

DAFTAR PUSTAKA

- Adali, E., Yildizhan, R., Kurdoglu, M., Kolusari, A., Edirne, T., Sahin, H., Yildizhan, B., & Kamaci, M. (2008). The Relationship between Clinico-Biochemical Characteristics and Psychiatric Distress in Young Women with Polycystic Ovary Syndrome. *Journal of International Medical Research*, 36(6), 1188–1196. <https://doi.org/10.1177/147323000803600604>
- Afidah, Z. N., Taufiqurrahman, Sayuningsih, E., & Wijayanti, E. J. (2023). The Relationship of Obesity Nutritional Status and Physical Activity with Menstrual Cycle in Female Students in The Department of Nutrition Poltekkes Surabaya. *Journal of Nutrition Explorations*, 1(2), 71–81. <https://doi.org/10.36568/jone.v1i2.119>
- Ajmal, N., Khan, S. Z., & Shaikh, R. (2019). Polycystic Ovary Syndrome (PCOS) and Genetic Predisposition: A Review Article. *European Journal of Obstetrics & Gynecology and Reproductive Biology: X*, 3, 100060. <https://doi.org/10.1016/j.eurox.2019.100060>
- Alabbasi, I. A., & Al-Jawadi, Z. A. M. (2023). The Relationship of Anti-Mullerian Hormone (AMH) with Infertile Women. *College of Basic Education Research Journal*, 19(1), 753–762. <https://doi.org/10.33899/berj.2023.178150>
- AlHussain, F., AlRuthia, Y., Al-Mandeel, H., Bellahwal, A., Alharbi, F., Almogbel, Y., Awwad, O., Dala'een, R., & Alharbi, F. A. (2020). Metformin Improves the Depression Symptoms of Women with Polycystic Ovary Syndrome in a Lifestyle Modification Program. *Patient Preference and Adherence*, Volume 14, 737–746. <https://doi.org/10.2147/PPA.S244273>
- Almahareeq, M., Hamdan, M., Vanoh, D., Shawarb, N., Herbawi, J., Shawar, E., Al-wohoush, R., Mohtaseb, M., & Badrasawi, M. (2024). Comparison of

- Premenstrual Symptoms, Psychological Well-Being, and Nutritional Status between Palestinian Women with and without Polycystic Ovarian Syndrome: a Case-Control Study. *BMC Women's Health*, 24(1), 360. <https://doi.org/10.1186/s12905-024-03210-z>
- Almis, H., Orhon, F. Ş., Bolu, S., & Almis, B. H. (2021). Self-Concept, Depression, and Anxiety Levels of Adolescents with Polycystic Ovary Syndrome. *Journal of Pediatric and Adolescent Gynecology*, 34(3), 311–316. <https://doi.org/10.1016/j.jpag.2020.12.011>
- Alur-Gupta, S., & Dokras, A. (2023). Considerations in the Treatment of Depression and Anxiety in Women with PCOS. *Seminars in Reproductive Medicine*, 41(01/02), 037–044. <https://doi.org/10.1055/s-0043-1777720>
- Amiri, S., Mahmood, N., Javaid, S. F., & Khan, M. A. (2024). The Effect of Lifestyle Interventions on Anxiety, Depression and Stress: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. *Healthcare*, 12(22), 2263. <https://doi.org/10.3390/healthcare12222263>
- Armandpishe, S., Pakzad, R., Jandaghian-Bidgoli, M., Abdi, F., Sardashti, M., & Soltaniha, K. (2023). Investigating Factors Affecting the Prevalence of Stress, Anxiety and Depression among Citizens of Karaj City: A Population-Based Cross-Sectional Study. *Heliyon*, 9(6), e16901. <https://doi.org/10.1016/j.heliyon.2023.e16901>
- Ashraf, S., Nabi, M., Rasool, S. ul A., Rashid, F., & Amin, S. (2019). Hyperandrogenism in Polycystic Ovarian Syndrome and Role of CYP Gene Variants: A Review. *Egyptian Journal of Medical Human Genetics*, 20(1), 25. <https://doi.org/10.1186/s43042-019-0031-4>
- Astrup, A., Larsen, T. M., & Harper, A. (2004). Atkins and Other Low-Carbohydrate

Diets: Hoax or An Effective Tool for Weight Loss? *The Lancet*, 364(9437), 897–899. [https://doi.org/10.1016/S0140-6736\(04\)16986-9](https://doi.org/10.1016/S0140-6736(04)16986-9)

Atinga, A., Bashiru, H. A., Solomon, A. O., Oghide, O., Adufe, I., Aduroja, P. E., Afolabi, A. O., Bakare, A. A., Olabisi, O. I., Mshelia, P. P., Ononuju, A. H., Nwafor, A. V., Olusa, A. S., Okeke, O. P., Akinsolu, F. T., Abodunrin, O. R., & Sobande, O. O. (2025). Depression and Anxiety among Women with Polycystic Ovarian Syndrome in Low- And Middle-Income Countries: A Systematic Review and Meta-Analysis. *Frontiers in Global Women's Health*, 6, 1688913. <https://doi.org/10.3389/fgwh.2025.1688913>

Atkinson, L., Kite, C., McGregor, G., James, T., Clark, C. C. T., Randeva, H. S., & Kyrou, I. (2021). Uncertainty, Anxiety and Isolation: Experiencing the COVID-19 Pandemic and Lockdown as a Woman with Polycystic Ovary Syndrome (PCOS). *Journal of Personalized Medicine*, 11(10), 952. <https://doi.org/10.3390/jpm11100952>

Attia, G. M., Almouteri, M. M., & Alnakhli, F. T. (2023). Role of Metformin in Polycystic Ovary Syndrome (PCOS): Related Infertility. *Cureus*. <https://doi.org/10.7759/cureus.44493>

Aucoin, M., LaChance, L., Naidoo, U., Remy, D., Shekdar, T., Sayar, N., Cardozo, V., Rawana, T., Chan, I., & Cooley, K. (2021). Diet and Anxiety: A Scoping Review. *Nutrients*, 13(12), 4418. <https://doi.org/10.3390/nu13124418>

Banting, L. K., Gibson-Helm, M., Polman, R., Teede, H. J., & Stepto, N. K. (2014). Physical Activity and Mental Health in Women with Polycystic Ovary Syndrome. *BMC Women's Health*, 14(1), 51. <https://doi.org/10.1186/1472-6874-14-51>

Barbagallo, F., Tiranini, L., Placentino, C., Mariacci, G., Piccinino, M., Cucinella,

- L., Calogero, A. E., & Nappi, R. E. (2024). Body Image and Other Mood Vulnerabilities in Adolescents with Polycystic Ovary Syndrome and Metabolic Alterations. *Children*, 11(5), 521. <https://doi.org/10.3390/children11050521>
- Barber, T. M., Hanson, P., Weickert, M. O., & Franks, S. (2019). Obesity and Polycystic Ovary Syndrome: Implications for Pathogenesis and Novel Management Strategies. *Clinical Medicine Insights: Reproductive Health*, 13. <https://doi.org/10.1177/1179558119874042>
- Barry, J. A., Kuczmierczyk, A. R., & Hardiman, P. J. (2011). Anxiety and Depression in Polycystic Ovary Syndrome: A Systematic Review and Meta-Analysis. *Human Reproduction*, 26(9), 2442–2451. <https://doi.org/10.1093/humrep/der197>
- Barry, J. A., Qu, F., & Hardiman, P. J. (2018). An Exploration of The Hypothesis that Testosterone is Implicated in The Psychological Functioning of Women with Polycystic Ovary Syndrome (PCOS). *Medical Hypotheses*, 110, 42–45. <https://doi.org/10.1016/j.mehy.2017.10.019>
- Basu, B. R., Chowdhury, O., & Saha, S. K. (2018). Possible Link Between Stress-Related Factors and Altered Body Composition in Women with Polycystic Ovarian Syndrome. *Journal of Human Reproductive Sciences*, 11(1), 10. https://doi.org/10.4103/jhrs.JHRS_78_17
- Berdahl, T. A., & Torres Stone, R. A. (2009). Examining Latino Differences in Mental Healthcare Use: The Roles of Acculturation and Attitudes Towards Healthcare. *Community Mental Health Journal*, 45(5), 393–403. <https://doi.org/10.1007/s10597-009-9231-6>
- Bhattacharya, S. M., & Jha, A. (2010). Prevalence and Risk of Depressive Disorders in Women with Polycystic Ovary Syndrome (PCOS). *Fertility and*

Sterility, 94(1), 357–359. <https://doi.org/10.1016/j.fertnstert.2009.09.025>

Bjelland, I., Krokstad, S., Mykletun, A., Dahl, A. A., Tell, G. S., & Tambs, K. (2008a). Does a Higher Educational Level Protect Against Anxiety and Depression? The HUNT Study. *Social Science & Medicine*, 66(6), 1334–1345. <https://doi.org/10.1016/j.socscimed.2007.12.019>

Bjelland, I., Krokstad, S., Mykletun, A., Dahl, A. A., Tell, G. S., & Tambs, K. (2008b). Does a Higher Educational Level Protect Against Anxiety and Depression? The HUNT Study. *Social Science & Medicine*, 66(6), 1334–1345. <https://doi.org/10.1016/j.socscimed.2007.12.019>

Blaudeau, T. E., Hunter, G. R., St-Onge, M., Gower, B. A., Roy, J. L. P., Bryan, D. R., Zuckerman, P. A., & Darnell, B. E. (2008). IAAT, Catecholamines, and Parity in African-American and European-American Women. *Obesity*, 16(4), 797–803. <https://doi.org/10.1038/oby.2007.137>

Boyer, P. (2000). Do Anxiety and Depression have A Common Pathophysiological Mechanism? *Acta Psychiatrica Scandinavica*, 102(s406), 24–29. <https://doi.org/10.1111/j.0065-1591.2000.acp29-04.x>

Bradbury, K. E., Guo, W., Cairns, B. J., Armstrong, M. E. G., & Key, T. J. (2017). Association between Physical Activity and Body Fat Percentage, with Adjustment for BMI: A Large Cross-Sectional Analysis of UK Biobank. *BMJ Open*, 7(3), e011843. <https://doi.org/10.1136/bmjopen-2016-011843>

Bulsara, J., Patel, P., Soni, A., & Acharya, S. (2021). A Review: Brief Insight into Polycystic Ovarian Syndrome. *Endocrine and Metabolic Science*, 3, 100085.

Burnatowska, E., Wikarek, A., Oboza, P., Ogarek, N., Glinianowicz, M., Kocelak, P., & Olszanecka-Glinianowicz, M. (2023). Emotional Eating and Binge Eating Disorders and Night Eating Syndrome in Polycystic Ovary Syndrome—A

- Vicious Circle of Disease: A Systematic Review. *Nutrients*, 15(2), 295.
<https://doi.org/10.3390/nu15020295>
- Carmina, E., Guastella, E., Longo, R. A., Rini, G. B., & Lobo, R. A. (2009). Correlates of Increased Lean Muscle Mass in Women with Polycystic Ovary Syndrome. *European Journal of Endocrinology*, 161(4), 583–589.
<https://doi.org/10.1530/EJE-09-0398>
- Carstensen, L. L., & Mikels, J. A. (2005). At the Intersection of Emotion and Cognition. *Current Directions in Psychological Science*, 14(3), 117–121.
<https://doi.org/10.1111/j.0963-7214.2005.00348.x>
- Chaudhuri, A. (2023). Polycystic Ovary Syndrome: Causes, Symptoms, Pathophysiology, and Remedies. *Obesity Medicine*, 39, 100480.
<https://doi.org/10.1016/j.obmed.2023.100480>
- Chaudhuri, A., Dasgupta, S., Biswas, A., Ray, M., Ghosh, M., & Hazra, S. (2014). Effect of Progressive Muscle Relaxation on The Adverse Cardiovascular Profile in Women with Polycystic Ovarian Syndrome. *Journal of Basic and Clinical Reproductive Sciences*, 3(2), 115. <https://doi.org/10.4103/2278-960X.140089>
- Chen, X., He, S., & Wang, D. (2021). Effects of Metformin on Body Weight in Polycystic Ovary Syndrome Patients: Model-Based Meta-Analysis. *Expert Review of Clinical Pharmacology*, 14(1), 121–130.
<https://doi.org/10.1080/17512433.2021.1863788>
- Chen, Y., He, D., Yang, T., Zhou, H., Xiang, S., Shen, L., Wen, J., Chen, S., Peng, S., & Gan, Y. (2020). Relationship between Body Composition Indicators and Risk of Type 2 Diabetes Mellitus in Chinese Adults. *BMC Public Health*, 20(1), 452. <https://doi.org/10.1186/s12889-020-08552-5>

- Ciarcia, J., & Huckins, L. M. (2024). Oral Contraceptives and the Risk of Psychiatric Side Effects: A Review. *Complex Psychiatry*.
<https://doi.org/10.1159/000539515>
- Conte, F., Banting, L., Teede, H. J., & Stepto, N. K. (2015). Mental Health and Physical Activity in Women with Polycystic Ovary Syndrome: A Brief Review. *Sports Medicine*, 45(4), 497–504. <https://doi.org/10.1007/s40279-014-0291-6>
- Cooney, L. G., Lee, I., Sammel, M. D., & Dokras, A. (2017). High Prevalence of Moderate and Severe Depressive and Anxiety Symptoms in Polycystic Ovary Syndrome: A Systematic Review and Meta-Analysis. *Human Reproduction*, 32(5), 1075–1091. <https://doi.org/10.1093/humrep/dex044>
- Copp, T., Jansen, J., Doust, J., Mol, B. W., Dokras, A., & McCaffery, K. (2017). Are Expanding Disease Definitions Unnecessarily Labelling Women with Polycystic Ovary Syndrome? *BMJ*, j3694. <https://doi.org/10.1136/bmj.j3694>
- Copp, T., Muscat, D. M., Hersch, J., McCaffery, K. J., Doust, J., Dokras, A., Mol, B. W., & Jansen, J. (2022). The Challenges with Managing Polycystic Ovary Syndrome: A Qualitative Study of Women's and Clinicians' Experiences. *Patient Education and Counseling*, 105(3), 719–725.
<https://doi.org/10.1016/j.pec.2021.05.038>
- Cosar, E., Üçok, K., Akgün, L., Köken, G., Sahin, F. K., Arioç, D. T., & Baş, O. (2008). Body Fat Composition and Distribution in Women with Polycystic Ovary Syndrome. *Gynecological Endocrinology*, 24(8), 428–432.
<https://doi.org/10.1080/09513590802234253>
- Costantini, L., Pasquarella, C., Odone, A., Colucci, M. E., Costanza, A., Serafini, G., Aguglia, A., Belvederi Murri, M., Brakoulias, V., Amore, M., Ghaemi, S. N., & Amerio, A. (2021). Screening for Depression in Primary Care with Patient

- Health Questionnaire-9 (PHQ-9): A Systematic Review. *Journal of Affective Disorders*, 279, 473–483. <https://doi.org/10.1016/j.jad.2020.09.131>
- Cowan, S., Lim, S., Alycia, C., Pirootta, S., Thomson, R., Gibson-Helm, M., Blackmore, R., Naderpoor, N., Bennett, C., Ee, C., Rao, V., Mousa, A., Alesi, S., & Moran, L. (2023). Lifestyle Management in Polycystic Ovary Syndrome – Beyond Diet and Physical Activity. *BMC Endocrine Disorders*, 23(1), 14. <https://doi.org/10.1186/s12902-022-01208-y>
- Cupino-Arcinue, D. J., & Banal-Silao, M. J. (2024). Prevalence of Anxiety and Depression among PCOS Patients Seen in a Tertiary Government Hospital Using the Hospital Anxiety and Depression Scale - English/Pilipino Version (HADS/HADS-P). *Acta medica Philippina*, 58(11), 29–38. <https://doi.org/10.47895/amp.v58i11.8977>
- Damone, A. L., Joham, A. E., Loxton, D., Earnest, A., Teede, H. J., & Moran, L. J. (2019). Depression, Anxiety, and Perceived Stress in Women with and without PCOS: A Community-Based Study. *Psychological Medicine*, 49(09), 1510–1520. <https://doi.org/10.1017/S0033291718002076>
- Darand, M., Hassanizadeh, S., Talebi, S., Darabi, Z., Bagherniya, M., Yaghoubi, F., Alizadeh, S., Darand, Z., Azamian, Y., & Abdollahzad, H. (2023). Comparison of the Effect of a Low-Carbohydrate Diet with a Low-Fat Diet on Anthropometric Indices and Body Fat Percentage: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Journal of Nutrition and Food Security*. <https://doi.org/10.18502/jnfs.v8i3.13297>
- Deswal, R., Nanda, S., Ghalaut, V. S., Roy, P. S., & Dang, A. S. (2019). Cross-Sectional Study of The Prevalence of Polycystic Ovary Syndrome in Rural and Urban Populations. *International Journal of Gynecology & Obstetrics*,

146(3), 370–379. <https://doi.org/10.1002/ijgo.12893>

Dokras, A., Clifton, S., Futterweit, W., & Wild, R. (2012). Increased Prevalence of Anxiety Symptoms in Women with Polycystic Ovary Syndrome: Systematic Review and Meta-Analysis. *Fertility and Sterility*, 97(1), 225-230.e2. <https://doi.org/10.1016/j.fertnstert.2011.10.022>

Dong, J., & Rees, D. A. (2023). Polycystic Ovary Syndrome: Pathophysiology and Therapeutic Opportunities. *BMJ Medicine*, 2(1), e000548. <https://doi.org/10.1136/bmjmed-2023-000548>

Dou, P., Ju, H., Shang, J., Li, X., Xue, Q., Xu, Y., & Guo, X. (2016). Application of Receiver Operating Characteristic Curve in The Assessment of The Value of Body Mass Index, Waist Circumference and Percentage of Body Fat in The Diagnosis of Polycystic Ovary Syndrome in Childbearing Women. *Journal of Ovarian Research*, 9(1), 51. <https://doi.org/10.1186/s13048-016-0260-9>

Dybczak, P., Humeniuk, E., Raczkiwicz, D., Krakowiak, J., Wdowiak, A., & Bojar, I. (2022). Anxiety and Depression in Women with Polycystic Ovary Syndrome. *Medicina*, 58(7), 942. <https://doi.org/10.3390/medicina58070942>

Ee, C., Smith, C., Moran, L., MacMillan, F., Costello, M., Baylock, B., & Teede, H. (2020). “The Whole Package Deal”: Experiences Of Overweight/Obese Women Living With Polycystic Ovary Syndrome. *BMC Women’s Health*, 20(1), 221. <https://doi.org/10.1186/s12905-020-01090-7>

Ekramzadeh, M., Hajivandi, L., Noroozi, M., & Mostafavi, F. (2020). Psychological Experiences Of Adolescent Girls With Polycystic Ovary Syndrome: A Qualitative Study. *Iranian Journal of Nursing and Midwifery Research*, 25(4), 341. https://doi.org/10.4103/ijnmr.IJNMR_276_19

Fahs, D., Salloum, D., Nasrallah, M., & Ghazeeri, G. (2023). Polycystic Ovary

- Syndrome: Pathophysiology and Controversies in Diagnosis. *Diagnostics*, 13(9), 1559. <https://doi.org/10.3390/diagnostics13091559>
- Falcetta, P., Benelli, E., Molinaro, A., Di Cosmo, C., Bagattini, B., Del Ghianda, S., Salvetti, G., Fiore, E., Pucci, E., Fruzzetti, F., & Tonacchera, M. (2021). Effect of Aging on Clinical Features and Metabolic Complications of Women with Polycystic Ovary Syndrome. *Journal of Endocrinological Investigation*, 44(12), 2725–2733. <https://doi.org/10.1007/s40618-021-01594-5>
- Farrell, K., & Antoni, M. H. (2010). Insulin Resistance, Obesity, Inflammation, and Depression in Polycystic Ovary Syndrome: Biobehavioral Mechanisms and Interventions. *Fertility and Sterility*, 94(5), 1565–1574. <https://doi.org/10.1016/j.fertnstert.2010.03.081>
- Fenton, A. (2021). Weight, Shape, and Body Composition Changes at Menopause. *Journal of Mid-life Health*, 12(3), 187–192. https://doi.org/10.4103/jmh.jmh_123_21
- Gallagher, D., Ruts, E., Visser, M., Heshka, S., Baumgartner, R. N., Wang, J., Pierson, R. N., Pi-Sunyer, F. X., & Heymsfield, S. B. (2000). Weight Stability Masks Sarcopenia in Elderly Men and Women. *American Journal of Physiology-Endocrinology and Metabolism*, 279(2), E366–E375. <https://doi.org/10.1152/ajpendo.2000.279.2.E366>
- Galletly, C., Moran, L., Noakes, M., Clifton, P., Tomlinson, L., & Norman, R. (2007). Psychological Benefits of a High-Protein, Low-Carbohydrate Diet in Obese Women with Polycystic Ovary Syndrome—A Pilot Study. *Appetite*, 49(3), 590–593. <https://doi.org/10.1016/j.appet.2007.03.222>
- Gavin, K. M., Kohrt, W. M., Klemm, D. J., & Melanson, E. L. (2018). Modulation of Energy Expenditure by Estrogens and Exercise in Women. *Exercise and*

Sport Sciences Reviews, 46(4), 232–239.

<https://doi.org/10.1249/JES.0000000000000160>

Glueck, C. J., & Goldenberg, N. (2019). Characteristics of Obesity in Polycystic Ovary Syndrome: Etiology, Treatment, and Genetics. *Metabolism*, 92, 108–120. <https://doi.org/10.1016/j.metabol.2018.11.002>

Gonçalves, D. C., & Byrne, G. J. (2013). Who Worries Most? Worry Prevalence and Patterns Across The Lifespan. *International Journal of Geriatric Psychiatry*, 28(1), 41–49. <https://doi.org/10.1002/gps.3788>

Goodarzi, M. O., & Bryer-Ash, M. (2005). Metformin Revisited: Re-evaluation of its Properties and Role in the Pharmacopoeia of Modern Antidiabetic Agents. *Diabetes, Obesity and Metabolism*, 7(6), 654–665. <https://doi.org/10.1111/j.1463-1326.2004.00448.x>

Goyal, A., & Kruthiventi, H. (2024). Evaluating the Levels of Mental Stress, Salivary Oxidative Stress, Body Mass Index, and Waist-to-Hip Ratio in University Students With and Without Polycystic Ovary Syndrome and Their Impact on Academic Performance. *Cureus*, 16(10), 7148. <https://doi.org/10.7759/cureus.71488>

Gu, W., Bao, K., Li, X., Xiang, S., He, J., He, J., Ye, L., & Huang, Z. (2025). Association between Body Fat Percentage and Depression: A Cross-Sectional Study of NHANES. *Journal of Affective Disorders*, 371, 305–314. <https://doi.org/10.1016/j.jad.2024.11.066>

Guedes, E. P., Madeira, E., Mafort, T. T., Madeira, M., Moreira, R. O., Mendonça, L. M., Godoy-Matos, A. F., Lopes, A. J., & Farias, M. L. F. (2013). Body Composition and Depressive/Anxiety Symptoms in Overweight and Obese Individuals with Metabolic Syndrome. *Diabetology & Metabolic Syndrome*,

5(1), 82. <https://doi.org/10.1186/1758-5996-5-82>

Guo, Z., Jin, F., Chen, S., Hu, P., Hao, Y., & Yu, Q. (2023). Correlation between Biochemical and Clinical Hyperandrogenism Parameter in Polycystic Ovary Syndrome in Relation to Age. *BMC Endocrine Disorders*, 23(1), 89. <https://doi.org/10.1186/s12902-023-01346-x>

Haam, J.-H., Kim, B. T., Kim, E. M., Kwon, H., Kang, J.-H., Park, J. H., Kim, K.-K., Rhee, S. Y., Kim, Y.-H., & Lee, K. Y. (2023). Diagnosis of Obesity: 2022 Update of Clinical Practice Guidelines for Obesity by the Korean Society for the Study of Obesity. *Journal of Obesity & Metabolic Syndrome*, 32(2), 121–129. <https://doi.org/10.7570/jomes23031>

Hamurcu, P. (2023). The Relationship of Dietary Nutrients with Depression, Anxiety and Stress: A Sample of Nutrition and Dietetics Students. *Gevher Nesibe Journal of Medical and Health Sciences*, 8(1), 190–210.

Hashimoto, Y., Fukuda, T., Oyabu, C., Tanaka, M., Asano, M., Yamazaki, M., & Fukui, M. (2016). Impact of Low-Carbohydrate Diet on Body Composition: Meta-Analysis of Randomized Controlled Studies. *Obesity Reviews*, 17(6), 499–509. <https://doi.org/10.1111/obr.12405>

Hermanto, R. A., Kandarina, B. I., & Latifah, L. (2020). Hubungan antara Status Anemia, Tingkat Aktivitas Fisik, Kebiasaan Sarapan dan Depresi pada Remaja Putri di Kota Yogyakarta. *Media Gizi Mikro Indonesia*, 11(2), 141–152. <https://doi.org/10.22435/mgmi.v11i2.597>

Hestiantoro, A., Kapnosa Hasani, R. D., Shadrina, A., Situmorang, H., Ilma, N., Muharam, R., Sumapraja, K., & Wiweko, B. (2018). Body Fat Percentage is A Better Marker than Body Mass Index for Determining Inflammation Status in Polycystic Ovary Syndrome. *International journal of reproductive*

biomedicine, 16(10), 623–628.

Hestiantoro, A., & Pamungkas, D. T. (2020). Assessment of the Quality of Internet-Based Health Information in the Indonesian Language about Polycystic Ovarian Syndrome. *Indonesian Journal of Obstetrics and Gynecology*, 8(4), 222–227. <https://doi.org/10.32771/inajog.v8i4.1338>

Hite, A. H., Berkowitz, V. G., & Berkowitz, K. (2011). Low-Carbohydrate Diet Review. *Nutrition in Clinical Practice*, 26(3), 300–308. <https://doi.org/10.1177/0884533611405791>

Hoying, J., Melnyk, B. M., Hutson, E., & Tan, A. (2020). Prevalence and Correlates of Depression, Anxiety, Stress, Healthy Beliefs, and Lifestyle Behaviors in First-Year Graduate Health Sciences Students. *Worldviews on Evidence-Based Nursing*, 17(1), 49–59. <https://doi.org/10.1111/wvn.12415>

Hunter, G. R., Brock, D. W., Byrne, N. M., Chandler-Laney, P. C., Del Corral, P., & Gower, B. A. (2010). Exercise Training Prevents Regain of Visceral Fat for 1 Year Following Weight Loss. *Obesity*, 18(4), 690–695. <https://doi.org/10.1038/oby.2009.316>

Hunter, G. R., Gower, B. A., & Kane, B. L. (2010). Age Related Shift in Visceral Fat. *International journal of body composition research*, 8(3), 103–108.

Hunter, G. R., Kekes-Szabo, T., Treuth, M. S., Williams, M. J., Goran, M., & Pichon, C. (1996). Intra-Abdominal Adipose Tissue, Physical Activity and Cardiovascular Risk in Pre- and Post-Menopausal Women. *International Journal of Obesity and Related Metabolic Disorders: Journal of The International Association for The Study of Obesity*, 20(9), 860–865.

Huo, M., Wang, Y., Yuan, X., Yuan, Y., & Zhang, X. (2025). Changing Trends in The Global Burden of Polycystic Ovarian Syndrome-Related Infertility Over

the Past 30 Years: Retrospective Data Analysis of The Global Burden of Disease Study 2019. *BMC Women's Health*, 25(1), 35. <https://doi.org/10.1186/s12905-024-03537-7>

Hyseni Duraku, Z., & Hoxha, L. (2018). Self-Esteem, Study Skills, Self-Concept, Social Support, Psychological Distress, and Coping Mechanism Effects on Test Anxiety and Academic Performance. *Health Psychology Open*, 5(2). <https://doi.org/10.1177/2055102918799963>

Ifdil, I., Syahputra, Y., Fadli, R. P., Zola, N., Putri, Y. E., Amalianita, B., Rangka, I. B., Suranta, K., Zatrahadi, M. F., Sugara, G. S., Situmorang, D. D. B., & Fitria, L. (2022). The Depression Anxiety Stress Scales (DASS-21): An Indonesian Validation Measure of the Depression Anxiety Stress. *COUNS-EDU: The International Journal of Counseling and Education*, 5(4), 205–215. <https://doi.org/10.23916/0020200536840>

Janochova, K., Haluzik, M., & Buzga, M. (2019). Visceral Fat and Insulin Resistance - What We Know? *Biomedical Papers*, 163(1), 19–27. <https://doi.org/10.5507/bp.2018.062>

Joannès, C., Redmond, N. M., Kelly-Irving, M., Klinkenberg, J., Guillemot, C., Sordes, F., Delpierre, C., Neufcourt, L., Jean-Charles, B., Grégory, B., Laurence, B., Alizé, C., Enzo, C., Eleonore, C., Aurélie, C., Cyrille, D., Alfonsina, F.-R., Michelle, K.-I., Marine, M., ... Meryl, S. (2023). The Level of Education is Associated with an Anxiety-Depressive State among Men and Women – Findings from France During the First Quarter of the COVID-19 Pandemic. *BMC Public Health*, 23(1), 1405. <https://doi.org/10.1186/s12889-023-16280-9>

Jones, G. L., Hall, J. M., Balen, A. H., & Ledger, W. L. (2007). Health-Related

Quality of Life Measurement in Women with Polycystic Ovary Syndrome: A Systematic Review. *Human Reproduction Update*, 14(1), 15–25.
<https://doi.org/10.1093/humupd/dmm030>

Joshi, B., Lakhan, T., Mukherji, S., Patil, A., & Unisa, S. (2018). Visceral Adiposity Index among Young Girls with PCOS and Its Association with Phenotypes and Metabolic Risk. *International Journal of Reproduction, Contraception, Obstetrics and Gynecology*, 7(2), 513. <https://doi.org/10.18203/2320-1770.ijrcog20180164>

Kabiri, S. S., Javanbakht, Z., Zangeneh, M., Moludi, J., Saber, A., Salimi, Y., Tandorost, A., & Jamalpour, M. (2024). The Effects of MIND Diet on Depression, Anxiety, Quality of Life and Metabolic and Hormonal Status in Obese or Overweight Women with Polycystic Ovary Syndrome: A Randomised Clinical Trial. *British Journal of Nutrition*, 1–14.
<https://doi.org/10.1017/S0007114524001168>

Kałużna, M., Czapka-Matyasik, M., Bykowska-Derda, A., Moczko, J., Ruchala, M., & Ziemnicka, K. (2021). Indirect Predictors of Visceral Adipose Tissue in Women with Polycystic Ovary Syndrome: A Comparison of Methods. *Nutrients*, 13(8), 2494. <https://doi.org/10.3390/nu13082494>

Kang, D., Kim, Y., & Je, Y. (2018). Non-Alcoholic Beverage Consumption and Risk of Depression: Epidemiological Evidence from Observational Studies. *European Journal of Clinical Nutrition*, 72(11), 1506–1516.
<https://doi.org/10.1038/s41430-018-0121-2>

Karsten, M. D. A., Wekker, V., Groen, H., Painter, R. C., Mol, B. W. J., Laan, E. T. M., Roseboom, T. J., & Hoek, A. (2021). The Role of PCOS in Mental Health and Sexual Function in Women with Obesity and a History of Infertility. *Human*

Reproduction Open, 2021(4). <https://doi.org/10.1093/hropen/hoab038>

Kaymaz, N., Uzun, M. E., Şirin, H., & Kara, Ö. (2025). Evaluation of Biochemical Markers in Relation to Psychological Well-Being in Adolescents with Polycystic Ovary Syndrome. *Trends in Pediatrics*, 6(1), 15–24. <https://doi.org/10.59213/TP.2025.155>

Keeratibharat, P., Sophonsritsuk, A., Saipanish, R., Wattanakrai, P., Anantaburana, M., & Tantanavipas, S. (2024). Prevalence of Depression and Anxiety in Women with Polycystic Ovary Syndrome (PCOS) and Associated Factors in a Quaternary Hospital in Thailand: A Cross-Sectional Study. *BMC Psychiatry*, 24(1), 760. <https://doi.org/10.1186/s12888-024-06154-8>

Keshavarzi, S., Kermanshahi, S., Karami, L., Motaghinejad, M., Motevalian, M., & Sadr, S. (2019). Protective Role of Metformin Against Methamphetamine Induced Anxiety, Depression, Cognition Impairment and Neurodegeneration in Rat: The Role of CREB/BDNF and Akt/GSK3 Signaling Pathways. *NeuroToxicology*, 72, 74–84. <https://doi.org/10.1016/j.neuro.2019.02.004>

Khademian, F., Delavari, S., Koohjani, Z., & Khademian, Z. (2021). An Investigation of Depression, Anxiety, and Stress and its Relating Factors during COVID-19 Pandemic in Iran. *BMC Public Health*, 21(1), 275. <https://doi.org/10.1186/s12889-021-10329-3>

Kim, M., & Yi, S. J. (2025). Exploring the Disease Experience in Women with PCOS: A Qualitative Content Analysis. *Healthcare*, 13(24), 3243. <https://doi.org/10.3390/healthcare13243243>

Kitzinger, C., & Willmott, J. (2002). 'The Thief of Womanhood': Women's Experience of Polycystic Ovarian Syndrome. *Social Science & Medicine*, 54(3), 349–361. [https://doi.org/10.1016/S0277-9536\(01\)00034-X](https://doi.org/10.1016/S0277-9536(01)00034-X)

- Kohrt, W. M., & Wierman, M. E. (2017). Preventing Fat Gain by Blocking Follicle-Stimulating Hormone. *New England Journal of Medicine*, 377(3), 293–295. <https://doi.org/10.1056/NEJMcibr1704542>
- Kolhe, J. V., Chhipa, A. S., Butani, S., Chavda, V., & Patel, S. S. (2022). PCOS and Depression: Common Links and Potential Targets. *Reproductive Sciences*, 29(11), 3106–3123. <https://doi.org/10.1007/s43032-021-00765-2>
- Kurniawati, E. Y., Hadisaputro, S., & Suwandono, A. (2024). Stres, Kecemasan dan Kadar Kortisol Serum Wanita dengan Sindrom Ovarium Polikistik (SOPK). *Jurnal Kesehatan Reproduksi*, 10(3), 163–170. <https://doi.org/10.22146/jkr.72468>
- Kurniawati, E. Y., Hutabarat, N. C., & Noviasari, E. (2023). Status Gizi dan Gaya Hidup Wanita dengan Sindrom Ovarium Polikistik (PCOS) di Yogyakarta. *Jurnal Kesehatan Perintis*, 10(1), 74–82. <https://doi.org/10.33653/jkp.v10i1.971>
- Łagowska, K., Bajerska, J., & Pieczyńska-Zajac, J. M. (2024). Dietary Factors and the Risk of Depression among Women with Polycystic Ovary Syndrome. *Nutrients*, 16(6), 763. <https://doi.org/10.3390/nu16060763>
- Lakdawalla, D., & Philipson, T. (2002). *The Growth of Obesity and Technological Change: A Theoretical and Empirical Examination*. <https://doi.org/10.3386/w8946>
- Lee, I. T., Rees, J., King, S., Kim, A., Cherlin, T., Hinkle, S., Mumford, S. L., & Dokras, A. (2025). Depression, Anxiety, and Risk of Metabolic Syndrome in Women With Polycystic Ovary Syndrome: A Longitudinal Study. *The Journal of Clinical Endocrinology & Metabolism*, 110(3), e750–e756. <https://doi.org/10.1210/clinem/dgae256>

- Li, C., Ning, G., Wang, L., & Chen, F. (2022). More Income, Less Depression? Revisiting The Nonlinear and Heterogeneous Relationship between Income and Mental Health . *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.1016286>
- Li, Y., Zhang, J., Zheng, X., Lu, W., Guo, J., Chen, F., & Liu, C. (2024). Depression, Anxiety and Self-Esteem in Adolescent Girls with Polycystic Ovary Syndrome: S Systematic Review and Meta-Analysis. *Frontiers in Endocrinology*, 15. <https://doi.org/10.3389/fendo.2024.1399580>
- Lim, S., Smith, C. A., Costello, M. F., MacMillan, F., Moran, L., & Ee, C. (2019). Barriers and Facilitators to Weight Management in Overweight and Obese Women Living in Australia with PCOS: A Qualitative Study. *BMC Endocrine Disorders*, 19(1), 106. <https://doi.org/10.1186/s12902-019-0434-8>
- Liu, Y., Li, J., Yan, Z., Liu, D., Ma, J., & Tong, N. (2021). Improvement of Insulin Sensitivity Increases Pregnancy Rate in Infertile PCOS Women: A Systemic Review. *Frontiers in Endocrinology*, 12. <https://doi.org/10.3389/fendo.2021.657889>
- Louwers, Y. V., & Laven, J. S. E. (2020). Characteristics of Polycystic Ovary Syndrome Throughout Life. *Therapeutic Advances in Reproductive Health*, 14. <https://doi.org/10.1177/2633494120911038>
- Lovibond, P. F., & Lovibond, S. H. (1995). The Structure of Negative Emotional States: Comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behaviour Research and Therapy*, 33(3), 335–343. [https://doi.org/10.1016/0005-7967\(94\)00075-U](https://doi.org/10.1016/0005-7967(94)00075-U)
- Luo, E., Zhang, J., Song, J., Feng, D., Meng, Y., Jiang, H., Li, D., & Fang, Y. (2021). Serum Anti-Müllerian Hormone Levels Were Negatively Associated with Body

Fat Percentage in PCOS Patients. *Frontiers in Endocrinology*, 12.

<https://doi.org/10.3389/fendo.2021.659717>

Madeira, F. B., Silva, A. A., Veloso, H. F., Goldani, M. Z., Kac, G., Cardoso, V. C.,

Bettiol, H., & Barbieri, M. A. (2013). Normal Weight Obesity Is Associated with

Metabolic Syndrome and Insulin Resistance in Young Adults from a Middle-

Income Country. *PLoS ONE*, 8(3), e60673.

<https://doi.org/10.1371/journal.pone.0060673>

Manchanda, S., & Bhatt, S. (2024). Comparing Anxiety, Depression, Stress, Eating

Behaviour, and Health Promotion in PCOS and Non-PCOS Individuals.

International Journal of Interdisciplinary Approaches in Psychology, 2(4),

1498–1521.

Mareta, R., Amran, R., & Larasati, V. (2018). Hubungan Polycystic Ovary

Syndrome(PCOS) dengan Infertilitas di Praktik Swasta Dokter Obstetri

Ginekologi Palembang. *Majalah Kedokteran Sriwijaya*, 2, 85–91.

Markus, C. R., Olivier, B., Panhuysen, G. E., Van der Gugten, J., Alles, M. S.,

Tuiten, A., Westenberg, H. G., Fekkes, D., Koppeschaar, H. F., & de Haan,

E. E. (2000). The Bovine Protein α -Lactalbumin Increases the Plasma Ratio

of Tryptophan to The Other Large Neutral Amino Acids, and in Vulnerable

Subjects Raises Brain Serotonin Activity, Reduces Cortisol Concentration,

and Improves Mood under Stress. *The American Journal of Clinical Nutrition*,

71(6), 1536–1544. <https://doi.org/10.1093/ajcn/71.6.1536>

Marschalek, M.-L., Marculescu, R., Schneeberger, C., Marschalek, J., Dewailly,

D., & Ott, J. (2023). A Case-Control Study about Markers of Stress in Normal-

/Overweight Women with Polycystic Ovary Syndrome and in Controls.

Frontiers in Endocrinology, 14. <https://doi.org/10.3389/fendo.2023.1173422>

- Martinowich, K., Manji, H., & Lu, B. (2007). New Insights into BDNF Function in Depression and Anxiety. *Nature Neuroscience*, *10*(9), 1089–1093. <https://doi.org/10.1038/nn1971>
- Mathieu-Bolh, N. (2022). The Elusive Link between Income and Obesity. *Journal of Economic Surveys*, *36*(4), 935–968. <https://doi.org/10.1111/joes.12458>
- Mathur, R., Alexander, C. J., Yano, J., Trivax, B., & Azziz, R. (2008). Use of Metformin in Polycystic Ovary Syndrome. *American Journal of Obstetrics and Gynecology*, *199*(6), 596–609. <https://doi.org/10.1016/j.ajog.2008.09.010>
- Mizgier, M., Jarzabek-Bielecka, G., Formanowicz, D., Jodłowska-Siewert, E., Mruczyk, K., Cisek-Woźniak, A., Kędzia, W., & Opydo-Szymaczek, J. (2021). Dietary and Physical Activity Habits in Adolescent Girls with Polycystic Ovary Syndrome (PCOS)-HAstudy. *Journal of Clinical Medicine*, *10*(16), 3469. <https://doi.org/10.3390/jcm10163469>
- Mohit, M., Fereidouni, S., & Hejazi, N. (2020). Dietary Intake, Eating Behaviors and Body Image among Women with and without Polycystic Ovarian Syndrome. *International Journal of Nutrition Sciences*, *5*(2), 72–78.
- Moran, L. J., Ranasinha, S., Zoungas, S., McNaughton, S. A., Brown, W. J., & Teede, H. J. (2013). The Contribution of Diet, Physical Activity, and Sedentary Behaviour to Body Mass Index in Women with and without Polycystic Ovary Syndrome. *Human Reproduction*, *28*(8), 2276–2283. <https://doi.org/10.1093/humrep/det256>
- Morgante, G., Massar, M. G., Scolaro, V., Cappelli, V., Luddi, A., Triola, L., & De Leo, V. (2020). Metformin Doses and Body Mass Index: Clinical Outcomes in Insulin Resistant Polycystic Ovary Syndrome Women. *European Review for Medical and Pharmacological Sciences*, *24*(15), 8136–8142.

- Movsesyan, L., Tankó, L. B., Larsen, P. J., Christiansen, C., & Svendsen, O. L. (2003). Variations in Percentage of Body Fat Within Different BMI Groups in Young, Middle-Aged and Old Women. *Clinical Physiology and Functional Imaging*, 23(3), 130–133. <https://doi.org/10.1046/j.1475-097X.2003.00464.x>
- Munisah, M., Ika, R., Yulianti, L., & Hanum, D. F. (2021). Faktor-Faktor Yang Mempengaruhi Terjadinya Depresi Pascapersalinan. *Indonesian Journal of Midwifery Today*, 1(1), 1. <https://doi.org/10.30587/ijmt.v1i1.3318>
- Murakami, K., & Sasaki, S. (2010). Dietary Intake and Depressive Symptoms: A Systematic Review of Observational Studies . *Molecular Nutrition & Food Research*, 54(4), 471–488. <https://doi.org/10.1002/mnfr.200900157>
- Muthouwali, A. N., Riyadi, M. A., & Prakoso, T. (2017). Rancang Bangun Alat Pengukur Persentase Lemak Tubuh dengan Metode Whole Body Measurement Bioelectrical Impedance Analysis (BIA) Empat Elektroda dengan Saklar Otomatis Berbasis Mikrokontroler Atmega 32. *Jurnal Ilmiah Teknik Elektro*, 19(2), 50–57.
- Naz, M. S. G., Tehrani, F. R., Lak, T. B., Mohammadzadeh, F., Nasiri, M., Badr, F. K., & Ozgoli, G. (2020). Quality of Life and Emotional States of Depression, Anxiety and Stress in Adolescents with Polycystic Ovary Syndrome: A Cross-Sectional Study. *Psychology Research and Behavior Management*, Volume 13, 203–209. <https://doi.org/10.2147/PRBM.S241192>
- Novitasari, A. D., Limantara, S., Marisa, D., & Panghiyangani, R. (2021). Literature Review: Hubungan Tingkat Depresi dengan Kualitas Hidup pada Pasien PCOS. *Jurnal Mahasiswa Pendidikan Dokter*, 4(2), 411–416.
- Nugroho, M. R., Prameswari, Y. N., & Abdullah, R. (2025). Hubungan Tingkat Stres dengan Persentase Lemak Tubuh pada Mahasiswa Prodi Kedokteran

- Universitas Sultan Ageng Tirtayasa. *Ibnu Sina: Jurnal Kedokteran dan Kesehatan - Fakultas Kedokteran Universitas Islam Sumatera Utara*, 24(2), 468–481. <https://doi.org/10.30743/ibnusina.v24i2.924>
- Özcan, H., Altın, S., Şekercioğlu, E., Köse, S., & Güzel, E. (2025). Concerns of Women Diagnosed With Polycystic Ovary Syndrome Regarding the Process and Having Children: A Qualitative Study. *International Journal of Clinical Practice*, 2025(1). <https://doi.org/10.1155/ijcp/4889905>
- Papalou, O., & Diamanti-Kandarakis, E. (2017). The Role of Stress in PCOS. *Expert Review of Endocrinology & Metabolism*, 12(1), 87–95. <https://doi.org/10.1080/17446651.2017.1266250>
- Peters, L., Peters, A., Andreopoulos, E., Pollock, N., Pande, R. L., & Mochari-Greenberger, H. (2021). Comparison of DASS-21, PHQ-8, and GAD-7 in a virtual behavioral health care setting. *Heliyon*, 7(3), e06473. <https://doi.org/10.1016/j.heliyon.2021.e06473>
- Peyvandi, S., Hosseinin, S. H., Daneshpoor, S. M. M., Mohammadpour, R. A., & Qolami, N. (2010). The Prevalence of Depression, Anxiety and Marital Satisfaction and Related Factors in Infertile Women Referred to Infertility Clinics of Sari City in 2008. *Journal of Mazandaran University of Medical Sciences*, 20(80), 26–32.
- Pourhoseini, S. A., Babazadeh, R., & Mazlom, S. R. (2022). Prevalence of Polycystic Ovary Syndrome in Iranian Adolescent Girls Based on Adults and Adolescents' Diagnostic Criteria in Mashhad City. *Journal of Reproduction & Infertility*. <https://doi.org/10.18502/jri.v23i4.10815>
- Raeisvandi, A., Amerzadeh, M., Hajiabadi, F., & Hosseinkhani, Z. (2023). Prevalence and the Affecting Factors on Depression, Anxiety, and Stress

- (DASS) among Elders in Qazvin City, in the Northwest of Iran. *BMC Geriatrics*, 23(1), 202. <https://doi.org/10.1186/s12877-023-03908-z>
- Rahayu, D., Meutia, A. P., Priyatini, T., Suratih, N. M. D., Maidarti, M., Harzif, A. K., Muharam, R., & Pratama, G. (2024). Association of Hirsutism and Anthropometric Profiles with Sexual Dysfunction and Anxiety Levels in Infertile Indonesian Women with Polycystic Ovarian Syndrome. *Middle East Fertility Society Journal*, 29(1), 19. <https://doi.org/10.1186/s43043-024-00178-6>
- Rahebi, S. M., Ghanbari, A., Soltani, P. R., Sharami, H., Aramesh, S., Khodadadi, N., & Moridi, M. (2015). Depression in Women with Polycystic Ovary Syndrome: The Role of Body Mass Index and Infertility on It. *Nursing Practice Today*, 2(4), 152–157.
- Ratnaningsih, D., Siswatibudi, H., Hernawan, J. Y., Permata, P., & Yogyakarta, I. (2022). Gambaran Terapi Penggunaan Obat pada Wanita Usia Subur dengan Masalah Reproduksi PCOS (Polycystic Ovarian Syndrome) di Yogyakarta. *Jurnal Permata Indonesia*, 13(2), 136–144.
- Risdiyarningsih, V., Kurniawati, E. Y., & Darmawati, D. (2023). Faktor Resiko Terjadinya Sindrom Ovarium Polikistik (SOPK). *Jurnal Ilmu Kebidanan*, 9(2).
- Roberts, C., Troop, N., Connan, F., Treasure, J., & Campbell, I. C. (2007). The Effects of Stress on Body Weight: Biological and Psychological Predictors of Change in BMI. *Obesity*, 15(12), 3045–3055. <https://doi.org/10.1038/oby.2007.363>
- Roberts, L. R., Sadan, V., Siva, R., Sathiyaseelan, M., Rosalind, S. E., Suresh, P., & Montgomery, S. B. (2023). Factors Predicting Mental Health Among Women in Low-Income Communities of a Changing Society: A Mixed-

- Methods Study. *International Journal of Women's Health*, Volume 15, 381–394. <https://doi.org/10.2147/IJWH.S397845>
- Roness, A., Mykletun, A., & Dahl, A. A. (2005). Help-Seeking Behaviour in Patients with Anxiety Disorder and Depression. *Acta Psychiatrica Scandinavica*, 111(1), 51–58. <https://doi.org/10.1111/j.1600-0447.2004.00433.x>
- S., R., Hiremath, N., P., V. R., & B. M., V. (2025). Evaluation of Body Composition in Body Mass Index Matched PCOS and Eumenorrheic Non-PCOS College Women. *International Journal Of Community Medicine And Public Health*, 12(4), 1682–1688. <https://doi.org/10.18203/2394-6040.ijcmph20250924>
- Saei Ghare Naz, M., Ramazani Tehrani, F., & Ozgoli, G. (2019). Polycystic Ovary Syndrome in Adolescents: A Qualitative Study. *Psychology Research and Behavior Management*, Volume 12, 715–723. <https://doi.org/10.2147/PRBM.S207727>
- Safree, A., Yasin, Y., & Dzulkifli, M. A. (2011). Differences in Depression, Anxiety and Stress between Low-And High-Achieving Students. *Journal of Sustainability Science and Management*, 6(1), 169–178.
- Salih, S. A., & Al-ogaili, S. S. (2024). Relationship between Psychosocial Factors and BMI with PCOS in Adolescent Girls (Case-Control Study). *Obstetrics & Gynaecology Forum 2024*, 34(4), 1859–1868.
- Salsabila, W. Q., Adyani, K., & Realita, F. (2024). Literatur Review: Faktor Resiko Sindrom Ovarium Polikistik pada Remaja. *Journal of Health*, 11(02), 164–174. <https://doi.org/10.30590/joh.v11n2.832>
- Sari, D. A., Kurniawati, E. Y., & Ashari, M. A. (2023). Skrining dan Determinan Kejadian Sindrom Ovarium Polikistik (SOPK) pada Remaja. *Jurnal Ilmu Kebidanan*, 9(2), 102–106. <https://doi.org/10.48092/jik.v9i2.211>

- Saydam, B. O., & Yildiz, B. O. (2021). Weight Management Strategies for Patients with PCOS: Current Perspectives. *Expert Review of Endocrinology & Metabolism*, 16(2), 49–62. <https://doi.org/10.1080/17446651.2021.1896966>
- Schreiner, I., & Malcolm, J. P. (2008). The Benefits of Mindfulness Meditation: Changes in Emotional States of Depression, Anxiety, and Stress. *Behaviour Change*, 25(3), 156–168. <https://doi.org/10.1375/bech.25.3.156>
- Shahid, R., lahtisham-UI-Haq, Mahnoor, Awan, K. A., Iqbal, M. J., Munir, H., & Saeed, I. (2022). Diet and Lifestyle Modifications for Effective Management of Polycystic Ovarian Syndrome (PCOS) . *Journal of Food Biochemistry*, 46(7). <https://doi.org/10.1111/jfbc.14117>
- Siddique, S., Atique, H., Atique, H., & Irfan, A. (2024). Emotional State among Medical Students Diagnosed with PCOS using the DASS 21. *Rawal Medical Journal*, 49(1), 1–4.
- Siddiqui, S., Mateen, S., Ahmad, R., & Moin, S. (2022). A Brief Insight into the Etiology, Genetics, and Immunology of Polycystic Ovarian Syndrome (PCOS). *Journal of Assisted Reproduction and Genetics*, 39(11), 2439–2473. <https://doi.org/10.1007/s10815-022-02625-7>
- Singh, S., Pal, N., Shubham, S., Sarma, D. K., Verma, V., Marotta, F., & Kumar, M. (2023). Polycystic Ovary Syndrome: Etiology, Current Management, and Future Therapeutics. *Journal of Clinical Medicine*, 12(4), 1454. <https://doi.org/10.3390/jcm12041454>
- Siregar, F. A., & Makmar, T. (2020). Metabolisme Lipid dalam Tubuh. *Jurnal Inovasi Kesehatan Masyarakat*, 1(2), 60–66.
- Soenen, S., & Westerterp-Plantenga, M. S. (2010). Changes in Body Fat Percentage during Body Weight Stable Conditions of Increased Daily Protein

Intake vs. Control. *Physiology & Behavior*, 101(5), 635–638.

<https://doi.org/10.1016/j.physbeh.2010.09.014>

Souza, H. C. D. de, Philbois, S. V., Facioli, T. de P., Ferriani, R. A., & Gastaldi, A. C. (2022). Aerobic Physical Training Impact on Adipokines in Women with Polycystic Ovary Syndrome – Effects of Body Fat Percentage. *Archives of Endocrinology and Metabolism*. <https://doi.org/10.20945/2359-3997000000503>

Strasser, B., Gostner, J. M., & Fuchs, D. (2016). Mood, Food, and Cognition. *Current Opinion in Clinical Nutrition and Metabolic Care*, 19(1), 55–61. <https://doi.org/10.1097/MCO.0000000000000237>

Sukhapure, M., Eggleston, K., Fenton, A., Frampton, C., Porter, R. J., & Douglas, K. M. (2022). Changes in Mood, Anxiety, and Cognition with Polycystic Ovary Syndrome Treatment: A Longitudinal, Naturalistic Study. *Neuropsychiatric Disease and Treatment*, 18, 2703–2712. <https://doi.org/10.2147/NDT.S385014>

Swinburn, B. A., Sacks, G., Hall, K. D., McPherson, K., Finegood, D. T., Moodie, M. L., & Gortmaker, S. L. (2011). The Global Obesity Pandemic: Shaped by Global Drivers and Local Environments. *The Lancet*, 378(9793), 804–814. [https://doi.org/10.1016/S0140-6736\(11\)60813-1](https://doi.org/10.1016/S0140-6736(11)60813-1)

Tabassum, F., Jyoti, C., Sinha, H. H., Dhar, K., & Akhtar, M. S. (2021). Impact of Polycystic Ovary Syndrome on Quality of Life of Women in Correlation to Age, Basal Metabolic Index, Education and Marriage. *PLOS ONE*, 16(3), e0247486. <https://doi.org/10.1371/journal.pone.0247486>

Tan, S., Hahn, S., Benson, S., Janssen, O. E., Dietz, T., Kimmig, R., Hesse-Hussain, J., Mann, K., Schedlowski, M., Arck, P. C., & Elsenbruch, S. (2008).

Psychological Implications of Infertility in Women with Polycystic Ovary Syndrome. *Human Reproduction*, 23(9), 2064–2071.
<https://doi.org/10.1093/humrep/den227>

Tang, R., Luo, M., Li, J., Peng, Y., Wang, Y., Liu, B., Liu, G., Wang, Y., Lin, S., & Chen, R. (2019). Symptoms of Anxiety and Depression among Chinese Women Transitioning through Menopause: Findings from a Prospective Community-Based Cohort Study. *Fertility and Sterility*, 112(6), 1160–1171.
<https://doi.org/10.1016/j.fertnstert.2019.08.005>

Tanjung, N. N. M., & Achmad Fauzi. (2023). Hubungan antara Kejadian Polycystic Ovarium Syndrome dengan Akne pada Wajah di NU Beauty Medical Aesthetics Jonggol Tahun 2022. *Jurnal Ilmiah Keperawatan*, 9(3), 74–83.
<https://doi.org/10.33023/jikep.v9i3.1592>

Teede, H. J., Misso, M. L., Deeks, A. A., Moran, L. J., Stuckey, B. G. A., Wong, J. L. A., Norman, R. J., & Costello, M. F. (2011). Assessment and Management of Polycystic Ovary Syndrome: Summary of An Evidence-Based Guideline. *Medical Journal of Australia*, 195(S6). <https://doi.org/10.5694/mja11.10915>

Thapa, D. K., Visentin, D. C., Kornhaber, R., & Cleary, M. (2020). Prevalence and factors associated with depression, anxiety, and stress symptoms among older adults: A cross-sectional population-based study. *Nursing & Health Sciences*, 22(4), 1139–1152. <https://doi.org/10.1111/nhs.12783>

Tomlinson, D. J., Erskine, R. M., Morse, C. I., & Onambélé, G. L. (2019). Body Fat Percentage, Body Mass Index, Fat Mass Index and the Ageing Bone: Their Singular and Combined Roles Linked to Physical Activity and Diet. *Nutrients*, 11(1), 195. <https://doi.org/10.3390/nu11010195>

Tran, T. D., Tran, T., & Fisher, J. (2013). Validation of the Depression Anxiety

- Stress Scales (DASS) 21 as a Screening Instrument for Depression and Anxiety in a Rural Community-based Cohort of Northern Vietnamese Women. *BMC Psychiatry*, 13(1), 24. <https://doi.org/10.1186/1471-244X-13-24>
- Vishnubhotla, D. S., Tenali, S. N., Fernandez, M., & Madireddi, S. (2022). Evaluation of Prevalence of PCOS and Associated Depression, Nutrition, and Family History. *Indian Journal of Endocrinology and Metabolism*, 26(4), 341–347. https://doi.org/10.4103/ijem.ijem_467_21
- Wahyuni, A., Supriyatiningasih, Kusumawati, W., Sedah Kirana, K., & Mayayustika, C. D. (2022). Family History of PCOS, Obesity, Low Fiber Diet, and Low Physical Activity Increase the Risk of PCOS. *Jurnal Kedokteran dan Kesehatan Indonesia*. <https://doi.org/10.20885/JKKI.Vol13.Iss1.art8>
- Wahyuni, Y., Fitriani, D., & Nuzrina, R. (2023). Hubungan Status Gizi, Riwayat Siklus Menstruasi, dan Tingkat Depresi terhadap Kejadian Polycystic Ovary Syndrome pada Wanita Usia Subur di RSAB Harapan Kita. *Darussalam Nutrition Journal*, 7(2), 139–148.
- Wallace, C. W., & Fordahl, S. C. (2022). Obesity and Dietary Fat Influence Dopamine Neurotransmission: Exploring The Convergence of Metabolic State, Physiological Stress, and Inflammation on Dopaminergic Control of Food Intake. *Nutrition Research Reviews*, 35(2), 236–251. <https://doi.org/10.1017/S0954422421000196>
- Walters, K. A., Gilchrist, R. B., Ledger, W. L., Teede, H. J., Handelsman, D. J., & Campbell, R. E. (2018). New Perspectives on the Pathogenesis of PCOS: Neuroendocrine Origins. *Trends in Endocrinology & Metabolism*, 29(12), 841–852. <https://doi.org/10.1016/j.tem.2018.08.005>
- Wang, G., Liu, X., Zhu, S., & Lei, J. (2023). Experience of Mental Health in Women

with Polycystic Ovary Syndrome: A Descriptive Phenomenological Study.

Journal of Psychosomatic Obstetrics & Gynecology, 44(1).

<https://doi.org/10.1080/0167482X.2023.2218987>

Wang, J., Wang, B., Li, C., Meng, T., Liu, C., Chen, J., & Guo, Y. (2025). Evolving Global Trends in PCOS Burden: A Three-Decade Analysis (1990–2021) with Projections to 2036 Among Adolescents and Young Adults. *Frontiers in Endocrinology*, 16. <https://doi.org/10.3389/fendo.2025.1569694>

Wang, R., Kim, B. V., van Wely, M., Johnson, N. P., Costello, M. F., Zhang, H., Ng, E. H. Y., Legro, R. S., Bhattacharya, S., Norman, R. J., & Mol, B. W. J. (2017). Treatment Strategies for Women with WHO Group II Anovulation: Systematic Review and Network Meta-Analysis. *BMJ*, j138. <https://doi.org/10.1136/bmj.j138>

Wang, Y., Liu, B., Yang, Y., Wang, Y., Zhao, Z., Miao, Z., & Zhu, J. (2019). Metformin Exerts Antidepressant Effects by Regulated DNA Hydroxymethylation. *Epigenomics*, 11(6), 655–667. <https://doi.org/10.2217/epi-2018-0187>

Witchel, S. F., Oberfield, S. E., & Peña, A. S. (2019). Polycystic Ovary Syndrome: Pathophysiology, Presentation, and Treatment With Emphasis on Adolescent Girls. *Journal of the Endocrine Society*, 3(8), 1545–1573. <https://doi.org/10.1210/js.2019-00078>

Wuthrich, V. M., Johnco, C. J., & Wetherell, J. L. (2015). Differences in Anxiety and Depression Symptoms: Comparison Between Older and Younger Clinical Samples. *International Psychogeriatrics*, 27(9), 1523–1532. <https://doi.org/10.1017/S1041610215000526>

Xie, J., Cao, Y., Wen, Q., Song, X., Shi, Y., & Gao, X. (2024). Research Trend and

Hotspots of Polycystic Ovary Syndrome with Depression from 1993 to 2024:

A Bibliometric Analysis. *Frontiers in Global Women's Health*, 5.

<https://doi.org/10.3389/fgwh.2024.1468471>

Xing, L., Xu, J., Wei, Y., Chen, Y., Zhuang, H., Tang, W., Yu, S., Zhang, J., Yin, G., Wang, R., Zhao, R., & Qin, D. (2022). Depression in Polycystic Ovary Syndrome: Focusing on Pathogenesis and Treatment. *Frontiers in Psychiatry*, 13. <https://doi.org/10.3389/fpsy.2022.1001484>

Xu, Y., Zhang, Z., Wang, R., Xue, S., Ying, Q., & Jin, L. (2024). Roles of Estrogen and its Receptors in Polycystic Ovary Syndrome. *Frontiers in Cell and Developmental Biology*, 12. <https://doi.org/10.3389/fcell.2024.1395331>

Yuliadha, A., & Setyaningrum, R. H. (2022). Psikoneuroimunologi Depresi pada Polycystic Ovary Syndrome (PCOS). *Smart Medical Journal*, 5(1), 38. <https://doi.org/10.13057/smj.v5i1.43238>

Zhang, H., Wang, W., Zhao, J., Jiao, P., Zeng, L., Zhang, H., Zhao, Y., Shi, L., Hu, H., Luo, L., Fukuzawa, I., Li, D., Li, R., & Qiao, J. (2023). Relationship between Body Composition, Insulin Resistance, and Hormonal Profiles in Women with Polycystic Ovary Syndrome. *Frontiers in Endocrinology*, 13. <https://doi.org/10.3389/fendo.2022.1085656>

Zielińska, M., Łuszczki, E., & Dereń, K. (2023). Dietary Nutrient Deficiencies and Risk of Depression (Review Article 2018–2023). *Nutrients*, 15(11), 2433. <https://doi.org/10.3390/nu15112433>