

DAFTAR PUSTAKA

- Abdelmoneam, A. H. *et al.* (2024) 'Impact of Magnesium and Ferritin Deficiency on Depression Among Adolescent Students', *Sage Journal*, 15, pp. 1–7. doi: 10.1177/21501319241252570.
- Alawi, A. M. Al, Majoni, S. W. and Falhammar, H. (2018) 'Review Article Magnesium and Human Health: Perspectives and Research Directions', *International Journal of Endocrinology*, 2018, p. 17. doi: 10.1155/2018/9041694.
- Alexander, L. *et al.* (2024) *JBI Manual for Evidence Synthesis Welcome to the new edition of the JBI Manual for Evidence Synthesis*.
- Ali, M. A. *et al.* (2022) 'Dietary Vitamin B Complex : Orchestration in Human Nutrition throughout Life with Sex Differences', *Nutrients*, 14, pp. 1–21.
- Alizadeh, T., Akhoundian, M. and Reza, M. (2018) 'An innovative method for synthesis of imprinted polymer nanomaterial holding thiamine (vitamin B1) selective sites and its application for thiamine determination in food samples', *Journal of Chromatography B*, 1084(September 2017), pp. 166–174. doi: 10.1016/j.jchromb.2018.03.036.
- Allen, L. H. *et al.* (1998) *National Academy of Sciences*.
- Allen, L. H. *et al.* (2018) 'Biomarkers of Nutrition for Development (BOND): Vitamin B-12 Review', *The Journal of Nutrition*. doi: 10.1093/jn/nxy201.
- Ambarini, F. *et al.* (2023) 'Asupan zat gizi makro , vitamin B , gaya hidup sedentary , dan gangguan kecemasan pada mahasiswa berdomisili di Tangerang Selatan students at Tangerang Selatan Nadiyah Program Studi Gizi , Fakultas Ilmu-Ilmu Kesehatan , Universitas Esa Unggul Abstrak Abst', *Ilmu Gizi Indonesia*, 07(01), pp. 43–58.
- Ananda Putri, D. *et al.* (2024) 'Pengaruh Pola Makan Terhadap Kesehatan Mental Peran Nutrisi Pada Mahasiswa', *Jurnal Mahasiswa Ilmu*

Farmasi dan Kesehatan, 2(3), pp. 39–55.

Anissa, M. (2025) ‘Patofisiologi Biomedik Depresi: Tinjauan Komprehensif terhadap Mekanisme Neurobiologis’, *SCIENA*, 04, pp. 177–180.

Anita Thapar *et al.* (2018) ‘Depression in adolescence’, *National Institutes of Health*, 379(9820), pp. 1056–1067. doi: 10.1016/S0140-6736(11)60871-4. Depression.

Anmella, G. *et al.* (2025) ‘Association of low vitamin B 12 levels with depressive and schizophrenia spectrum disorders in child and adolescent psychiatric inpatients’, pp. 2753–2762.

Arango-Guerraa, P. and Lopez-Gonzalez, R. (2023) ‘Cobalamin (vitamin B12) deficiency: A reversible cause of myelopathy and pancytopenia to never forget’, *Neurology Perspectives*, 3, pp. 10–13.

Assies, J., Rjt, M. and Lok, A. (2014) ‘Effects of oxidative stress on fatty acid- and one-carbon-metabolism in psychiatric and cardiovascular disease comorbidity’, *Acta Psychiatr Scand*, pp. 163–180. doi: 10.1111/acps.12265.

Batubara, M. S. *et al.* (2018) ‘PENGUKURAN KADAR PIRIDOKSIN (VITAMIN B6) DALAM DARAH PADA ANAK PENDERITA DEFISIT PERHATIAN DAN GANGGUAN HIPERAKTIVITAS (ADHD)’, 2(1), pp. 1–6.

Bender, A., Hagan, K. E. and Kingston, N. (2017) ‘The association of folate and depression: A meta-analysis’, *Journal of Psychiatric Research*, 95, pp. 9–18. doi: 10.1016/j.jpsychires.2017.07.019.

Biomedika, J. *et al.* (2018) ‘Hubungan antara konsumsi vitamin D dan gangguan depresi pada lanjut usia’, 1(3), pp. 179–184. doi: 10.18051/JBiomedKes.2018.v1.179-184.

Botturi, A. *et al.* (2020) ‘The Role and the Effect of Magnesium in Mental Disorders : A Systematic Review’, *Nutrients*, pp. 1–19.

Campisi, S. C. *et al.* (2020) ‘Assessing the Evidence of Micronutrients on

- Depression among Children and Adolescents : An Evidence Gap Map', (7), pp. 908–927. doi: 10.1093/advances/nmaa021.
- Castillo, L. F. *et al.* (2025) 'New Insights into Folate – Vitamin B 12 Interactions', *Annual Reviews of Nutrition*, 45, pp. 23–39. doi: <https://doi.org/10.1146>.
- Chen, F. *et al.* (2024) 'Magnesium and Cognitive Health in Adults : A Systematic Review and Meta-Analysis', *Advances in Nutrition*, 15(8), p. 100272. doi: 10.1016/j.advnut.2024.100272.
- Chopra, C., Mandalika, S. and Kinger, N. (2021) 'Does diet play a role in the prevention and management of depression among adolescents ? A narrative review', *Nutrition in Health*, 27, pp. 243–263. doi: 10.1177/0260106020980532.
- Chriswinda, A. *et al.* (2023) 'Peran keluarga pada depresi pasca stroke 1', pp. 102–107.
- Chukwuere, P. C. (2021) 'Bio-Psychosocial Impact on the Development of Depression in Adolescents', pp. 1455–1463.
- Cutler, A. J. and Mattingly, G. W. (2023) 'Understanding the mechanism of action and clinical effects of neuroactive steroids and GABAergic compounds in major depressive disorder', *Translational Psychiatry*, (November 2022). doi: 10.1038/s41398-023-02514-2.
- Darvishi, N. *et al.* (2022) 'The Effect of Emotion Regulation on Predicting Depressive Symptoms in Students', 26(3).
- Eduardo, J. and Bernard, R. (2018) 'Depression : a review of its definition', 5(1), pp. 7–8. doi: 10.15406/mojamt.2018.05.00082.
- Fiorentini, D. *et al.* (2021) 'Impact of Diseases Linked to Its Deficiency', *Nutrients*, 13.
- Firth, J. *et al.* (2019) 'The Effects of Dietary Improvement on Symptoms of Depression and Anxiety: A Meta-Analysis of Randomized Controlled Trials', *Psychosomatic Medicine*, 81(April), pp. 265–280. doi: 10.1097/PSY.0000000000000673.

- Froese, D. S., Fowler, B. and Baumgartner, M. R. (2019) 'Vitamin B 12 , folate , and the methionine remethylation cycle — biochemistry , pathways , and regulation', *Wiley On Library*, 42(October 2018), pp. 673–685. doi: 10.1002/jimd.12009.
- Fusar-poli, P. *et al.* (2021) 'Preventive psychiatry: a blueprint for improving the mental health of young people', *World Psychiatry*, 20, pp. 200–221. doi: 10.1002/wps.20869.
- Gloor, P. *et al.* (2025) 'The Role of Folate Receptor α Autoantibodies in Folate De fi ciency , Disease Severity , and Treatment Response in Adolescents with Major Depressive Disorder', *The Journal of Nutrition*, 155(7), pp. 2267–2274. doi: 10.1016/j.tjnut.2025.05.012.
- Goldberger, B. C., Guelfi, J. D. and Sheehan, D. V (2015) 'Assessment of Anxiety in Clinical Trials with Depressed Patients Using the Hamilton Depression Rating Scale', *PSYCHOPHARMACOLOGY BULLETIN*, 44(3).
- Green, R. (2024) 'Causes and Risk Factors of Vitamin B12 Deficiency at the Bookends of Life , From Infancy to Old Age', *Food and Nutrition Bulletin*, 45, pp. 5–9. doi: 10.1177/03795721241252503.
- Green, R., Allen, L. H. and Brito, A. (2017) 'Vitamin B12 deficiency', *Nature Publishing Group*, 3, pp. 1–19. doi: 10.1038/nrdp.2017.40.
- Herzog, J. I. and Schmahl, C. (2018) 'Adverse Childhood Experiences and the Consequences on Neurobiological , Psychosocial , and Somatic Conditions Across the Lifespan', 9(September), pp. 1–8. doi: 10.3389/fpsy.2018.00420.
- Hoffman, R. (2017) 'Journal of nutritional science', pp. 1–4. doi: 10.1017/jns.2016.42.
- Hughes, K. *et al.* (2017) 'Articles The effect of multiple adverse childhood experiences on health : a systematic review and meta-analysis', *The Lancet Public Health*, 2(8), pp. e356–e366. doi: 10.1016/S2468-2667(17)30118-4.
- Jacka, F. N. *et al.* (2017) 'A randomised controlled trial of dietary

improvement for adults with major depression (the “ SMILES ” trial)’, *BMC Medicine*, 15(23), pp. 1–13. doi: 10.1186/s12916-017-0791-y.

Journal, I. *et al.* (2021) ‘PRISMA 2020 statement : What ’ s new and the importance of reporting guidelines’, *International Journal of Surgery*, 88(March), pp. 39–42. doi: 10.1016/j.ijsu.2021.105918.

Kennedy, D. O. (2016) ‘B Vitamins and the Brain : Mechanisms , Dose and’, *Nutrients*, 8, p. 68. doi: 10.3390/nu8020068.

Khanna, P., Chattu, V. K. and Aeri, B. T. (2019) ‘Nutritional Aspects of Depression in Adolescents - A Systematic Review’, *International Journal of Preventive Medicine*, 10, pp. 1–9. doi: 10.4103/ijpvm.IJPVM.

Khumaidi, K. *et al.* (2023) ‘Patient Health Questionnaire-9 (PHQ-9) untuk Skrining Depresi pada Orang dengan HIV Positif: Validitas dan Reliabilitas Instrumen’, *Journal of Nursing Innovation*, 2(1), pp. 14–19.

Kisnaini, A. I., Gunawan, L. S. and Puspita, R. C. (2025) ‘Analisis perbedaan jumlah retikulosit sebagai respons terhadap suplementasi asam folat pada wanita usia subur’, *Jurnal Medicare*, 4, pp. 780–785.

Kretzer, S. *et al.* (2024) ‘The Dynamic Interplay Between Puberty and Structural Brain Development as a Predictor of Mental Health Diffi culties in Adolescence : A Systematic Review’, *Biological Psychiatry*, 96(7), pp. 585–603. doi: 10.1016/j.biopsych.2024.06.012.

Kris-etherton, P. M. *et al.* (2020) ‘Nutrition and behavioral health disorders : depression and anxiety’, *Nutrition Reviews*, 79(3), pp. 247–260. doi: 10.1093/nutrit/nuaa025.

Lachance, L. R., Ramsey, D. and Ramsey, D. (2018) ‘Antidepressant foods: An evidence-based nutrient profilingsystem for depression’, *World Journal of Psychiatry*, 8(3), pp. 97–104. doi:

10.5498/wjp.v8.i3.97.

- Liu, L. *et al.* (2023) ‘Review Gut microbiota and its metabolites in depression : from pathogenesis to treatment’, *eBioMedicine*, 90, p. 104527. doi: 10.1016/j.ebiom.2023.104527.
- Lugon, G. *et al.* (2024) ‘Association between different diet quality scores and depression risk : the REGICOR population-based cohort study Dietary Approaches to Stop Hypertension’, pp. 2885–2895.
- Luo, D. *et al.* (2024) ‘Pubertal hormones and mental health problems in children and adolescents : a systematic review of population-based studies’, *eClinicalMedicine*, 76, p. 102828. doi: 10.1016/j.eclinm.2024.102828.
- Luo, Y., Miao, H. and Yang, X. (2015) ‘Talanta Glutathione-stabilized Cu nanoclusters as fluorescent probes for sensing pH and vitamin B 1’, *Talanta*, 144, pp. 488–495. doi: 10.1016/j.talanta.2015.07.001.
- Lyon, P. *et al.* (2020) ‘B Vitamins and One-Carbon Metabolism : Implications in Human Health and Disease’, 9, pp. 1–24.
- Magistri, P. M. *et al.* (2024) ‘SUPLEMENTASI BESI-FOLAT PADA WANITA PEKERJA : ANEMIA’, *Jurnal LINK*, 20(1), pp. 75–81. doi: 10.31983/link.v20i1.10996.
- Malhi, G. S. and Mann, J. J. (2018) ‘Depression’, 392, pp. 2299–2312.
- Maritha, V. and Raising, R. (2018) ‘ANALISIS VITAMIN B6 (PIRIDOKSIN) PADA SEDIAAN TABLET MULTIVITAMIN NEUROTROPI MENGGUNAKAN SPEKTROFOTOMETRI UV-VIS’, *Jurnal Keperawatan*, 6, pp. 22–26.
- Marx, W. *et al.* (2017) ‘Conference on “ Diet , nutrition and mental health and wellbeing ” Plenary Lecture : Mental health as an emerging public health problem Nutritional psychiatry : the present state of the evidence Proceedings of the Nutrition Society Proceedings of the Nutr’, *Proceedings of the Nutrition Society*, 76(December 2016), pp. 427–436. doi: 10.1017/S0029665117002026.
- Miallot, R. (2023) ‘The vitamin B5 / coenzyme A axis : A target for

- immunomodulation?', pp. 1–11. doi: 10.1002/eji.202350435.
- Mikkelsen, K. *et al.* (2017) 'Maturitas The effects of vitamin B on the immune / cytokine network and their involvement in depression', *Maturitas*, 96, pp. 58–71. doi: 10.1016/j.maturitas.2016.11.012.
- Miller, A. H. and Raison, C. L. (2016) 'The role of inflammation in depression: from evolutionary imperative to modern treatment target', *Nature Publishing Group*, 16(1), pp. 22–34. doi: 10.1038/nri.2015.5.
- Miller, A. H. and Raison, C. L. (2017) 'imperative to modern treatment target', 16(1), pp. 22–34. doi: 10.1038/nri.2015.5.The.
- Moabedi, M. *et al.* (2023) 'Magnesium supplementation beneficially affects depression in adults with depressive disorder: a systematic review and meta-analysis of randomized clinical trials', *Frontiers in Psychiatry*, (December), pp. 1–7. doi: 10.3389/fpsyt.2023.1333261.
- Mock, D. M. (2017) 'Biotin: From Nutrition to Therapeutics', *The Journal of Nutrition*, (17), pp. 1487–1492.
- Moore, K. *et al.* (2020) 'Conference on "What governs what we eat?" Postgraduate Symposium Diet, nutrition and the ageing brain: current evidence and new directions Proceedings of the Nutrition Society', (January 2018), pp. 152–163. doi: 10.1017/S0029665117004177.
- Moradi, F. (2021) 'The association between serum homocysteine and depression: A systematic review and meta-analysis of observational studies', *Wiley On Library*, 51(December 2020), pp. 1–15. doi: 10.1111/eci.13486.
- Moretti, R. *et al.* (2021) 'Homocysteine in Neurology: A Possible Contributing Factor to Small Vessel Disease'.
- Munirah1, I. *et al.* (2024) 'Penggunaan Media Sosial Sebagai Faktor Risiko Terjadinya Depresi', *Jurnal Medika Utama*, 05(02), pp. 3842–3853.

- Nafisah, Z. and Raya, U. P. (2025) 'CHEDS : Journal of Chemistry , Education , and Science Niasin Dan Niasinamida : Tinjauan Biokimia , Manfaat Kesehatan , dan Perkembangan Terbaru Vitamin B3', 9(1), pp. 23–31.
- Nunes, R. *et al.* (2022) 'Vitamin B Complex Deficiency After Roux - en - Y Gastric Bypass and Sleeve Gastrectomy — a Systematic Review and Meta - Analysis', *Obesity Surgery*, pp. 873–891. doi: 10.1007/s11695-021-05783-2.
- Nuriyah, L. I. *et al.* (2021) 'HUBUNGAN GENETIK DAN PSIKOLOGIS DENGAN KEJADIAN DEPRESI PADA REMAJA', *Journal Of Community Mental Health And Public Policy*, 2655, pp. 26–36.
- Orlova, S. *et al.* (2021) 'Risk factors and comorbidities associated with magnesium deficiency in pregnant women and women with hormone-related conditions : analysis of a large real-world dataset', 2, pp. 1–9.
- Patton, G. C. *et al.* (2018) 'Our future: a Lancet commission on adolescent health and wellbeing', *HHS Public Access*, 387(10036), pp. 2423–2478. doi: 10.1016/S0140-6736(16)00579-1.Our.
- Perdani, A. L., Riandani, T. and Srinatania, D. (2022) 'My Hero is You : Intervention to Reduce Anxiety and Depression in Children During the Covid-19 Pandemic in Indonesia', *KnE Life Sciences*, pp. 532–541. doi: 10.18502/kl.v7i2.10351.
- Phelan, D. *et al.* (2018) 'Magnesium and mood disorders : systematic review and meta-analysis', *BJPsych Open*, 4, pp. 167–179. doi: 10.1192/bjo.2018.22.
- Remes, O. and Templeton, P. (2021) 'Brain sciences Biological , Psychological , and Social Determinants of Depression : A Review of Recent Literature'.
- Rikard-bell, C. J. *et al.* (2026) *Journal of Affective Disorders Reports Evaluation of the psychometric properties of patient-reported outcome measures for adolescent depression : A COSMIN*

- systematic review, Journal of Affective Disorders Reports*. Elsevier B.V. doi: 10.1016/j.jadr.2025.100993.
- Schandelmaier, S. *et al.* (2017) 'Niacin for primary and secondary prevention of cardiovascular events (Review)'. doi: 10.1002/14651858.CD009744.pub2. www.cochranelibrary.com.
- Schellack, G., Harirari, P. and Schellack, N. (2019) 'Vitamin B-complex deficiency, supplementation and management', 86(3), pp. 23–29.
- Scientific, J. *et al.* (2025) 'Mekanisme Suplementasi Magnesium Glycinate Sebagai Terapi Adjuvan pada Pasien Depresi Asfarina Prihandini 1 *, Jodii Arlan Kurnia 2 2', 6(11), pp. 4245–4250.
- Sefriantina, S., Purwaningtyas, D. R. and Dhanny, D. R. (2023) 'Hubungan Tingkat Kecukupan Kalium, Kalsium, Magnesium, Tingkat Stres, Depresi dan Anxiety serta Kualitas Tidur dengan Tekanan Darah Pada Usia Dewasa Akhir di Sawangan Depok', 4(1), pp. 10–22. doi: 10.24853/mujg.4.1.10-22.
- Shichkin, V. P. (2025) 'Vitamin B5 and vitamin U review: justification of combined use for the treatment of gastrointestinal pathologies', (May), pp. 1–16. doi: 10.3389/fphar.2025.1587627.
- Slykerman, R. F., Li, E. and Mitchell, E. A. (2022) 'Probiotics for Reduction of Examination Stress in Students (PRESS) study: A trial of the probiotic Lactobacillus', pp. 1–11. doi: 10.1371/journal.pone.0267778.
- Smith, M. M. *et al.* (2021) 'Is perfectionism a vulnerability factor for depressive symptoms, a complication of depressive symptoms, or both? A meta-analytic test of 67 longitudinal studies', *Clinical Psychology Review*, 84(November 2020), p. 101982. doi: 10.1016/j.cpr.2021.101982.
- Soriano-gonzalez, R., Ramirez-olea, H. and Chavez-santoscoy, R. A. (2025) 'The biological relationship among depression, vitamins B9, B12, and D, and genetic variants: a systematic review', *Frontiers in Nutrition*, (November), pp. 1–16. doi:

10.3389/fnut.2025.1690378.

Stage, L. and Amount, R. (2019) 'Niacin Fact Sheet for Consumers', *National Institutes of Health*.

States, U. *et al.* (2025) 'Depression Prevalence in Adolescents and Adults', (527).

Stein, D. J. *et al.* (2022) 'Psychiatric diagnosis and treatment in the 21st century : paradigm shifts versus incremental integration', *World Psychiatry*, 21, pp. 393–414. doi: 10.1002/wps.20998.

Stumper, A. and Alloy, L. B. (2025) 'Associations Between Pubertal Stage and Depression: A Systematic Review of the Literature', *HHS Public Access*, 54(2), pp. 312–339. doi: 10.1007/s10578-021-01244-0.Associations.

Sulistiyorini, W. and Sabarisman, M. (2017) 'DEPRESI', *Sosio Informa*, 3(02), pp. 153–164.

Sultana, S. M. and Rahman, S. (2023) 'Effect of Magnesium Supplementation in Selective Serotonin Reuptake Inhibitors Treated Major Depressive Disorder Patients: A Randomized, Double-Blind, Placebo-Controlled Trial', *EC Nutrition*, 2, pp. 25–34. doi: 10.31080/ecnu.2023.18.01086.

Sun, C. *et al.* (2019) 'Journal of Affective Disorders Dietary magnesium intake and risk of depression', *Journal of Affective Disorders*, 246(December 2018), pp. 627–632. doi: 10.1016/j.jad.2018.12.114.

Suwannasom, N. *et al.* (2020) 'Riboflavin : The Health Benefits of a Forgotten Natural Vitamin', (Figure 1).

Syakarofath, N. A., Karmiyati, D. and Widyasari, D. C. (2023) 'Peran Adverse Childhood Experience terhadap Internalizing Problem dan Externalizing Problem pada Remaja The Role of Adverse Childhood Experience on Internalizing Problems and Externalizing Problems in Adolescents', *Gadjah Mada Journal of Psychology*, 9(2), pp. 277–292. doi: 10.22146/gamajop.77578.

- Tan, Y. *et al.* (2023) 'Correlation between Vitamin B12 and Mental Health in Children and Adolescents : A Systematic Review and Meta-analysis', *Clinical Psychopharmacology and Neuroscience*, 21(4), pp. 617–633.
- Thapar, A. *et al.* (2022) 'Depression in young people', *The Lancet*, 400(10352), pp. 617–631. doi: 10.1016/S0140-6736(22)01012-1.
- Umar, L. *et al.* (2023) 'Identifikasi dan Klasifikasi Tiamin dengan Biosensor Amperometris Berbasis Ragi *Saccharomyces cerevisiae* dan Principal Component Analysis Identification and Classification of Thiamine with Amperometric Biosensor Based on *Saccharomyces cerevisiae* and Principal Component Analysis', 13(1), pp. 60–68. doi: 10.26418/positron.v13i1.59432.
- Vahid-ansari, F. and Albert, P. R. (2021) 'Rewiring of the Serotonin System in Major Depression', 12(December). doi: 10.3389/fpsyt.2021.802581.
- Varga, P. *et al.* (2025) 'The Role of Magnesium in Depression , Migraine , Alzheimer ' s Disease , and Cognitive Health : A Comprehensive Review', *Nutrients*, 17, pp. 1–27.
- Vormann, J. (2016) 'Magnesium : Nutrition and Homoeostasis', *AIMS Public Health*, 3(May), pp. 329–340. doi: 10.3934/publichealth.2016.2.329.
- Wang, J. *et al.* (2018) 'Zinc , Magnesium , Selenium and Depression : and Implications', *Nutrients*, (1), pp. 1–19. doi: 10.3390/nu10050584.
- Wang, Y. *et al.* (2022) 'Associations between dietary intake , diet quality and depressive symptoms in youth : A systematic review of observational studies', *Tabriz University of Medical Sciences*, 12(3), pp. 249–265. doi: 10.34172/hpp.2022.32.
- WHO (2024) *World health statistics 2024*. Jakarta: PT. Gramedia Pustaka Umum.
- Workinger, J. L., Doyle, R. P. and Bortz, J. (2018) 'Challenges in the Diagnosis of Magnesium Status', *Nutrients*, 10, pp. 1–23. doi:

10.3390/nu10091202.

Wu, Y. *et al.* (2021) ‘Associations of dietary vitamin B1 , vitamin B2 , vitamin B6 , and vitamin B12 with the risk of depression : a systematic review and meta-analysis’, *Nutrition Reviews*, 00(0), pp. 1–16. doi: 10.1093/nutrit/nuab014.

Young, L. M. *et al.* (2019) ‘Supplementation on Depressive Symptoms , Anxiety ’, *Nutrients*, 11.

Young, L. W. *et al.* (2023) ‘Eat, Sleep, Console Approach or Usual Care for Neonatal Opioid Withdrawal’, *N Engl J Med*, 388(25), pp. 2326–2337. doi: 10.1056/NEJMoa2214470.Eat.

Zempleni, J. *et al.* (2016) ‘Biotin’, *Health and Human Services*, 35(1), pp. 36–46. doi: 10.1002/biof.8.Biotin.

Zielinska, M., Łuszczki, E. and Deren, K. (2023) ‘Dietary Nutrient Deficiencies and Risk of Depression (Review Article 2018–2023)’, *Nutrients*.