

## DAFTAR PUSTAKA

- Airaksinen, E., Wahlin, Å., Forsell, Y., & Larsson, M. (2007). Low episodic memory performance as a premorbid marker of depression: Evidence from a 3-year follow-up. *Acta Psychiatrica Scandinavica*, 115(6), 458–465. <https://doi.org/10.1111/j.1600-0447.2006.00932.x>
- Alvarez, L. M., Cortés Sotres, J. F., León, S. O., Estrella, J., & Sánchez Sosa, J. J. (2008). Computer program in the treatment for major depression and cognitive impairment in university students. *Computers in Human Behavior*, 24(3), 816–826. <https://doi.org/10.1016/j.chb.2007.02.013>
- American Psychiatric, A. (2013). *Major or Mild Neurocognitive Disorder Due to Parkinson's Disease. Diagnostic and statistical manual of mental disorders, DSM-5*. <https://doi.org/doi.org/10.1176/appi.books.9780890425596.dsm17>
- American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders. Arlington*. <https://doi.org/10.1176/appi.books.9780890425596.744053>
- Amir, S., Brown, Z. W., & Amit, Z. (1980). The role of endorphins in stress: Evidence and speculations. *Neuroscience and Biobehavioral Reviews*, 4(1), 77–86. [https://doi.org/10.1016/0149-7634\(80\)90027-5](https://doi.org/10.1016/0149-7634(80)90027-5)
- Anderson, L., Lewis, G., Araya, R., Elgie, R., & Harrison, G. (2005). Self-help books for depression : how can practitioners and patients make the right choice ?, (May), 387–392.
- Andersson, G., & Cuijpers, P. (2009). Internet-based and other computerized psychological treatments for adult depression: A meta-analysis. *Cognitive Behaviour Therapy*, 38(4), 196–205. <https://doi.org/10.1080/16506070903318960>
- Andrade, L. H., Alonso, J., Mneimneh, Z., Wells, J. E., Al-Hamzawi, A., Borges, G., ... Kessler, R. C. (2014). Barriers to Mental Health Treatment: Results from the WHO World Mental Health (WMH) Surveys. *Psychological Medicine*, 44(6), 1303–1317. <https://doi.org/10.1017/S0033291713001943.Barriers>

- Andrews, A. (2011). Serious Games for Psychological Health Education 2 Pedagogical Foundations for Military Psychological Health. *Education*, 3-10.
- Anguera, J. A., Boccanfuso, J., Rintoul, J. L., Al-Hashimi, O., Faraji, F., Janowich, J., ... Gazzaley, A. (2013). Video game training enhances cognitive control in older adults. *Nature*, 501(7465), 97–101. <https://doi.org/10.1038/nature12486>
- Badan Pusat Statistik Indonesia. (2017). *Statistik Indonesia 2017. Statistik Indonesia 2017*. Jakarta: Badan Pusat Statistik Indonesia.
- Bakker, D., Kazantzis, N., Rickwood, D., & Rickard, N. (2016). Mental Health Smartphone Apps: Review and Evidence-Based Recommendations for Future Developments. *JMIR Mental Health*, 3(1), e7. <https://doi.org/10.2196/mental.4984>
- Batterham, P. J., Neil, A. L., Bennett, K., Griffiths, K. M., & Christensen, H. (2008). Predictors of adherence among community users of a cognitive behavior therapy website. *Patient Preference and Adherence*, 2, 97–105.
- Baune, B. T., & Renger, L. (2014). Pharmacological and non-pharmacological interventions to improve cognitive dysfunction and functional ability in clinical depression - A systematic review. *Psychiatry Research*, 219(1), 25–50. <https://doi.org/10.1016/j.psychres.2014.05.013>
- Beck, A. T. (2016). Cognitive Therapy: Nature and Relation to Behavior Therapy – Republished Article. *Behavior Therapy*, 47(6), 776–784. <https://doi.org/10.1016/j.beth.2016.11.003>
- Beck, A. T., & Alford, B. A. (2014). *Depression: Causes and Treatment* (2nd ed.). Philadelphia: University of Pennsylvania Press.
- Bennett-levy, J., Richards, D. A., & Farrand, P. (2010). Low Intensity CBT Interventions: A Revolution in Mental Health Care Low Intensity CBT Interventions: A Revolution in Mental Health Care, (November 2016). <https://doi.org/10.1093/med>
- Bower, P., Richards, D., & Lovell, K. (2001). The clinical and cost-effectiveness of self- help treatments for anxiety and depressive disorders in primary care : a systematic review, (November 2000), 838–845.

- Brooks, F. M., Chester, K. L., Smeeton, N. C., & Spencer, N. H. (2016). Video gaming in adolescence: factors associated with leisure time use. *Journal of Youth Studies*, 19(1), 36–54.  
<https://doi.org/10.1080/13676261.2015.1048200>
- Brown, J. (2016). Anxiety and depression: Anxiety the most common mental health diagnosis in college students. Retrieved from <http://www.bu.edu/today/2016/college-students-anxiety-and-depression/>
- Buist-Bouwman, M. A., Ormel, J., De Graaf, R., De Jonge, P., Van Sonderen, E., Vollebergh, W. A. M., ... Vilagut, G. (2008). Mediators of the association between depression and role functioning. *Acta Psychiatrica Scandinavica*, 118(6), 451–458. <https://doi.org/10.1111/j.1600-0447.2008.01285.x>
- Cheek, C., Fleming, T., Lucassen, M. F., Bridgman, H., Stasiak, K., Shepherd, M., & Orpin, P. (2015). Integrating Health Behavior Theory and Design Elements in Serious Games. *JMIR Mental Health*, 2(2), e11. <https://doi.org/10.2196/mental.4133>
- Christensen, H. (2004). Delivering interventions for depression by using the internet: randomised controlled trial. *Bmj*, 328(7434), 265–0. <https://doi.org/10.1136/bmj.37945.566632.EE>
- Cleary, M., Walter, G., & Jackson, D. (2011). “Not Always Smooth Sailing”: Mental health issues associated with the transition from high school to college. *Issues in Mental Health Nursing*, 32(4), 250–254. <https://doi.org/10.3109/01612840.2010.548906>
- Collins, M. E., & Mowbray, C. T. (2008). Students with Psychiatric Disabilities on Campus: Examining Predictors of Enrollment with Disability Support Services. *Journal of Postsecondary Education and Disability*, 21(2), 91–104. Retrieved from <http://0-search.ebscohost.com.library.acaweb.org/login.aspx?direct=true&AuthType=ip,url,uid,cookie&db=eric&AN=EJ822096&site=ehost-live&scope=cite>
- Collins, P. Y., Patel, V., Joestl, S. S., March, D., Insel, T. R., Daar, A. S., ... Walport, M. (2011). Grand challenges in global mental health. *Nature*, 475(7354), 27–30. <https://doi.org/10.1038/475027a>

- Conley, C. S., Durlak, J. A., & Kirsch, A. C. (2015). A Meta-analysis of Universal Mental Health Prevention Programs for Higher Education Students. *Prevention Science*, 16(4), 487–507.  
<https://doi.org/10.1007/s11121-015-0543-1>
- Connolly, T. M., Boyle, E. A., MacArthur, E., Hailey, T., & Boyle, J. M. (2012). A systematic literature review of empirical evidence on computer games and serious games. *Computers and Education*, 59(2), 661–686.  
<https://doi.org/10.1016/j.compedu.2012.03.004>
- Conradi, H. J., Ormel, J., & De Jonge, P. (2011). Presence of individual (residual) symptoms during depressive episodes and periods of remission: A 3-year prospective study. *Psychological Medicine*, 41(6), 1165–1174.  
<https://doi.org/10.1017/S0033291710001911>
- Corey, G. (2009). *Theory and Practice of Counseling and Psychotherapy (8th Edition)*. Belmont, CA: Brooks/Cole.
- Coyle, D., Matthews, M., Sharry, J., Nisbet, A., Doherty, G., College, T., & Sugarhouse, D. (2005). Personal Investigator: A therapeutic 3D game for adolescent psychotherapy. *Journal of Interactive Technology & Smart Education*, 2(2), 73–88. <https://doi.org/10.1108/17415650580000034>
- Craig, A. B., Asher, D. E., Oros, N., Brewer, A. A., & Krichmar, J. L. (2013). Social contracts and human-computer interaction with simulated adapting agents. *Adaptive Behavior*, 21(5), 371–387.  
<https://doi.org/10.1177/1059712313491612>
- Cuijpers, P. (1997). Bibliotherapy in Unipolar Depression: a Meta-Analysis. *Journal of Behavior Therapy and Experimental Psychiatry*, 28(2), 139–147.  
[https://doi.org/10.1016/S0005-7916\(97\)00005-0](https://doi.org/10.1016/S0005-7916(97)00005-0)
- Cuijpers, P., & Riper, H. (2007). *Internet-guided self help for common mental disorders: state of the art and challenges of the future*. (M. J. Sorbi, H. Ruddle, & M. E. F. Buhning, Eds.), *Frontiers in Stepped Ecare*. Utrecht: Universiteit van Utrecht.

- Department of Health United Kingdom. (1999). *A National Service Framework for Mental Health*. United Kingdom. Retrieved from [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/198051/National\\_Service\\_Framework\\_for\\_Mental\\_Health.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/198051/National_Service_Framework_for_Mental_Health.pdf)
- Deterding, S., Dixon, D., Khaled, R., & Nacke, L. (2011). From game design elements to gamefulness. *The 15th International Academic MindTrek Conference*, 7–9. <https://doi.org/10.1145/2181037.2181040>
- Dickson, J. M., & Gullo, M. J. (2015). The role of brief CBT in the treatment of anxiety and depression for young adults at a UK university: A pilot prospective audit study. *Cognitive Behaviour Therapist*, 8(January). <https://doi.org/10.1017/S1754470X15000240>
- Diener, C., Kuehner, C., Brusniak, W., Ubl, B., Wessa, M., & Flor, H. (2012). A meta-analysis of neurofunctional imaging studies of emotion and cognition in major depression. *NeuroImage*, 61(3), 677–685. <https://doi.org/10.1016/j.neuroimage.2012.04.005>
- Doherty, G., Coyle, D., & Sharry, J. (2012). Engagement with online mental health interventions: an exploratory clinical study of a treatment for depression. *Proceedings of the 2012 ACM Annual Conference on Human Factors in Computing Systems*, 1421–1430.
- Dondlinger, M. J., & Dondlinger, M. J. (2007). Educational video game design: A review of the literature. *Journal of Applied Educational Technology*, 4(July), 21–31. <https://doi.org/10.1108/10748120410540463>
- Durand, V. M., & Barlow, D. H. (2015). *Essentials of Abnormal Psychology* (7th ed.). Mason: US: Cengage Learning, Inc.
- Eisenberg, D., Golberstein, E., & Hunt, J. B. (2009). The B . E . Journal of Economic Analysis & Policy Contributions College Mental Health and Academic Success in College \*, 9(1).
- Eisenberg, D., Gollust, S. E., Golberstein, E., & Hefner, J. L. (2007). Prevalence and correlates of depression, anxiety, and suicidality among university students. *American Journal of Orthopsychiatry*. <https://doi.org/10.1037/0002-9432.77.4.534>

- Elliott, R., Zahn, R., Deakin, J. F. W., & Anderson, I. M. (2011). Affective cognition and its disruption in mood disorders. *Neuropsychopharmacology*, 36(1), 153–182. <https://doi.org/10.1038/npp.2010.77>
- Entertainment Software Association. (2016). Essential facts 2017. *ESA Report 2017*, 2016, 1–3. Retrieved from [http://www.theesa.com/wp-content/uploads/2017/04/EF2017\\_FinalDigital.pdf](http://www.theesa.com/wp-content/uploads/2017/04/EF2017_FinalDigital.pdf)
- Erdfelder, E., Faul, F., Buchner, A., & Lang, A. G. (2009). Statistical power analyses using G\*Power 3.1: Tests for correlation and regression analyses. *Behavior Research Methods*, 41(4), 1149–1160. <https://doi.org/10.3758/BRM.41.4.1149>
- Everaert, J., Duyck, W., & Koster, E. H. W. (2014). Attention, interpretation, and memory biases in subclinical depression: A proof-of-principle test of the combined cognitive biases hypothesis. *Emotion*, 14(2), 331–340. <https://doi.org/10.1037/a0035250>
- Eyal, N. (2014). *Hooked: How to build Habit-Forming Products*. Canada: Penguin.
- Faul, F., Erdfelder, E., Lang, A., & Buchner, A. (2007). G \* Power 3 : A flexible statistical power analysis program for the social , behavioral , and biomedical sciences. *Behaviour Research Methods*, 39(2), 175–191. <https://doi.org/10.3758/BF03193146>
- Fernández-Aranda, F., Jiménez-Murcia, S., Santamaría, J. J., Gunnard, K., Soto, A., Kalapanidas, E., ... Penelo, E. (2012). Video games as a complementary therapy tool in mental disorders: PlayMancer, a European multicentre study. *Journal of Mental Health*, 21(4), 364–374. <https://doi.org/10.3109/09638237.2012.664302>
- Fleming, T., Dixon, R., Frampton, C., & Merry, S. (2012). A pragmatic randomized controlled trial of computerized CBT (SPARX) for symptoms of depression among adolescents excluded from mainstream education. *Behavioural and Cognitive Psychotherapy*, 40(5), 529–541. <https://doi.org/10.1017/S1352465811000695>

- Fleming, T. M., Bavin, L., Stasiak, K., Hermansson-Webb, E., Merry, S. N., Cheek, C., ... Hetrick, S. (2017). Serious games and gamification for mental health: Current status and promising directions. *Frontiers in Psychiatry*, 7(JAN). <https://doi.org/10.3389/fpsy.2016.00215>
- Fleming, T. M., Cheek, C., Merry, S. N., Thabrew, H., Bridgman, H., Stasiak, K., ... Fleming, T. (2014). Serious games for the treatment or prevention of depression: a systematic review. *Revista de Psicopatología y Psicología Clínica*, 19(193), 227–242.  
<https://doi.org/10.5944/rppc.vol.19.num.3.2014.13904>
- Fleming, T. M., de Beurs, D., Khazaal, Y., Gaggioli, A., Riva, G., Botella, C., ... Riper, H. (2016). Maximizing the impact of E-Therapy and Serious Gaming: Time for a paradigm shift. *Frontiers in Psychiatry*, 7(APR), 1–7.  
<https://doi.org/10.3389/fpsy.2016.00065>
- Folker, A. P., Mathiasen, K., Lauridsen, S. M., Stenderup, E., Dozeman, E., & Folker, M. P. (2018). Implementing internet-delivered cognitive behavior therapy for common mental health disorders: A comparative case study of implementation challenges perceived by therapists and managers in five European internet services. *Internet Interventions*, 11(January), 60–70.  
<https://doi.org/10.1016/j.invent.2018.02.001>
- Gellatly, J., Bower, P., Hennessy, S., Richards, D., Gilbody, S., & Lovell, K. (2007). What makes self-help interventions effective in the management of depressive symptoms? Meta-analysis and meta-regression. *Psychological Medicine*, 37(9), 1217–1228. <https://doi.org/10.1017/S0033291707000062>
- Gerardi, M., Cukor, J., Difede, J., Rizzo, A., & Rothbaum, B. O. (2010). Virtual reality exposure therapy for post-traumatic stress disorder and other anxiety disorders. *Current Psychiatry Reports*, 12(4), 298–305.  
<https://doi.org/10.1007/s11920-010-0128-4>
- Gilbert, P. (2009). *Overcoming Depression: A Self-Help Guide Using Cognitive Behavioral Techniques* (3rd ed.). Pennsylvania State University: Basic Book.



- Gotlib IH, J. J. (2010). Cognition and depression: current status and future directions. *Revista de Neurologia*, 27, 581–584.  
<https://doi.org/10.1146/annurev.clinpsy.121208.131305>.Cognition
- Gutiérrez-Maldonado, J., Wiederhold, B. K., & Riva, G. (2016). Future Directions: How Virtual Reality Can Further Improve the Assessment and Treatment of Eating Disorders and Obesity. *Cyberpsychology, Behavior, and Social Networking*, 19(2), 148–153. <https://doi.org/10.1089/cyber.2015.0412>
- Hamari, J., & Tuunanen, J. (2014). Player Types : A Meta-synthesis. *Selected Articles from the DiGRA Nording 2012 Conference: Local and Global-Games in Culture and Society*, 29–53. <https://doi.org/10.1111/j.1083-6101.2006.00301.x>
- Hayes, A. F. (2012). This document is a companion to Hayes, A. F. (in progress). An Introduction to Mediation, Moderation, and Conditional Process Analysis: A Regression-based Approach. Under contract for publication by Guilford Press. 1. *Unpublished Manuscript*, 1–39. <https://doi.org/978-1-60918-230-4>
- Hill, C., Creswell, C., Vigerland, S., Nauta, M. H., March, S., Donovan, C., ... Kendall, P. C. (2018). Navigating the development and dissemination of internet cognitive behavioral therapy (iCBT) for anxiety disorders in children and young people: A consensus statement with recommendations from the #iCBTLorentz Workshop Group. *Internet Interventions*, 12(February), 1–10. <https://doi.org/10.1016/j.invent.2018.02.002>
- Hirai, M., & Clum, G. A. (2006). A Meta-Analytic Study of Self-Help Interventions for Anxiety Problems. *Behavior Therapy*, 37(2), 99–111. <https://doi.org/10.1016/j.beth.2005.05.002>
- Hof, E. van't, Cuijpers, P., & Stein, D. J. (2009). Self-Help and Internet-Guided Interventions in Depression and Anxiety Disorders: A Systematic Review of Meta-Analyses. *CNS Spectrums*, 14(S3), 34–40.  
<https://doi.org/10.1017/S1092852900027279>
- Hofmann, S. G. (2011). *An introduction to modern CBT: Psychological solutions to mental health problems*. Oxford: Wiley-Blackwell.



- Hofmann, S. G., Asnaani, A., Vonk, I. J. J., Sawyer, A. T., & Fang, A. (2012). The efficacy of cognitive behavioral therapy: a review of meta-analyses. *Cognitive Therapy Research*, 36(5), 427–440.  
<https://doi.org/10.1007/s10608-012-9476-1>.The
- Holmes, E. A., James, E. L., Coode-Bate, T., & Deerprouse, C. (2009). Can playing the computer game “Tetris” reduce the build-up of flashbacks for trauma? A proposal from cognitive science. *PLoS ONE*, 4(1), 1–6.  
<https://doi.org/10.1371/journal.pone.0004153>
- Hu, T., Zhang, D., Wang, J., Mistry, R., Ran, G., & Wang, X. (2014). Relation between Emotion Regulation and Mental Health: A Meta-Analysis Review. *Psychological Reports*, 114(2), 341–362.  
<https://doi.org/10.2466/03.20.PR0.114k22w4>
- Huguet, A., Rao, S., McGrath, P. J., Wozney, L., Wheaton, M., Conrod, J., & Rozario, S. (2016). A systematic review of cognitive behavioral therapy and behavioral activation apps for depression. *PLoS ONE*, 11(5), 1–19.  
<https://doi.org/10.1371/journal.pone.0154248>
- Hunt, J., Eisenberg, D., & Kilbourne, A. M. (2010). Consequences of Receipt of a Psychiatric Diagnosis for Completion of College. *Psychiatric Services*, 61(4), 399–404. <https://doi.org/10.1176/ps.2010.61.4.399>
- Jaeger, J., Berns, S., Uzelac, S., & Davis-Conway, S. (2006). Neurocognitive deficits and disability in major depressive disorder. *Psychiatry Research*, 145(1), 39–48. <https://doi.org/10.1016/j.psychres.2005.11.011>
- Joormann, J., & Quinn, M. E. (2014). Cognitive processes and emotion regulation in depression. *Depression and Anxiety*, 31(4), 308–315.  
<https://doi.org/10.1002/da.22264>
- Kemenkes RI. (2012). Riset Kesehatan Dasar.
- Keyes, C. L. M., Eisenberg, D., Perry, G. S., Dube, S. R., Kroenke, K., & Dhingra, S. S. (2012). The Relationship of Level of Positive Mental Health With Current Mental Disorders in Predicting Suicidal Behavior and Academic Impairment in College Students. *Journal of American College Health*, 60(2), 126–133. <https://doi.org/10.1080/07448481.2011.608393>

- Khazaal, Y., Chatton, A., Dieben, K., Huguelet, P., Boucherie, M., Monney, G., ... Favrod, J. (2015). Reducing delusional conviction through a cognitive-based group training game: A multicentre randomized controlled trial. *Frontiers in Psychiatry*, 6(APR), 1–10.  
<https://doi.org/10.3389/fpsyt.2015.00066>
- Khazaal, Y., Chatton, A., Prezzemolo, R., Zebouni, F., Edel, Y., Jacquet, J., ... Zullino, D. (2013). Impact of a board-game approach on current smokers: A randomized controlled trial. *Substance Abuse: Treatment, Prevention, and Policy*, 8(1), 1–14. <https://doi.org/10.1186/1747-597X-8-3>
- Kim, B. (2015). *Understanding Gamification*. *Understanding Gamification*.  
<https://doi.org/http://dx.doi.org/10.5860/ltr.51n2>
- Kiuhara, S. A., & Huefner, D. S. (2008). Students with psychiatric disabilities in higher education settings: The Americans with Disabilities Act and beyond. *The Journal of Physician Assistant Education*, 19(2), 103–113.  
<https://doi.org/10.1177/1044207308315277>
- Knox, M., Lentini, J., Cummings, T. S., McGrady, A., Whearty, K., & Sancrant, L. (2011). Game-based biofeedback for paediatric anxiety and depression. *Mental Health in Family Medicine*, 8(3), 195–203.
- Koepp, M. J., Gunn, R. N., Lawrence, A. J., Cunningham, V. J., Dagher, a, Jones, T., ... Grasby, P. M. (1998). Evidence for striatal dopamine release during a video game. *Nature*, 393(6682), 266–268. <https://doi.org/10.1038/30498>
- Kranke, D., Jackson, S. E., Taylor, D. A., Anderson-Fye, E., & Floersch, J. (2013). College student disclosure of non-apparent disabilities to receive classroom accommodations. *Journal of Postsecondary Education and Disability*, 26(1), 35–51. Retrieved from <http://eric.ed.gov/?id=EJ1026808>  
<http://files.eric.ed.gov/fulltext/EJ1026808.pdf>
- Kreider, C. M., Bendixen, R. M., & Lutz, B. J. (2015). Holistic Needs of University Students with Invisible Disabilities: A Qualitative Study. *Phys Occup Ther Pediatr*, 91(2), 165–171.  
<https://doi.org/10.3109/01942638.2015.1020407>

- Laforest, M., Bouchard, S., Crétu, A.-M., & Mesly, O. (2016). Inducing an Anxiety Response Using a Contaminated Virtual Environment: Validation of a Therapeutic Tool for Obsessive–Compulsive Disorder. *Frontiers in ICT*, 3(September), 1–11. <https://doi.org/10.3389/fict.2016.00018>
- Langenecker, S. A., Jacobs, R. H., & Passarotti, A. M. (2014). Current neural and behavioral dimensional constructs across mood disorders. *Curr Behav Neurosci Rep*, 1(3), 144–153. <https://doi.org/10.1016/j.neuron.2009.10.017.A>
- Leutwyler, H., Hubbard, E., Cooper, B., & Dowling, G. (2015). The impact of a videogame-based pilot physical activity program in older adults with schizophrenia on subjectively and objectively measured physical activity. *Frontiers in Psychiatry*, 6(DEC), 1–5. <https://doi.org/10.3389/fpsyt.2015.00180>
- Lewis, Anderson, L., Araya, R., Elgie, R., Harrison, G., Proudfoot, J., ... Williams, C. (2003). Self-help interventions for mental health problems. *Report to the Department of Health R&D Programme*. <https://doi.org/10.1037/e616692007-001>
- Li, J., Theng, Y.-L., & Foo, S. (2014). Game-Based Digital Interventions for Depression Therapy: A Systematic Review and Meta-Analysis. *Cyberpsychology, Behavior, and Social Networking*, 17(8), 519–527. <https://doi.org/10.1089/cyber.2013.0481>
- Li, J., Theng, Y.-L., & Foo, S. (2016). Effect of Exergames on Depression: A Systematic Review and Meta-Analysis. *Cyberpsychology, Behavior, and Social Networking*, 19(1), 34–42. <https://doi.org/10.1089/cyber.2015.0366>
- Lohoff, F. (2000). The genetics of major depressive disorder. *Current Psychiatry Reports*, 2(2), 165–169. <https://doi.org/10.1007/s11920-010-0150-6>. Overview
- Longman, H., O'Connor, E., & Obst, P. (2009). The Effect of Social Support Derived from World of Warcraft on Negative Psychological Symptoms. *CyberPsychology & Behavior*, 12(5), 563–566. <https://doi.org/10.1089/cpb.2009.0001>

- MacKin, R. S., Nelson, J. C., Delucchi, K., Raue, P., Byers, A., Barnes, D., ...  
Arean, P. A. (2014). Cognitive outcomes after psychotherapeutic  
interventions for major depression in older adults with executive dysfunction.  
*American Journal of Geriatric Psychiatry*, 22(12), 1496–1503.  
<https://doi.org/10.1016/j.jagp.2013.11.002>
- Mallen, M. J., & Vogel, D. L. (2005). Introduction to the Major Contribution:  
Counseling Psychology and Online Counseling. *The Counseling  
Psychologist*, 33(6), 761–775. <https://doi.org/10.1177/0011000005278623>
- Mann, J. J. (2002). A Current Perspective of Suicide and Attempted Suicide.  
*Annals of Internal Medicine*, 136(4), 302–311. <https://doi.org/10.7326/0003-4819-136-4-200202190-00010>
- Marchand, A., & Hennig-Thurau, T. (2013). Value creation in the video game  
industry: Industry economics, consumer benefits, and research opportunities.  
*Journal of Interactive Marketing*, 27(3), 141–157.  
<https://doi.org/10.1016/j.intmar.2013.05.001>
- Marks, I. M., Kavanagh, K., & Gega, L. (2007). *Hands-on Help: Computer-aided  
Psychotherapy* (Maudsley M). Hove, UK: Psychology Press.
- Marrs, R. W. (1995). A meta-analysis of bibliotherapy studies. *American Journal  
of Community Psychology*, 23(6), 843–870.
- Martínez-Pérez, B., De La Torre-Díez, I., & López-Coronado, M. (2013). Mobile  
health applications for the most prevalent conditions by the world health  
organization: Review and analysis. *Journal of Medical Internet Research*,  
15(6). <https://doi.org/10.2196/jmir.2600>
- McIntyre, R. S., Cha, D. S., Soczynska, J. K., Woldeyohannes, H. O., Gallagher,  
L. A., Kudlow, P., ... Baskaran, A. (2013). Cognitive deficits and functional  
outcomes in major depressive disorder: Determinants, substrates, and  
treatment interventions. *Depression and Anxiety*, 30(6), 515–527.  
<https://doi.org/10.1002/da.22063>
- Mckendree-smith, N. L., Floyd, M., & Scogin, F. R. (2003). Self-Administered  
Treatments for Depression :, 59(3), 275–288.  
<https://doi.org/10.1002/jclp.10129>

- Merry, S. N., Stasiak, K., Shepherd, M., Frampton, C., Fleming, T., & Lucassen, M. F. G. (2012). The effectiveness of SPARX, a computerised self help intervention for adolescents seeking help for depression: Randomised controlled non-inferiority trial. *BMJ (Online)*, 344(7857), 1–16. <https://doi.org/10.1136/bmj.e2598>
- Miloff, A., Marklund, A., & Carlbring, P. (2015). The challenger app for social anxiety disorder: New advances in mobile psychological treatment. *Internet Interventions*, 2(4), 382–391. <https://doi.org/10.1016/j.invent.2015.08.001>
- National Institute for Health & Care Excellence. (2009). *Depression - Treatment and management of depression in adults, including adults with a chronic physical health problem*. London: National Institute for Health & Care Excellence.
- National Institute of Mental Health. (2015). What You Need to Know. *Depression - What You Need to Know*.
- National Institute of Mental Health (NIH). (2016). Depression Basics, 6.
- Nevid, J. S., Rathus, S. A., & Greene, B. S. (2018). *Abnormal Psychology in a Changing World, 10th Edition* (10th ed.). New Jersey: Pearson Higher Education.
- Okon-Singer, H., Hendler, T., Pessoa, L., & Shackman, A. J. (2015). The neurobiology of emotion–cognition interactions: fundamental questions and strategies for future research. *Frontiers in Human Neuroscience*, 9(February), 1–14. <https://doi.org/10.3389/fnhum.2015.00058>
- Oulasvirta, A., Rattenbury, T., Ma, L., & Raita, E. (2012). Habits make smartphone use more pervasive. *Personal and Ubiquitous Computing*, 16(1), 105–114. <https://doi.org/10.1007/s00779-011-0412-2>
- Read, J. L., & Shortell, S. M. (2011). Interactive games to promote behavior change in prevention and treatment. *JAMA - Journal of the American Medical Association*, 305(16), 1704–1705. <https://doi.org/10.1001/jama.2011.408>

- Richards, D. (2011). Prevalence and clinical course of depression: A review. *Clinical Psychology Review*, 31(7), 1117–1125.  
<https://doi.org/10.1016/j.cpr.2011.07.004>
- Richards, D., & Richardson, T. (2012). Computer-based psychological treatments for depression: A systematic review and meta-analysis. *Clinical Psychology Review*, 32(4), 329–342. <https://doi.org/10.1016/j.cpr.2012.02.004>
- Richardson, R., & Richards, D. A. (2006). Self-help: Towards the next generation. *Behavioural and Cognitive Psychotherapy*, 34(1), 13–23.  
<https://doi.org/10.1017/S1352465805002481>
- Richardson, T., Stallard, P., & Velleman, S. (2010). Computerised cognitive behavioural therapy for the prevention and treatment of depression and anxiety in children and adolescents: A systematic review. *Clinical Child and Family Psychology Review*, 13(3), 275–290. <https://doi.org/10.1007/s10567-010-0069-9>
- Ritchie, H., & Roser, M. (2018). Mental Health. Retrieved June 20, 2018, from <https://ourworldindata.org/mental-health#depression>
- Roepke, A. M., Jaffee, S. R., Riffle, O. M., McGonigal, J., Broome, R., & Maxwell, B. (2015). Randomized Controlled Trial of SuperBetter, a Smartphone-Based/Internet-Based Self-Help Tool to Reduce Depressive Symptoms. *Games for Health Journal*, 4(3), 235–246.  
<https://doi.org/10.1089/g4h.2014.0046>
- Roiser, J. P., & Sahakian, B. J. (2013). Hot and cold cognition in depression. *CNS Spectrums*, 18(3), 139–149. <https://doi.org/10.1017/S1092852913000072>
- Rosen, G. M., Glasgow, R. E., & Barrera, M. J. (1976). A controlled study to assess the clinical efficacy of totally self-administered systematic desensitization. *Journal of Consulting and Clinical Psychology*, 44(2), 208–217.
- Sadock, B. J., Sadock, V. A., & Ruiz, P. (2014). *Kaplan and Sadock's Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry* (11th ed.). Philadelphia: Lippincott Williams and Wilkins.

- Salamone, J. D. (2009). Dopamine, Effort, and Decision Making: Theoretical Comment on Bardgett et al. (2009). *Behavioral Neuroscience*, 123(2), 463–467. <https://doi.org/10.1037/a0015381>
- Salzer, M. S., Wick, L. C., & Rogers, J. A. (2008). Familiarity With and Use of Accommodations and Supports Among Postsecondary Students With Mental Illnesses. *Psychiatric Services*, 59(4), 370–375. <https://doi.org/10.1176/ps.2008.59.4.370>
- Santrock, J. W. (2005). *Psychology* (7th Ed. Re). New York: McGraw-Hill.
- Spek, V., Cuijpers, P., Nyklicek, I., Riper, H., Keyzer, J., & Pop, V. (2007). Internet-based cognitive behaviour therapy for symptoms of depression and anxiety: a meta-analysis. *Psychological Medicine*, 37(03), 319. <https://doi.org/10.1017/S0033291706008944>
- Tárrega, S., Castro-Carreras, L., Fernández-Aranda, F., Granero, R., Giner-Bartolomé, C., Aymamí, N., ... Jiménez-Murcia, S. (2015). A serious videogame as an additional therapy tool for training emotional regulation and impulsivity control in severe gambling disorder. *Frontiers in Psychology*, 6(NOV), 1–12. <https://doi.org/10.3389/fpsyg.2015.01721>
- Trivedi, M. H., & Greer, T. L. (2014). Cognitive dysfunction in unipolar depression: Implications for treatment. *Journal of Affective Disorders*, 152–154(1), 19–27. <https://doi.org/10.1016/j.jad.2013.09.012>
- Urbaniak, G. C., & Plous, S. (2013). Research Randomizer. Retrieved August 20, 2018, from <http://www.randomizer.org/>
- Van Straten, A., Cuijpers, P., & Smits, N. (2008). Effectiveness of a web-based self-help intervention for symptoms of depression, anxiety, and stress: Randomized controlled trial. *Journal of Medical Internet Research*, 10(1). <https://doi.org/10.2196/jmir.954>
- Vos, T., Haby, M. M., Barendregt, J. J., Kruijsaar, M., Corry, J., & Andrews, G. (2004). The burden of major depression avoidable by longer-term treatment strategies. *Archives of General Psychiatry*, 61(11), 1097–1103. <https://doi.org/10.1001/archpsyc.61.11.1097>



- Walter, M. (2015). "Going it alone" adds to tertiary students' high mental health risk. Retrieved from <http://theconversation.com/going-it-alone-adds-to-tertiary-students-high-mental-health-risk-41362>
- WHO. (2012). Depression, a global public health concern. *WHO Department of Mental Health and Substance Abuse*, 1–8. [https://doi.org/10.1007/978-3-642-11688-9\\_20](https://doi.org/10.1007/978-3-642-11688-9_20)
- Wilding, C., & Milne, A. (2008). *Cognitive Behavioural Therapy: Teach Yourself - General Series*. Teach Yourself Books.
- Williams, C., Wilson, P., Morrison, J., McMahon, A., Andrew, W., Allan, L., ... Tansey, L. (2013). Guided Self-Help Cognitive Behavioural Therapy for Depression in Primary Care : A Randomised Controlled Trial, 8(1). <https://doi.org/10.1371/journal.pone.0052735>
- World Health Organization. (2008). The Global Burden of Disease: 2004 update. *2004 Update*, 146. <https://doi.org/10.1038/npp.2011.85>
- Wynaden, D., Wichmann, H., & Murray, S. (2013). A synopsis of the mental health concerns of university students: Results of a text-based online survey from one Australian university. *Higher Education Research and Development*, 32(5), 846–860. <https://doi.org/10.1080/07294360.2013.777032>
- Zajacova, A., Lynch, S. M., & Espenshade, T. J. (2005). Self-efficacy, stress, and academic success in college. *Research in Higher Education*, 46(6), 677–706. <https://doi.org/10.1007/s11162-004-4139-z>