627–1634. https://doi.org/10.1080/13102818.2018.1532319

Levy, R. B., Rauber, F., Chang, K., Louzada, M. L. da C., Monteiro, C. A., Millett, C., & Vamos, E. P. (2021). Ultra-processed food consumption and type 2 diabetes incidence: A prospective cohort study. *Clinical Nutrition*, *40*(5), 3608–

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

3614. https://doi.org/10.1016/j.clnu.2020.12.018

Lisco, G., Giagulli, V. A., De Pergola, G., Guastamacchia, E., Jirillo, E., Vitale, E., & Triggiani, V. (2024). Chronic Stress as a Risk Factor for Type 2 Diabetes: Endocrine, Metabolic, and Immune Implications. *Endocrine, Metabolic & Immune Disorders Drug Targets*, *24*(3), 321–332. https://doi.org/10.2174/1871530323666230803095118

Liu, X., Li, Y., Guan, L., He, X., Zhang, H., Zhang, J., Li, J., Zhong, D., & Jin, R. (2022). A Systematic Review and Meta-Analysis of the Prevalence and Risk Factors of Depression in Type 2 Diabetes Patients in China. *Frontiers in Medicine*, *9*, 759499. https://doi.org/10.3389/fmed.2022.759499

Liu, Y., & Liu, C. (2024). Effect of the AADE7 Self-Care Behaviors Framework on Diabetes Education Management in a Shared Care Model. *International Journal of Endocrinology*, *2024*. https://doi.org/10.1155/2024/7278207

Llavero-Valero, M., Escalada-San Martín, J., Martínez-González, M. A., Basterra-Gortari, F. J., de la Fuente-Arrillaga, C., & Bes-Rastrollo, M. (2021). Ultra-processed foods and type-2 diabetes risk in the SUN project: A prospective cohort study. *Clinical Nutrition*, *40*(5), 2817–2824. https://doi.org/10.1016/j.clnu.2021.03.039

Lou, P., Qin, Y., Zhang, P., Chen, P., Zhang, L., Chang, G., Li, T., Qiao, C., & Zhang, N. (2015). Association of sleep quality and quality of life in type 2 diabetes mellitus: A cross-sectional study in China. *Diabetes Research and Clinical Practice*, *107*(1), 69–76. https://doi.org/10.1016/j.diabres.2014.09.060

Luscombe, F. A. (2000). Health-related quality of life measurement in type 2 diabetes. *Value in Health*, *3*(SUPPL. 1), S15–S28. https://doi.org/10.1046/j.1524-4733.2000.36032.x

Lustman, P. J., Anderson, R. J., Freedland, K. E., de Groot, M., Carney, R. M., Clouse, R. E., Patrick J, L., Ryan J, A., Kenneth E, F., Mary, de G., Robert M, C., & Ray E, C. (2000). Depression and poor glycemic control: a meta-analytic review of the literature. *Diabetes Care*, *23*(7), 934-942 9p. https://doi.org/10.2337/diacare.23.7.934

Lynn, S. J., Barnes, S., Deming, A., & Accardi, M. (2010). Hypnosis, rumination, and depression: Catalyzing attention and mindfulness-based treatments. *International Journal of Clinical and Experimental Hypnosis*, *58*(2), 202–221. https://doi.org/10.1080/00207140903523244

Lynn, S. J., & Kirsch, I. (2006). Essentials of clinical hypnosis: An evidence-based approach. In *Essentials of clinical hypnosis: An evidence-based approach.* (pp. viii, 271–viii, 271). American Psychological Association. https://doi.org/10.1037/11365-000

M.Mardi, S. B. R., Yusrawati, Y., & Zakirullah, Z. (2023). Efektifitas Hipnoterapi Lima Jari Melalui Bersyukur Dalam Pengendalian Kadar Gula Darah Dm Tipe 2. *Journal Keperawatan*, *2*(2), 147–159. https://doi.org/10.58774/jourkep.v2i2.43

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

MacDonald, C. S., Nielsen, S. M., Bjørner, J., Johansen, M. Y., Christensen, R., Vaag, A., Lieberman, D. E., Pedersen, B. K., Langberg, H., Ried-Larsen, M., & Midtgaard, J. (2021). One-year intensive lifestyle intervention and improvements in health-related quality of life and mental health in persons with type 2 diabetes: A secondary analysis of the U-TURN randomized controlled trial. *BMJ Open Diabetes Research and Care*, *9*(1). https://doi.org/10.1136/bmjdrc-2020-001840

Maddigan, S. L., Feeny, D. H., Majumdar, S. R., Farris, K. B., & Johnson, J. A. (2006). Understanding the determinants of health for people with type 2 diabetes. *American Journal of Public Health*, *96*(9), 1649–1655. https://doi.org/10.2105/AJPH.2005.067728

Magliano, D. J., Boyko, E. J., & edition scientific committee, I. D. F. D. A. 10th. (2021). *IDF DIABETES ATLAS* (10th ed.). International Diabetes Federation.

Marques-Vidal, P., Vollenweider, P., & Waeber, G. (2015). Alcohol consumption and incidence of type 2 diabetes. Results from the CoLaus study. *Nutrition, Metabolism and Cardiovascular Diseases*, *25*(1), 75–84. https://doi.org/10.1016/j.numecd.2014.08.010

Martino, G., Caputo, A., Bellone, F., Quattropani, M. C., & Vicario, C. M. (2020). Going beyond the visible in type 2 diabetes mellitus: Defense mechanisms and their associations with depression and health-related quality of life. *Frontiers in Psychology*, *11*(February). https://doi.org/10.3389/fpsyg.2020.00267

Matoori, S. (2022). Diabetes and its Complications. In *ACS pharmacology & translational science* (Vol. 5, Issue 8, pp. 513–515). https://doi.org/10.1021/acsptsci.2c00122

McCallie, M. S., Blum, C. M., & Hood, C. J. (2006). Progressive muscle relaxation. In *Journal of Human Behavior in the Social Environment* (Vol. 13, Issue 3, pp. 51–66). Haworth Press. https://doi.org/10.1300/J137v13n03_04

McConkey, K. M., Bryant, R. A., Bibb, B. C., & Kihlstrom, J. F. (1991). Trance logic in hypnosis and imagination. *Journal of Abnormal Psychology*, *100*(4), 464–472. https://doi.org/10.1037//0021-843x.100.4.464

McKittrick, M. L., Connors, E. L., & McKernan, L. C. (2022). Hypnosis for Chronic Neuropathic Pain: A Scoping Review. *Pain Medicine (United States)*, *23*(5), 1015–1026. https://doi.org/10.1093/pm/pnab320

Meisinger, C., Döring, A., Thorand, B., & Löwel, H. (2006). Association of cigarette smoking and tar and nicotine intake with development of type 2 diabetes mellitus in men and women from the general population: The MONICA/KORA Augsburg Cohort Study. *Diabetologia*, *49*(8), 1770–1776. https://doi.org/10.1007/s00125-006-0298-0

Mendoza, E., & Capafons, A. (2009). Efficacy of clinical hypnosis: A summary of its empirical evidence. *Papeles Del Psicologo*, *30*(2), 98–116. https://www.scopus.com/inward/record.uri?eid=2-s2.0-69849096619&partnerID=40&md5=4ffc810531d89e196201dd1e8f00b7cf

UNIVERSITAS
GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Menon, S., & Bhagat, V. (2025). Neuroplasticity and Clinical Hypnosis: Advancing Therapeutic Prospects in Neuropsychological Health and Well-being. *Research Journal of Pharmacy and Technology*, *18*(5), 2371–2377. https://doi.org/10.52711/0974-360X.2025.00339

Miezah, D., Amoadu, M., Opoku, P. N., Junior, E. M., Zutah, J., Obeng, P., & Sarfo, J. O. (2024). Transtheoretical-Based Model of Intervention for Diabetes and Prediabetes: A Scoping Review. *Journal of Diabetes Research*, *2024*, 2935795. https://doi.org/10.1155/2024/2935795

Milling, L. S., Valentine, K. E., LoStimolo, L. M., Nett, A. M., & McCarley, H. S. (2021). Hypnosis and the Alleviation of Clinical Pain: A Comprehensive Meta-Analysis. *The International Journal of Clinical and Experimental Hypnosis*, *69*(3), 297–322. https://doi.org/10.1080/00207144.2021.1920330

Montgomery, G. H., Schnur, J. B., & Kravits, K. (2013). Hypnosis for cancer care: over 200 years young. *CA: A Cancer Journal for Clinicians*, *63*(1), 31–44. https://doi.org/10.3322/caac.21165

Montgomery, G. H., Sucala, M., Baum, T., & Schnur, J. B. (2017). Hypnosis for Symptom Control in Cancer Patients at the End-of-Life: A Systematic Review. *The International Journal of Clinical and Experimental Hypnosis*, *65*(3), 296–307. https://doi.org/10.1080/00207144.2017.1314728

Morales-Brown, L. A., Perez Algorta, G., & Salifu, Y. (2024). Understanding Experiences of Diabetes Distress: A Systematic Review and Thematic Synthesis. *Journal of Diabetes Research*, *2024*, 3946553. https://doi.org/10.1155/2024/3946553

Moreno Hernández, D., Téllez, A., Sánchez-Jáuregui, T., García, C. H., García-Solís, M., & Valdez, A. (2022). Clinical Hypnosis For Pain Reduction In Breast Cancer Mastectomy: A Randomized Clinical Trial. *International Journal of Clinical and Experimental Hypnosis*, *70*(1), 4–15. https://doi.org/10.1080/00207144.2022.2003697

Morris, R. L., Sanders, C., Kennedy, A. P., & Rogers, A. (2011). Shifting priorities in multimorbidity: a longitudinal qualitative study of patient's prioritization of multiple conditions. *Chronic Illness*, *7*(2), 147–161. https://doi.org/10.1177/1742395310393365

Mourão, D. M., Santos, G. M. S., & Duarte, G. C. (2025). Enhancing diabetes self-management through the AADE7 self-care behaviors framework: an observational study. *Einstein (Sao Paulo, Brazil)*, *23*, eAO1213. https://doi.org/10.31744/einstein_journal/2025AO1213

Myers, V. H., McVay, M. A., Brashear, M. M., Johannsen, N. M., Swift, D. L., Kramer, K., Harris, M. N., Johnson, W. D., Earnest, C. P., & Church, T. S. (2013). Exercise training and quality of life in individuals with type 2 diabetes. *Diabetes Care*, *36*(7), 1884–1890. https://doi.org/10.2337/dc12-1153

Naito, A., Laidlaw, T. M., Henderson, D. C., Farahani, L., Dwivedi, P., & Gruzelier,

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

J. H. (2003). The impact of self-hypnosis and Johrei on lymphocyte subpopulations at exam time: a controlled study. *Brain Research Bulletin*, *62*(3), 241–253. https://doi.org/10.1016/j.brainresbull.2003.09.014

Newman, B., Selby, J. V., King, M. C., Slemenda, C., Fabsitz, R., & Friedman, G. D. (1987). Concordance for Type 2 (non-insulin-dependent) diabetes mellitus in male twins. *Diabetologia*, *30*(10), 763–768. https://doi.org/10.1007/BF00275741

Ng, J. Y. Y., Ntoumanis, N., Thøgersen-Ntoumani, C., Deci, E. L., Ryan, R. M., Duda, J. L., & Williams, G. C. (2012). Self-Determination Theory Applied to Health Contexts: A Meta-Analysis. *Perspectives on Psychological Science : A Journal of the Association for Psychological Science*, *7*(4), 325–340. https://doi.org/10.1177/1745691612447309

Norris, S. L., Nichols, P. J., Caspersen, C. J., Glasgow, R. E., Engelgau, M. M., Jack, L., Snyder, S. R., Carande-Kulis, V. G., Isham, G., Garfield, S., Briss, P., & McCulloch, D. (2002). Increasing diabetes self-management education in community settings: A systematic review. *American Journal of Preventive Medicine*, *22*(4, Supplement 1), 39–66. https://doi.org/https://doi.org/10.1016/S0749-3797(02)00424-5

Nowakowska, M., Zghebi, S. S., Ashcroft, D. M., Buchan, I., Chew-Graham, C., Holt, T., Mallen, C., Van Marwijk, H., Peek, N., Perera-Salazar, R., Reeves, D., Rutter, M. K., Weng, S. F., Qureshi, N., Mamas, M. A., & Kontopantelis, E. (2020). Erratum: The comorbidity burden of type 2 diabetes mellitus: Patterns, clusters and predictions from a large English primary care cohort (BMC Medicine (2019) 17 (145) DOI: 10.1186/s12916-019-1373). *BMC Medicine*, *18*(1), 1–10. https://doi.org/10.1186/s12916-020-1492-5

Nurhayati, N., Wahyuni, S., & Hapsari, E. (2016). Efektivitas hipnoterapi terhadap penurunan tingkat kecemasan pasien diabetes mellitus tipe 2. *Jurnal Keperawatan Indonesia*, *19*(1), 10–18.

Nyberg, S. T., Fransson, E. I., Heikkilä, K., Ahola, K., Alfredsson, L., Bjorner, J. B., Borritz, M., Burr, H., Dragano, N., Goldberg, M., Hamer, M., Jokela, M., Knutsson, A., Koskenvuo, M., Koskinen, A., Kouvonen, A., Leineweber, C., Madsen, I. E. H., Hanson, L. L. M., … Kivimäki, M. (2014). Job strain as a risk factor for type 2 diabetes: A pooled analysis of 124,808 men and women. *Diabetes Care*, *37*(8), 2268–2275. https://doi.org/10.2337/dc13-2936

Nyo, T., Arunagirinathan, G., Munshi, S. K., & Pappachan, J. M. (2017). Diabetes mellitus y accidente cerebrovascular: una actualización clínica. *World J Diabetes*, *8*(6), 235–248. https://www.wjgnet.com/1948-9358/full/v8/i6/235.htm

O'Shea, M. P., Teeling, M., & Bennett, K. (2015). Comorbidity, health-related quality of life and self-care in type 2 diabetes: a cross-sectional study in an outpatient population. *Irish Journal of Medical Science*, *184*(3), 623–630. https://doi.org/10.1007/s11845-014-1190-4

O'Toole, S. K., Solomon, S. L., & Bergdahl, S. A. (2016). A Meta-Analysis of Hypnotherapeutic Techniques in the Treatment of PTSD Symptoms. *Journal of*

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Traumatic Stress, *29*(1), 97–100. https://doi.org/10.1002/jts.22077

Oakley, D. A., & Halligan, P. W. (2013). Hypnotic suggestion: opportunities for cognitive neuroscience. *Nature Reviews. Neuroscience*, *14*(8), 565–576. https://doi.org/10.1038/nrn3538

Ogbera, A., & Adeyemi-Doro, A. (2011). Emotional distress is associated with poor self care in type 2 diabetes mellitus. *Journal of Diabetes*, *3*(4), 348–352. https://doi.org/10.1111/j.1753-0407.2011.00156.x

Okm. (n.d.). *Statistik keanggotaan Ikatan Psikolog Klinis Indonesia*. https://data.ipkindonesia.or.id/statistik/keanggotaan-ikatan-psikolog-klinis-indonesia/

Olukotun, O., Akinboboye, O., Williams, J. S., Ozieh, M., & Egede, L. E. (2022). Influences of Demographic, Social Determinants, Clinical, Knowledge, and Self-Care Factors on Quality of Life in Adults With Type 2 Diabetes: Black-White Differences. *Journal of Racial and Ethnic Health Disparities*, *9*(4), 1172–1183. https://doi.org/10.1007/s40615-021-01058-9

Orji, R., Vassileva, J., & Mandryk, R. (2012). Towards an effective health interventions design: an extension of the health belief model. *Online Journal of Public Health Informatics*, *4*(3). https://doi.org/10.5210/ojphi.v4i3.4321

Pal, K., Eastwood, S. V., Michie, S., Farmer, A., Barnard, M. L., Peacock, R., Wood, B., Edwards, P., & Murray, E. (2014). Computer-based interventions to improve self-management in adults with type 2 diabetes: A systematic review and meta-analysis. *Diabetes Care*, *37*(6), 1759–1766. https://doi.org/10.2337/dc13-1386

Pan, L., Zhang, X., Wang, S., Zhao, N., Zhao, R., Ding, B., Li, Y., Miao, W., & Fan, H. (2023). Determinants associated with self-management behavior among type 2 diabetes patients in China: A structural equation model based on the theory of planned behavior. *International Journal of Clinical and Health Psychology : IJCHP*, *23*(1), 100332. https://doi.org/10.1016/j.ijchp.2022.100332

Panahi, R., Hosseini, N., Ramezankhani, A., Anbari, M., Amjadian, M., Dehghankar, L., & Niknami, S. (2022). Measuring the Structures of the Health Belief Model Integrated with Health Literacy in Predicting University Students' Adoption of Smoking Preventive Behaviors. *Journal of Preventive Medicine and Hygiene*, *63*(1), E51–E58. https://doi.org/10.15167/2421-4248/jpmh2022.63.1.2236

Pang, J. W. V., Subramaniam, P., Amit, N., Wahab, S., & Moustafa, A. A. (2024). Hypnotherapy as Treatment for Depression: A Scoping Review. *The International Journal of Clinical and Experimental Hypnosis*, *72*(2), 155–188. https://doi.org/10.1080/00207144.2024.2317193

Pasquini, M., Picardi, A., Biondi, M., Gaetano, P., & Morosini, P. (2004). Relevance of Anger and Irritability in Outpatients with Major Depressive Disorder. *Psychopathology*, *37*(4), 155–160. https://doi.org/10.1159/000079418

Pathak, A., Sharma, S., & Jensen, M. P. (2020). Hypnosis for Clinical Pain Management: A Scoping Review of Systematic Reviews. *OBM Integrative and*

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Complementary Medicine, *5*(1), 5. https://doi.org/10.21926/obm.icm.2001005

Paudel, G., Vandelanotte, C., Dahal, P. K., Biswas, T., Yadav, U. N., Sugishita, T., & Rawal, L. (2022). Self-care behaviours among people with type 2 diabetes mellitus in South Asia: A systematic review and meta-analysis. *Journal of Global Health*, *12*. https://doi.org/10.7189/jogh.12.04056

Pekala, R. J., Maurer, R., Kumar, V. K., Elliott-Carter, N., & Mullen, K. (2010). Trance state effects and imagery vividness before and during a hypnotic assessment: a preliminary study. *The International Journal of Clinical and Experimental Hypnosis*, *58*(4), 383–416. https://doi.org/10.1080/00207144.2010.499339

Penazzi, G., & De Pisapia, N. (2022). Direct comparisons between hypnosis and meditation: A mini-review. *Frontiers in Psychology*, *13*, 958185. https://doi.org/10.3389/fpsyg.2022.958185

Penckofer, S., Ferrans, C. E., Velsor-Friedrich, B., & Savoy, S. (2007). The psychological impact of living with diabetes women's day-to-day experiences. *Diabetes Educator*, *33*(4), 680–690. https://doi.org/10.1177/0145721707304079

Pereira, D. M., Shah, A., D'Souza, M., Simon, P., George, T., D'Souza, N., Suresh, S., & Baliga, M. S. (2017). Quality of life in people with diabetic retinopathy: Indian study. *Journal of Clinical and Diagnostic Research*, *11*(4), NC01–NC06. https://doi.org/10.7860/JCDR/2017/24496.9686

Peter, B. (2024). Hypnosis in psychotherapy, psychosomatics and medicine. A brief overview. *Frontiers in Psychology*, *15*, 1377900. https://doi.org/10.3389/fpsyg.2024.1377900

Phillips, W., Price, J., Molyneux, P. D., & Deeley, Q. (2022). Hypnosis. *Practical Neurology*, *22*(1), 42–47. https://doi.org/10.1136/practneurol-2020-002839

Pillay, J., Armstrong, M. J., Butalia, S., Donovan, L. E., Sigal, R. J., Vandermeer, B., Chordiya, P., Dhakal, S., Hartling, L., Nuspl, M., Featherstone, R., & Dryden, D. M. (2015). Behavioral Programs for Type 2 Diabetes Mellitus. *Annals of Internal Medicine*, *163*(11), 848–860. https://doi.org/10.7326/M15-1400

Polonsky, W. H., & Henry, R. R. (2016). Poor medication adherence in type 2 diabetes: recognizing the scope of the problem and its key contributors. *Patient Preference and Adherence*, *10*, 1299–1307. https://doi.org/10.2147/PPA.S106821

Poulsen, P., Grunnet, L. G., Pilgaard, K., Storgaard, H., Alibegovic, A., Sonne, M. P., Carstensen, B., Beck-Nielsen, H., & Vaag, A. (2009). Increased risk of type 2 diabetes in elderly twins. *Diabetes*, *58*(6), 1350–1355. https://doi.org/10.2337/db08-1714

Poulsen, P., Ohm Kyvik, K., Vaag, A., & Beck-Nielsen, H. (1999). Heritability of type II (non-insulin-dependent) diabetes mellitus and abnormal glucose tolerance - A population-based twin study. *Diabetologia*, *42*(2), 139–145. https://doi.org/10.1007/s001250051131

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Pouwer, F., Kupper, N., & Adriaanse, M. C. (2010). Does emotional stress cause type 2 diabetes mellitus? A review from the European Depression in Diabetes (EDID) Research Consortium. *Discovery Medicine..*, *9*(45), 112–118.

Powers, Margaret A, Bardsley, Joan, Cypress, Marjorie, Duker, Paulina, Funnell, Martha M, Fischl, Amy Hess, Maryniuk, Melinda D, Siminerio, Linda, & Vivian, Eva. (2015). Diabetes Self-management Education and Support in Type 2 Diabetes: A Joint Position Statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics. *The Diabetes Educator*, *41*(4), 417–430. https://doi.org/10.1177/0145721715588904

Prochaska, J. O., & DiClemente, C. C. (1983). Stages and processes of self-change of smoking: Toward an integrative model of change. In *Journal of Consulting and Clinical Psychology* (Vol. 51, Issue 3, pp. 390–395). American Psychological Association. https://doi.org/10.1037/0022-006X.51.3.390

Prochaska, J. O., & Velicer, W. F. (1997). The transtheoretical model of health behavior change. *American Journal of Health Promotion : AJHP*, *12*(1), 38–48. https://doi.org/10.4278/0890-1171-12.1.38

Quah, J. H. M., Luo, N., Ng, W. Y., How, C. H., & Tay, E. G. (2011). Health-related quality of life is associated with diabetic complications, but not with short-term diabetic control in primary care. *Annals of the Academy of Medicine, Singapore*, *40*(6), 276–286.

Quynh Anh, L. H. T., Quoc Huy, N. V., Minh Tam, N., Wens, J., Derese, A., Peersman, W., Ha My, V. N., Thang, T. B., Phuong Anh, N. T., Truc Ly, T. T., & Pype, P. (2024). Exploring the relationships between self-efficacy, self-care, and glycaemic control in primary care diabetes management. *SAGE Open Medicine*, *12*, 20503121241310016. https://doi.org/10.1177/20503121241310016

Rakel, R. E., & Weiss, M. A. (2007). Diabetes care: Are we asking the right questions? *Consultant*, *47*(6), 549–551. https://www.scopus.com/inward/record.uri?eid=2-s2.0-34249901576&partnerID=40&md5=0738807b33191fd6db3d970c87c98ce4

Rane, K., Wajngot, A., Wändell, P. E., & Gåfvels, C. (2011). Psychosocial problems in patients with newly diagnosed diabetes: Number and characteristics. *Diabetes Research and Clinical Practice*, *93*(3), 371–378. https://doi.org/https://doi.org/10.1016/j.diabres.2011.05.009

Redekop, W. K., Koopmanschap, M. A., Stolk, R. P., Rutten, G. E. H. M., Wolffenbuttel, B. H. R., & Niessen, L. W. (2002). Health-related quality of life and treatment satisfaction in Dutch patients with type 2 diabetes. *Diabetes Care*, *25*(3), 458–463. https://doi.org/10.2337/diacare.25.3.458

Reijmer, Y. D., Brundel, M., De Bresser, J., Kappelle, L. J., Leemans, A., & Biessels, G. J. (2013). Microstructural white matter abnormalities and cognitive functioning in type 2 diabetes: A diffusion tensor imaging study. *Diabetes Care*,

Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

36(1), 137–144. https://doi.org/10.2337/dc12-0493

Rezaei, M., Valiee, S., Tahan, M., Ebtekar, F., & Ghanei Gheshlagh, R. (2019). Barriers of medication adherence in patients with type-2 diabetes: a pilot qualitative study. *Diabetes, Metabolic Syndrome and Obesity : Targets and Therapy*, *12*, 589–599. https://doi.org/10.2147/DMSO.S197159

Ribu, L., Rønnevig, M., & Corbin, J. (2019). People with type 2 diabetes struggling for self-management: A part study from the randomized controlled trial in RENEWING HEALTH. *Nursing Open*, *6*(3), 1088–1096. https://doi.org/10.1002/nop2.293

Rizkiani, I., Hari Respati, S., Sulistyowati, S., Retno Budihastuti, U., & Prasetya, H. (2021). The Effect of Hypnotherapy on Serum Cortisol Levels in Post-Cesarean Patients. *Journal of Maternal and Child Health*, *01*(03), 258–266. www.thejmch.com

Roberts, R. L., Rhodes, J. R., & Elkins, G. R. (2021). Effect of Hypnosis on Anxiety: Results from a Randomized Controlled Trial with Women in Postmenopause. *Journal of Clinical Psychology in Medical Settings*, *28*(4), 868–881. https://doi.org/10.1007/s10880-021-09810-3

Robertson, S. M., Amspoker, A. B., Cully, J. A., Ross, E. L., & Naik, A. D. (2013). Affective symptoms and change in diabetes self-efficacy and glycaemic control. *Diabetic Medicine*, *30*(5), e189–e196. https://doi.org/10.1111/dme.12146

Rodríguez-Gutiérrez, R., & Montori, V. M. (2016). Glycemic control for patients with type 2 diabetes mellitus: Our evolving faith in the face of evidence. *Circulation: Cardiovascular Quality and Outcomes*, *9*(5), 504–512. https://doi.org/10.1161/CIRCOUTCOMES.116.002901

Rosenstock, Irwin M. (1974). The Health Belief Model and Preventive Health Behavior. *Health Education Monographs*, *2*(4), 354–386. https://doi.org/10.1177/109019817400200405

Roslim, N. A., Ahmad, A., Mansor, M., Aung, M. M. T., Hamzah, F., Hassan, H., & Lua, P. L. (2021). Hypnotherapy for overweight and obese patients: A narrative review. *Journal of Integrative Medicine*, *19*(1), 1–5. https://doi.org/10.1016/j.joim.2020.10.006

Rossi, E. L. (1986). *The Psychobiology of Mind-body Healing: New Concepts of Therapeutic Hypnosis*. W.W. Norton. https://books.google.co.id/books?id=7LasQgAACAAJ

Rubin, R. R., & Peyrot, M. (1999). Quality of life and diabetes. *Diabetes/Metabolism Research and Reviews*, *15*(3), 205–218. https://doi.org/10.1002/(SICI)1520-7560(199905/06)15:3<205::AID-DMRR29>3.0.CO;2-O

Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. In *American Psychologist* (Vol. 55, Issue 1, pp. 68–78). American Psychological Association. https://doi.org/10.1037/0003-066X.55.1.68

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Ryan, R. M., & Deci, E. L. (2002). Overview of self-determination theory: An organismic-dialectical perspective. In *Handbook of self-determination research.* (pp. 3–33). University of Rochester Press.

Sabourin, B. C., & Pursley, S. (2013). Psychosocial Issues in Diabetes Self-Management: Strategies for Healthcare Providers. *Canadian Journal of Diabetes*, *37*(1), 36–40. https://doi.org/10.1016/j.jcjd.2013.01.002

Sahoo, J., Mohanty, S., Kundu, A., & Epari, V. (2022). Medication Adherence Among Patients of Type II Diabetes Mellitus and Its Associated Risk Factors: A Cross-Sectional Study in a Tertiary Care Hospital of Eastern India. *Cureus*, *14*(12), e33074. https://doi.org/10.7759/cureus.33074

Saltis, J., Tan, S. G. M., & Cyna, A. M. (2017). Hypnosis for pain relief. In *Pain Medicine: An Essential Review* (pp. 571–574). https://doi.org/10.1007/978-3-319-43133-8_152

Sanyal, R., Raseta, M., Natarajan, I., & Roffe, C. (2022). The use of hypnotherapy as treatment for functional stroke: A case series from a single center in the UK. *International Journal of Stroke*, *17*(1), 59–66. https://doi.org/10.1177/1747493021995590

Sapolsky, R. M. (2004). Stress and Cognition. In *The cognitive neurosciences, 3rd ed.* (pp. 1031–1042). Boston Review.

Sawni, A., & Breuner, C. C. (2017). Clinical Hypnosis, an Effective Mind-Body Modality for Adolescents with Behavioral and Physical Complaints. *Children (Basel, Switzerland)*, *4*(4). https://doi.org/10.3390/children4040019

Sayeed, K. A., Qayyum, A., Jamshed, F., Gill, U., Usama, S. M., Asghar, K., & Tahir, A. (2020). Impact of Diabetes-related Self-management on Glycemic Control in Type II Diabetes Mellitus. *Cureus*, *12*(4), 4–9. https://doi.org/10.7759/cureus.7845

Schinckus, L., Dangoisse, F., Van den Broucke, S., & Mikolajczak, M. (2018). When knowing is not enough: Emotional distress and depression reduce the positive effects of health literacy on diabetes self-management. *Patient Education and Counseling*, *101*(2), 324–330. https://doi.org/10.1016/j.pec.2017.08.006

Schmidt, B., & Holroyd, C. B. (2021). Hypnotic suggestions of safety reduce neuronal signals of delay discounting. *Scientific Reports*, *11*(1), 1–11. https://doi.org/10.1038/s41598-021-81572-2

Schwingshackl, L., Hoffmann, G., Lampousi, A. M., Knüppel, S., Iqbal, K., Schwedhelm, C., Bechthold, A., Schlesinger, S., & Boeing, H. (2017). Food groups and risk of type 2 diabetes mellitus: a systematic review and meta-analysis of prospective studies. *European Journal of Epidemiology*, *32*(5), 363–375. https://doi.org/10.1007/s10654-017-0246-y

Seib, C., Parkinson, J., McDonald, N., Fujihira, H., Zietek, S., & Anderson, D. (2018). Lifestyle interventions for improving health and health behaviours in women with type 2 diabetes: A systematic review of the literature 2011-2017.

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Maturitas, *111*, 1–14. https://doi.org/10.1016/j.maturitas.2018.02.008

Sendhilkumar, M., Tripathy, J., Harries, A., Dongre, A., Deepa, M., Vidyulatha, A., Poongothai, S., Venkatesan, U., Anjana, R., & Mohan, V. (2017). Factors associated with high stress levels in adults with diabetes mellitus attending a tertiary diabetes care center, Chennai, Tamil Nadu, India. *Indian Journal of Endocrinology and Metabolism*, *21*(1), 56–63. https://doi.org/10.4103/2230-8210.196006

Shakil, M. (2020). Integration of hypnotherapy with brief cognitive behaviour therapy (CBT) for treatment of depression. *Journal of the Pakistan Medical Association*, *70*(4), 719–723. https://doi.org/10.5455/JPMA.23735

Shirvani, T., Javadivala, Z., Azimi, S., Shaghaghi, A., Fathifar, Z., Devender Bhalla, H. D. R., Abdekhoda, M., & Nadrian, H. (2021). Community-based educational interventions for prevention of type II diabetes: a global systematic review and meta-analysis. *Systematic Reviews*, *10*(1), 1–12. https://doi.org/10.1186/s13643-021-01619-3

Siagian, T. V. J., & Yuniarti, K. W. (2023). *Efektivitas Hypnotic Guided Imagery untuk meningkatkan Subjective Well-Being pada Individu dengan Diabetes Mellitus Tipe-2*. Universitas Gadjah Mada.

Silva, J. J., Da Silva, J., Souza, L. F., Sá-Caputo, D., Cortez, C. M., Paineiras-Domingos, L. L., & Bernardo-Filho, M. (2022). Effectiveness of hypnosis on pain and anxiety in dentistry: Narrative review. *American Journal of Clinical Hypnosis*, *65*(2), 87–98. https://doi.org/10.1080/00029157.2021.2005528

Siminerio, L., Ruppert, K., Huber, K., & Toledo, F. G. S. (2014). Telemedicine for Reach, Education, Access, and Treatment (TREAT): Linking Telemedicine With Diabetes Self-management Education to Improve Care in Rural Communities. *The Diabetes Educator*, *40*(6), 797–805. https://doi.org/10.1177/0145721714551993

Sine, H., Achbani, A., & Filali, K. (2022). The Effect of Hypnosis on the Intensity of Pain and Anxiety in Cancer Patients: A Systematic Review of Controlled Experimental Trials. *Cancer Investigation*, *40*(3), 235–253. https://doi.org/10.1080/07357907.2021.1998520

Singh, R., & Kluding, P. M. (2013). Fatigue and Related Factors in People With Type 2 Diabetes. *The Diabetes Educator*, *39*(3), 320–326. https://doi.org/10.1177/0145721713479144

Sinha, R., Priya, A., Sinha, A., & Hifz Ur Rahman, M. (2024). Prevalence of diabetes distress among type 2 diabetes mellitus patients in India: a systematic review and meta-analysis. *Health Psychology and Behavioral Medicine*, *12*(1), 2324091. https://doi.org/10.1080/21642850.2024.2324091

Skomro, R. P., Ludwig, S., Salamon, E., & Kryger, M. H. (2001). Sleep complaints and restless legs syndrome in adult type 2 diabetics. *Sleep Medicine*, *2*(5), 417–422. https://doi.org/https://doi.org/10.1016/S1389-9457(01)00110-1

UNIVERSITAS
GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Smaga, D., Cheseaux, N., Forster, A., Colombo, S., Rentsch, D., & De Tonnac, N. (2010). Hypnosis and anxious troubles. *Revue Medicale Suisse*, *6*(236), 330–333. https://doi.org/10.53738/revmed.2010.6.236.0330

Smith-Palmer, J., Bae, J. P., Boye, K. S., Norrbacka, K., Hunt, B., & Valentine, W. J. (2016). Evaluating health-related quality of life in type 1 diabetes: A systematic literature review of utilities for adults with type 1 diabetes. *ClinicoEconomics and Outcomes Research*, *8*, 559–571. https://doi.org/10.2147/CEOR.S114699

Smith, K. J., Béland, M., Clyde, M., Gariépy, G., Pagé, V., Badawi, G., Rabasa-Lhoret, R., & Schmitz, N. (2013). Association of diabetes with anxiety: a systematic review and meta-analysis. *Journal of Psychosomatic Research*, *74*(2), 89–99. https://doi.org/10.1016/j.jpsychores.2012.11.013

Social cognitive theory : An agentic Albert Bandura. (1999). *Asian Journal of Social Psychology*, 21–41.

Souza, F. L., Moura, M. S., Elkins, G., & Silva, J. V. A. (2024). Hypnotherapy for major depressive disorder: a systematic review of randomized clinical trials. *MedRxiv*. https://doi.org/10.1101/2024.07.15.24310435

Speight, J., Reaney, M. D., & Barnard, K. D. (2009). Not all roads lead to Rome—a review of quality of life measurement in adults with diabetes. *Diabetic Medicine*, *26*(4), 315–327. https://doi.org/https://doi.org/10.1111/j.1464-5491.2009.02682.x

Spiegel, D., & Cardena, E. (1990). New uses of hypnosis in the treatment of posttraumatic stress disorder. *The Journal of Clinical Psychiatry*, *51 Suppl*, 36–39.

Spiegel, D., Maruffi, B., Frischholz, E. J., & Spiegel, H. (2015). Hypnotic responsivity and the treatment of flying phobia. *The American Journal of Clinical Hypnosis*, *57*(2), 156–164. https://doi.org/10.1080/00029157.2015.967086

Sreedevi, A., Cherkil, S., Kuttikattu, D. S., Kamalamma, L., & Oldenburg, B. R. I. A. N. (2016). Validation of WHOQOL-BREF in Malayalam and Determinants of Quality of Life among People with Type 2 Diabetes in Kerala, India. *Asia-Pacific Journal of Public Health*, *28*, 62S-69S. https://doi.org/10.1177/1010539515605888

Srour, B., Fezeu, L. K., Kesse-Guyot, E., Allès, B., Méjean, C., Andrianasolo, R. M., Chazelas, E., Deschasaux, M., Hercberg, S., Galan, P., Monteiro, C. A., Julia, C., & Touvier, M. (2019). Ultra-processed food intake and risk of cardiovascular disease: Prospective cohort study (NutriNet-Santé). *The BMJ*, *365*. https://doi.org/10.1136/bmj.l1451

Steinsbekk, A., Rygg, L. O., Lisulo, M., & *et al*. (2012). Group based diabetes self-management education compared to routine treatment for people with type 2 diabetes mellitus. A systematic review with meta-analysis. In *Database of Abstracts of Reviews of Effects (DARE): Quality-assessed Reviews*. Centre for

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Reviews and Dissemination (UK).

Stojanović, M., Cvetanović, G., Anđelković-Apostolović, M., Stojanović, D., & Rančić, N. (2018). Impact of socio-demographic characteristics and long-term complications on quality of life in patients with diabetes mellitus. *Central European Journal of Public Health*, *26*(2), 104–110. https://doi.org/10.21101/cejph.a5022

Subiyanto, P., Saifulaman, M., Said, M., & Sitorus, R. (2025). *Combination of Diabetes Self-Management Education and Support Through Telehealth and Hypnotherapy Optimizes Self-Care Behaviors and Lowering HbA1c Levels in Patients with Type 2 Diabetes Mellitus*. *15*(1), 23–30. https://doi.org/10.11594/jtls.15.01.03.P

Sukarno, A., Hu, S. H.-L., Chiu, H.-Y., Lin, Y.-K., Fitriani, K. S., & Wang, C.-P. (2024). Factors Associated With Diabetes Self-Care Performance in Indonesians With Type 2 Diabetes: A Cross-Sectional Study. *The Journal of Nursing Research : JNR*, *32*(2), e318. https://doi.org/10.1097/jnr.0000000000000601

Sun, H., Saeedi, P., Karuranga, S., Pinkepank, M., Ogurtsova, K., Duncan, B. B., Stein, C., Basit, A., Chan, J. C. N., Mbanya, J. C., Pavkov, M. E., Ramachandaran, A., Wild, S. H., James, S., Herman, W. H., Zhang, P., Bommer, C., Kuo, S., Boyko, E. J., & Magliano, D. J. (2022). IDF Diabetes Atlas: Global, regional and country-level diabetes prevalence estimates for 2021 and projections for 2045. *Diabetes Research and Clinical Practice*, *183*. https://doi.org/10.1016/j.diabres.2021.109119

Sun, N., Lou, P., Shang, Y., Zhang, P., Wang, J., Chang, G., & Shi, C. (2016). Prevalence and determinants of depressive and anxiety symptoms in adults with type 2 diabetes in China: a cross-sectional study. *BMJ Open*, *6*(8), 1–8. https://doi.org/10.1136/bmjopen-2016-012540

Szmaglinska, M., Andrew, L., Massey, D., & Kirk, D. (2024). Exploring the Underutilized Potential of Clinical Hypnosis: A Scoping Review of Healthcare Professionals' Perceptions, Knowledge, and Attitudes. *International Journal of Clinical and Experimental Hypnosis*, *72*(2), 109–138. https://doi.org/10.1080/00207144.2023.2276451

Tamir, M., & Mauss, I. B. (2011). Social Cognitive Factors in Emotion Regulation: Implications for Well-Being. In *Emotion Regulation and Well-Being* (pp. 31–47). https://doi.org/10.1007/978-1-4419-6953-8_3

Tan, G., Rintala, D. H., Jensen, M. P., Fukui, T., Smith, D., & Williams, W. (2015). A randomized controlled trial of hypnosis compared with biofeedback for adults with chronic low back pain. *European Journal of Pain (United Kingdom)*, *19*(2), 271–280. https://doi.org/10.1002/ejp.545

Tanev, K. S., & Daitch, C. (2025). Hypnosis applications to the treatment of posttraumatic stress disorder. *The American Journal of Clinical Hypnosis*, 1–13. https://doi.org/10.1080/00029157.2025.2459173

Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Targher, G., Mantovani, A., Grander, C., Foco, L., Motta, B., Byrne, C. D., Pramstaller, P. P., & Tilg, H. (2021). Association between non-alcoholic fatty liver disease and impaired cardiac sympathetic/parasympathetic balance in subjects with and without type 2 diabetes—The Cooperative Health Research in South Tyrol (CHRIS)-NAFLD sub-study. *Nutrition, Metabolism and Cardiovascular Diseases*, *31*(12), 3464–3473. https://doi.org/10.1016/j.numecd.2021.08.037

Taufik, A., & Setyo Upoyo, A. (2019). Hypnotherapy Improve Motivation And Learning Outcomes Students In The Block System Learning Method. *Journal of Bionursing*, *1*, 153–162. https://doi.org/10.20884/1.bion.2019.1.2.13

Thayer, J. F., & Lane, R. D. (2000). A model of neurovisceral integration in emotion regulation and dysregulation. *Journal of Affective Disorders*, *61*(3), 201–216. https://doi.org/10.1016/s0165-0327(00)00338-4

The World Health Organization quality of life assessment (WHOQOL): Position paper from the World Health Organization. (1995). *Social Science & Medicine*, *41*(10), 1403–1409. https://doi.org/https://doi.org/10.1016/0277-9536(95)00112-K

Thommasen, H. V., & Zhang, W. (2006). Health-related quality of life and type 2 diabetes: A study of people living in the Bella Coola Valley. *British Columbia Medical Journal*, *48*(6), 272–278.

Thompson, T., Terhune, D. B., Oram, C., Sharangparni, J., Rouf, R., Solmi, M., Veronese, N., & Stubbs, B. (2019). The effectiveness of hypnosis for pain relief: A systematic review and meta-analysis of 85 controlled experimental trials. *Neuroscience and Biobehavioral Reviews*, *99*, 298–310. https://doi.org/10.1016/j.neubiorev.2019.02.013

Tietjen, A. K., Ghandour, R., Mikki, N., Jerdén, L., Eriksson, J. W., Norberg, M., & Husseini, A. (2021). Quality of life of type 2 diabetes mellitus patients in Ramallah and al-Bireh Governorate–Palestine: a part of the Palestinian diabetes complications and control study (PDCCS). *Quality of Life Research*, *30*(5), 1407–1416. https://doi.org/10.1007/s11136-020-02733-w

Tigges-Limmer, K., Brocks, Y., Winkler, Y., Stock Gissendanner, S., & Gummert, J. (2024). Clinical experience with medical hypnosis as an adjunctive therapy in heart surgery. *Frontiers in Psychology*, *15*, 1356392. https://doi.org/10.3389/fpsyg.2024.1356392

Timar, R., Velea, I., Timar, B., Lungeanu, D., Oancea, C., Roman, D., & Mazilu, O. (2016). Factors influencing the quality of life perception in patients with type 2 diabetes mellitus. *Patient Preference and Adherence*, *10*, 2471–2477. https://doi.org/10.2147/PPA.S124858

Tomic, D., Shaw, J. E., & Magliano, D. J. (2022). The burden and risks of emerging complications of diabetes mellitus. *Nature Reviews. Endocrinology*, *18*(9), 525–539. https://doi.org/10.1038/s41574-022-00690-7

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Toobert, D. J., Glasgow, R. E., Strycker, L. A., JR., M. B., Radclıffe, J. L., Wander, R. C., & John D. Bagdade. (2003). Biologic and Quality-of-Life Outcomes. *Diabetes Care*, *26*, 2288–2293.

Torres-Luna, R., Sellán Soto, M. C., & Reinoso-Barbero, F. (2025). Analgesic efficacy of clinical hypnosis in pediatric patients following orthopedic surgery. *Anales de Pediatria*, *102*(4). https://doi.org/10.1016/j.anpedi.2025.503831

Tran, B. X., Nguyen, L. H., Pham, N. M., Vu, H. T. T., Nguyen, H. T., Phan, D. H., Ha, G. H., Pham, H. Q., Nguyen, T. P., Latkin, C. A., Ho, C. S. H. H., & Ho, R. C. M. M. (2020). Global mapping of interventions to improve quality of life of people with diabetes in 1990–2018. *International Journal of Environmental Research and Public Health*, *17*(5). https://doi.org/10.3390/ijerph17051597

Tran, N., Zewde, N., & Spiegel, D. (2025). Hypnosis facilitates psychosomatic improvement in a patient with treatment-resistant idiopathic tinnitus. *The American Journal of Clinical Hypnosis*, *67*(2), 123–128. https://doi.org/10.1080/00029157.2024.2379284

Trikkalinou, A., Papazafiropoulou, A. K., & Melidonis, A. (2017). Type 2 diabetes and quality of life. *World Journal of Diabetes*, *8*(4), 120. https://doi.org/10.4239/wjd.v8.i4.120

Tseng, H.-M., Liao, S.-F., Wen, Y.-P., & Chuang, Y.-J. (2017). Stages of change concept of the transtheoretical model for healthy eating links health literacy and diabetes knowledge to glycemic control in people with type 2 diabetes. *Primary Care Diabetes*, *11*(1), 29–36. https://doi.org/10.1016/j.pcd.2016.08.005

Tuthill, A., Quinn, A., McColgan, D., McKenna, M., O'Shea, D., & McKenna, T. J. (2007). A prospective randomized controlled trial of lifestyle intervention on quality of life and cardiovascular risk score in patients with obesity and type 2 diabetes. *Diabetes, Obesity and Metabolism*, *9*(6), 917–919. https://doi.org/https://doi.org/10.1111/j.1463-1326.2007.00731.x

Uchendu, C., & Blake, H. (2017). Effectiveness of cognitive–behavioural therapy on glycaemic control and psychological outcomes in adults with diabetes mellitus: a systematic review and meta-analysis of randomized controlled trials. *Diabetic Medicine*, *34*(3), 328–339. https://doi.org/https://doi.org/10.1111/dme.13195

Untas, A., Lamore, K., Delestre, F., Lehéricey, G., Giral, P., & Cappe, E. (2023). Psychosocial effects of hypnosis in patients with obesity: a pilot randomized controlled trial. *American Journal of Clinical Hypnosis*, *65*(4), 281–298. https://doi.org/10.1080/00029157.2022.2152308

Valderas, J. M., Starfi, B., & Sibbald, B. (2009). Understanding Health and Health Services. *Annals Of Family Medicine*, 357–363. https://doi.org/10.1370/afm.983.Martin

Valentine, K. E., Milling, L. S., Clark, L. J., & Moriarty, C. L. (2019). the Efficacy of Hypnosis As a Treatment for Anxiety: a Meta-Analysis. *International Journal of Clinical and Experimental Hypnosis*, *67*(3), 336–363.

Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

https://doi.org/10.1080/00207144.2019.1613863

Vanhaudenhuyse, A., Laureys, S., & Faymonville, M. E. (2014). Neurophysiology of hypnosis. *Neurophysiologie Clinique*, *44*(4), 343–353. https://doi.org/10.1016/j.neucli.2013.09.006

Vasilaki, M., Vlachou, E., Kavga, A., Govina, O., Dokoutsidou, E., Evangelou, E., Ntikoudi, A., Mantoudi, A., & Alikari, V. (2023). Fatigue among Patients with Type 2 Diabetes Mellitus: The Impact of Spirituality and Illness Perceptions. *Healthcare (Basel, Switzerland)*, *11*(24). https://doi.org/10.3390/healthcare11243154

Vayne-Bossert, P. (2024). Hypnosis for Symptom Management in Adult Cancer Patients: What is the Evidence? *Current Treatment Options in Oncology*, *25*(3), 364–375. https://doi.org/10.1007/s11864-023-01168-y

Vidyulatha, J., Pramodkumar, T. A., Pradeepa, R., Deepa, M., Poongothai, S., Venkatesan, U., Aarthi, G. R., Thenmozhi, S., Anjana, R. M., & Mohan, V. (2022). Prevalence and Impact of Stress among Individuals with Type 2 Diabetes Attending a Tertiary Diabetes Center in South India. *Journal of Diabetology*, *13*(1), 122–128. https://doi.org/10.4103/jod.jod_12_22

Viigimaa, M., Sachinidis, A., Toumpourleka, M., Koutsampasopoulos, K., Alliksoo, S., & Titma, T. (2020). Macrovascular Complications of Type 2 Diabetes Mellitus. *Current Vascular Pharmacology*, *18*(2), 110–116. https://doi.org/10.2174/1570161117666190405165151

Vlachou, E., Ntikoudi, A., Owens, D. A., Nikolakopoulou, M., Chalimourdas, T., & Cauli, O. (2022). Effectiveness of cognitive behavioral therapy-based interventions on psychological symptoms in adults with type 2 diabetes mellitus: An update review of randomized controlled trials. *Journal of Diabetes and Its Complications*, *36*(5), 108185. https://doi.org/10.1016/j.jdiacomp.2022.108185

Wagstaff, G. F. (2010). Hypnosis and the relationship between trance, suggestion, expectancy and depth: some semantic and conceptual issues. *The American Journal of Clinical Hypnosis*, *53*(1), 47–59. https://doi.org/10.1080/00029157.2010.10401746

Wahbeh, H., Haywood, A., Kaufman, K., & Zwickey, H. (2009). Mind-Body Medicine and Immune System Outcomes: A Systematic Review. *The Open Complementary Medicine Journal*, *1*, 25–34. https://doi.org/10.2174/1876391X00901010025

Wark, D. M. (2011). Traditional and Alert Hypnosis for Education: A Literature Review. *American Journal of Clinical Hypnosis*, *54*(2), 96–106. https://doi.org/10.1080/00029157.2011.605481

Watkins, K., & Connell, C. M. (2004). Measurement of health-related QOL in diabetes mellitus. *PharmacoEconomics*, *22*(17), 1109–1126. https://doi.org/10.2165/00019053-200422170-00002

Weisberg, M. B. (2014). 50 years of hypnosis in healthcare. In *The Handbook of*

UNIVERSITAS GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

Behavioral Medicine (pp. 251–274). https://doi.org/10.1002/9781118453940.ch14

White, K. M., Terry, D. J., Troup, C., Rempel, L. A., Norman, P., Mummery, K., Riley, M., Posner, N., & Kenardy, J. (2012). An extended theory of planned behavior intervention for older adults with type 2 diabetes and cardiovascular disease. *Journal of Aging and Physical Activity*, *20*(3), 281–299. https://doi.org/10.1123/japa.20.3.281

Whitehead, L. C., Crowe, M. T., Carter, J. D., Maskill, V. R., Carlyle, D., Bugge, C., & Frampton, C. M. A. (2017). A nurse-led education and cognitive behaviour therapy-based intervention among adults with uncontrolled type 2 diabetes: A randomised controlled trial. *Journal of Evaluation in Clinical Practice*, *23*(4), 821–829. https://doi.org/https://doi.org/10.1111/jep.12725

WHOQOL Group. (1993). *Measuring Quality of Life: The development of the World Health Organization Quality of Life Instrument*. World Health Organization.

Wierenga, K. L., Lehto, R. H., & Given, B. (2016). Emotion regulation in chronic disease populations: An integrative review. *Research and Theory for Nursing Practice*, *31*(3), 247–271. https://doi.org/10.1891/1541-6577.31.3.247

Williams, G. C., McGregor, H. A., Zeldman, A., Freedman, Z. R., & Deci, E. L. (2004). Testing a self-determination theory process model for promoting glycemic control through diabetes self-management. *Health Psychology : Official Journal of the Division of Health Psychology, American Psychological Association*, *23*(1), 58–66. https://doi.org/10.1037/0278-6133.23.1.58

Wofford, N., Snyder, M., Corlett, C. E., & Elkins, G. R. (2023). Systematic Review of Hypnotherapy for Sleep and Sleep Disturbance. *The International Journal of Clinical and Experimental Hypnosis*, *71*(3), 176–215. https://doi.org/10.1080/00207144.2023.2226177

Wolf, T. G., Faerber, K. A., Rummel, C., Halsband, U., & Campus, G. (2022). Functional Changes in Brain Activity Using Hypnosis: A Systematic Review. *Brain Sciences*, *12*(1), 1–16. https://doi.org/10.3390/brainsci12010108

Wolf, T. G., Schläppi, S., Benz, C. I., & Campus, G. (2022). Efficacy of Hypnosis on Dental Anxiety and Phobia: A Systematic Review and Meta-Analysis. *Brain Sciences*, *12*(5). https://doi.org/10.3390/brainsci12050521

Wolff, A., Iselin, I., & Forster, A. (2008). Hypnotherapy and chronic pain: Personalised complementary treatment. *Douleur et Analgesie*, *21*(1), 10–14. https://doi.org/10.1007/s11724-008-0074-7

Wondm, S. A., Zeleke, T. K., Dagnew, S. B., Moges, T. A., Tarekegn, G. Y., Belachew, E. A., & Tamene, F. B. (2024). Association between self-care activities and glycemic control among patients with type 2 diabetes mellitus in Northwest Ethiopia general hospitals : a multicenter cross-sectional study. *Scientific Reports*, *14*(1), 23198. https://doi.org/10.1038/s41598-024-72981-0

Wong, C., & Monaghan, M. (2020). *Chapter 5 - Behavior change techniques for*

Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

diabetes technologies (D. C. Klonoff, D. Kerr, & S. A. B. T.-D. D. H. Mulvaney (Eds.); pp. 65–75). Elsevier. https://doi.org/https://doi.org/10.1016/B978-0-12-817485-2.00005-5

Wu, S.-F. V. F. V., Huang, Y.-C. C., Liang, S.-Y. Y., Wang, T.-J. J., Lee, M.-C. C., & Tung, H.-H. H. (2011). Relationships among depression, anxiety, self-care behaviour and diabetes education difficulties in patients with type-2 diabetes: A cross-sectional questionnaire survey. *International Journal of Nursing Studies*, *48*(11), 1376–1383. https://doi.org/10.1016/j.ijnurstu.2011.04.008

Xu, G., Liu, B., Sun, Y., Du, Y., Snetselaar, L. G., Hu, F. B., & Bao, W. (2018). Prevalence of diagnosed type 1 and type 2 diabetes among US adults in 2016 and 2017: population based study. *BMJ (Clinical Research Ed.)*, *362*, k1497. https://doi.org/10.1136/bmj.k1497

Yu, H.-J. jie, Ho, M., Liu, X., Yang, J., Chau, P. H., & Fong, D. Y. T. (2022). Association of weight status and the risks of diabetes in adults: a systematic review and meta-analysis of prospective cohort studies. *International Journal of Obesity*, *46*(6), 1101–1113. https://doi.org/10.1038/s41366-022-01096-1

Zeidi, I. M., Morshedi, H., & Alizadeh Otaghvar, H. (2020). A theory of planned behavior-enhanced intervention to promote health literacy and self-care behaviors of type 2 diabetic patients. *Journal of Preventive Medicine and Hygiene*, *61*(4), E601–E613. https://doi.org/10.15167/2421-4248/jpmh2020.61.4.1504

Zeng, J., Wang, L., Cai, Q., Wu, J., & Zhou, C. (2022). Effect of hypnosis before general anesthesia on postoperative outcomes in patients undergoing minor surgery for breast cancer: a systematic review and meta-analysis. *Gland Surgery*, *11*(3), 588–598. https://doi.org/10.21037/gs-22-114

Zewdie, S., Moges, G., Andargie, A., & Habte, B. M. (2022). Self-Care Practice and Associated Factors Among Patients with Type 2 Diabetes Mellitus at a Referral Hospital in Northern Ethiopia – A Mixed Methods Study. *Diabetes, Metabolic Syndrome and Obesity*, *15*(September), 3081–3091. https://doi.org/10.2147/DMSO.S373449

Zhang, P., Hire, D., Espeland, M. A., Knowler, W. C., Thomas, S., Tsai, A. G., & Glick, H. A. (2016). Impact of intensive lifestyle intervention on preference-based quality of life in type 2 diabetes: Results from the Look AHEAD trial. *Obesity*, *24*(4), 856–864. https://doi.org/10.1002/oby.21445

Zhang, X., Norris, S. L., Chowdhury, F. M., Gregg, E. W., & Zhang, P. (2007). The effects of interventions on health-related quality of life among persons with diabetes: A systematic review. In *Medical Care* (Vol. 45, Issue 9, pp. 820–834). Lippincott Williams & Wilkins. https://doi.org/10.1097/MLR.0b013e3180618b55

Zuo, X., Dong, Z., Zhang, P., Zhang, P., Chang, G., Xiang, Q., Zhu, X., Zhou, J., Qiao, C., Yang, Y., Qin, Y., & Lou, P. (2020). Effects of cognitive behavioral therapy on sleep disturbances and quality of life among adults with type 2

UNIVERSITAS
GADJAH MADA
Hypnodiacare untuk Individu dengan Diabetes Mellitus Tipe 2: Dari Pemetaan Bukti dan Pengembangan
Intervensi Hingga Uji Terkontrol Acak dan Evaluasi Psikofisiologis
Martaria Rizky Rinaldi, Prof. Dra. Kwartarini Wahyu Yuniarti, M.Med.Sc., Ph.D., Psikolog; Prof. Em Gilles van Luijtela
Universitas Gadjah Mada, 2025 | Diunduh dari http://etd.repository.ugm.ac.id/

diabetes mellitus: A randomized controlled trial. *Nutrition, Metabolism and Cardiovascular Diseases*, *30*(11), 1980–1988. https://doi.org/10.1016/j.numecd.2020.06.024