

DAFTAR PUSTAKA

- Alonso, J., Angermeyer, M. C., Bernert, S., Bruffaerts, R., Brugha, T. S., Bryson, H., de Girolama, G., de Graaf, R., ... Vilagut, G. (2004). Prevalence of mental disorders in europe: results from the European Study of the Epidemiology of Mental Disorders (ESEMed) project. *Acta Psychiatr Scand Suppl 109 (420)*, 21-7. Doi: 10.1111/j.1600-0047.2004.00327.x.
- American Psychiatric Association. (1994). *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*. Washington DC: American Psychiatric Association.
- Andrescuu, C., Mulsant, B. H., & Emanuel, J. E. (2008). Complementary and alternative medicine in the treatment of bipolar disorder: a review of the evidence. *Journal Affective Disorder*, 110, 16-26.
- Bauer, M. S., & McBride, L. (2003). *The Life Goals Program: Structure Group Psychotherapy for Bipolar Disorder*. New York: Springer Publishing Company.
- Bauer, M. S., McBride, L., Williford, W. O., Glick, H., Kinoshian, B., Altshuler, L., Beresford, T., Kilbourne, A. & Sajatovic, M. (2006). Collaborative care for bipolar disorder: part II impact on clinical outcome, function and cost. *Psychiatry Services*, Vol. 57, No. 7. Doi: 10.1176/appi.ps.57.7.937.
- Beyer, J. L., & Krishnan, K. R. (2002). Volumetric brain imaging findings in mood disorders. *Bipolar Disorders*, 4(2): 89 – 104. Doi: 10.1034/j.1399-5618.2002.01157.x.
- Biederman, J., Makris, N., Valera, E. M., Monuteaux, M. C., Goldstein, J. M., Buka, S., Boriell, D. L., ... Seidman, L. J. (2007). Towards further understanding of the comorbidity between attention deficit hyperactivity disorder and bipolar disorder: a MRI study of brain volumes. *Psychological Medicine*, 38, 1045 – 1056. Doi: 10.1017/S0033291707001791.
- Burns, D. D., & Spangler, D. L. (2000). Does psychotherapy homework lead to improvements in depression in cognitive-behavioral therapy or does improvement lead to increases in homework compliance. *Journal of Consulting and Clinical Psychology*, 68, 46-56.
- Colom, F. & Vieta, E. (2006). *Psychoeducation Manual for Bipolar Disorder*. United Kingdom: Cambridge University Press.
- Colom, F., Vieta, E., Martinez-Aran, A., Reinares, M., Goikolea, J. M., Benabarre, A., Torrent, C., ... Corominas, J. (2003). A randomized trial on the efficacy of group psychoeducation in the prophylaxis of recurrences in bipolar patients whose disease is in remission. *Archives of General Psychiatry*, Vol. 60, No. 4.
- Colom, F., Vieta, E., Sa'nchez-Moreno, J., Palomino-Otiniano, R., Reinares, M., Goikolea, J. M., Benabarre, A., & Martinez-Aran, A. (2009). Group psychoeducation for stabilised bipolar disorder: 5-year outcome of a randomised clinical trial. *The British Journal of Psychiatry*, 194 (3):260-5. Doi: 10.1192/bjp.bp.107.040485.

- Dashtbozorgi, B., Ghadirian, F., Khajeddin, N., & Karami, K. (2009). Effect of family psychoeducation on the level of adaptation and improvement of patients with *Mood Disorder*. *Iranian Journal of Psychiatry and Clinical Psychology*, Vol. 15, No. 2, 193-200.
- Dennehy, E. B., Gonzalez, R., & Suppes, T. (2004). Self-reported participation in nonpharmacologic treatments for bipolar disorder. *Journal of Clinical Psychiatry*, 65(2), 278.
- Fennel, M. J. V., & Teasdale, J. D. (1987). Cognitive therapy for depression: individual differences and the process of change. *Cognitive Therapy and Research*, 11, 253 – 271.
- Glasgow, R. E., Strycker, L. A., Kurz, D., Faber, A., Bell, H., Dickman, J. M., Halterman, E., ... Osuna, D. (2010). Recruitment for an internet-based diabetes self management program: scientific and ethical implications. *Annals of Behavioral Medicine*, 40, 1. Doi: 10.1007/s12160-010-9189-1.
- Iswanti, D. I. (2012). *Pengaruh Terapi Perilaku Modeling Partisipan terhadap Kepatuhan Minum Obat pada Klien Penatalaksanaan Regimen Terapeutik Tidak Efektif di RSJD Dr. Amino Gondo Hutomo Semarang* (Tesis Magister Tidak Dipublikasikan). Universitas Indonesia, Jakarta.
- Jamison K. R. (2000). Suicide and bipolar disorder. *Journal of Clinical Psychiatry*, 61, 47-51.
- Javadopour, A., Malhi, G. S., Ivanovski, B., Chen, X., Wen, W., & Sachdev, P. (2010). Hippocampal volumes in adults with bipolar disorder. *The Journal of Neuropsychiatry and Clinical Neuroscience*, 22, 55-62. Doi: 10.1176/appi.neuropsych.22.1.55.
- Johnson, S. & Miller, I. (1997). Negative life events and time to recovery from episodes of bipolar disorder. *Journal of Abnormal Psychology*, Vol 106, No. 3, 449-457.
- Johnson, S. L., Sandrow, D., Meyer, B., Winters, R., Miller, I., Solomon, D. & Keitner, G. (2000). Increase in manic symptoms after life events involving goal attainment. *Journal of Abnormal Psychology*, Vol, 109, No. 4, 721-727.
- Jones, F. & Riazi, A. (2011). Self efficacy and self management after stroke: a systematic review. *Disability and Rehabilitation*, 797 – 810. Doi: 10.3109/09638288.2010.511415
- Juruena, M. F. P. (2012). *Standard and Innovative Strategies in Cognitive Behavior Therapy*. Kroasia: InTech.
- Kaplan, H. I., Sadock, B. J., & Grebb, J. A. (1997). *Sinopsis Psikiatri*. Jakarta: Binarupa Aksara.
- Kazantzis, N., Deane, F. P., & Ronan, K. R. (2006). Can between-session activities considered a common factor in psychotherapy. *Journal of Psychotherapy Integration*, vol. 16(2), 115-127.



- Kazdin, A. E. (1989). *Behavior Modification in Applied Setting (4th Edition)*. America: Wardsworth.
- Keck, P. E., McElroy, S. L., Strakowski, S. M., Bourne, M. L., & West, S. A. (1997). Compliance with maintenance treatment in bipolar disorder. *Psychopharmacol Bull*, 33: 87 – 91.
- Kolb, D. A. (1984). *Experiential Learning: Experience as the Source of Learning and Development*. New Jersey: Prentice-Hall.
- Lake, J. (2013). Integrative treatment of bipolar disorder: a review of the evidence and recommendation. *Psychiatric Times*. Diambil dari: <http://www.psychiatrictimes.com/bipolar-disorder/integrative-treatment-bipolar-disorder-review-evidence-and-recommendations/page/0/1>
- Lally, P., Van-Jaarsveld, C. H. M., Potts, H. W. W., & Wardle, J. (2009). How are habits formed: modeling habits formation in the real world. *European Journal of Social Psychology*. Doi: 10.1002/ejsp.674.
- Lewis, F. T. (2004). Demystifying the disease state: understanding diagnosis and treatment across the bipolar spectrum. *Journal of American Psychiatric Nurse Association*, 10, 3, 6 – 15. Doi: 10.1177/1078390304265288.
- Lorig, K., Holman, H., Sobel, D., Laurent, D., Gonzales, V., & Minor, M. (2006). *Living a Healthy Life with Chronic Conditions*. United States: Bull Publishing Company.
- Manning, J. S. (2003). Foundation treatment bipolar disorder in primary care. *Current Psychiatry*, 3 (suppl). Diambil dari: http://www.rheumatologynews.com/fileadmin/cp_archive/pdf/cps2003_03/cps_3_03_manning.pdf
- Mezo, P. G. & Francis, S. E. (2012). Modelling the interrelationship of learned resourcefulness self management and affective symptomatology. *Journal Psychopathology Behavioral Assessment*, 3, 11 – 21. Doi: 10.1007/s10862-011-9264-3.
- Mitchell, B. P., Ball, J. R., Best, J. A., Gould, B. M., Malhi, G. S., Riley, G. J., & Wilson, I. G. (2006). The management of bipolar disorder in general practice. *The Medical Journal of Australia*, 184 (11): 566 – 570.
- Mueser, K. T., Corrigan, P. W., Hilton, D. W., Tanzman, B., Schaub, A., Gingerich, S., Essock, S. M., Tarrier, N., ... Herz, M. I. (2004). Illness management and recovery: a review of the research. *The Journal of Lifelong Learning in Psychiatry*, Vol 2, No. 1.
- Murray, G., Suto, M., Hole, R., Hale, S., Amari, E., & Michalak, E. E. (2010). Self management strategies used by 'high functioning' individuals with bipolar disorder: from research to clinical practice. *Clinical Psychology and Psychotherapy*. Doi: 10.1002/cpp.710.
- Newman, S., Steed, L., & Mulligan, K. (2004). Self management interventions for chronic illness. *The Lancet*, 364, 9444.

- Nuovo, J. (2007). *Chronic Disease Management*. United States: Springer Science and Bussiness Media.
- Ostacher, M. J. (2006). Prevalence and impact of bipolar disorder in primary care. *Advance Studies in Medicine*, 6, 406 – 416. Diambil dari: www.jhasim.com/files/articlefiles/pdf/ASM_6_6A_p406_416.pdf
- Otto, M. W., Reilly-Harrington, N. & Sachs, G. S. (2003). Psychoeducation and cognitive-behavioral strategies in management of bipolar disorder. *Journal of Affective Disorder*, 73, 171-181. Doi: 10.1016/S0165-0327(01)00460-8.
- Pardede, C. M. J. (2012). *Karakteristik Penderita Percobaan Bunuh Diri dengan Racun di RSUD Dr. Pirngadi Kota Medan Tahun 2006-2011*. Medan: Publisher Group USU.
- Parikh, S. V., Kusumakar, V., Halsam, D. R. S., Matte, R., Sharma, V., & Yatham, L. N. (1997). Psychosocial intervention as an adjunct to pharmacotherapy in bipolar disorder. *Canadian Journal of Psychiatry*, 42, Suppl 2: 74 -78.
- Reiser, R. & Thompson, L. (2005). *Bipolar Disorder: Advances in Psychotherapy, Evidence Based Practice*. Cambridge: Hogrefe & Huber Publishers.
- Retnowati, S. (2011, September). *Psikolog Puskesmas: Kebutuhan dan Tantangan Bagi Profesi Psikologi Klinis Indonesia*. Pidato Pengukuhan Jabatan Guru Besar Pada Fak. Psikologi UGM, Yogyakarta.
- Rouget, B. W., & Aubry, J. M. (2006). Efficacy of psychoeducational approaches on bipolar disorders: a review of the literature. *Journal of Affective Disorder*, Vol 98, 11-27. Doi: 10.1016/j.jad.2006.07.016
- Russell, S. J., & Browne, J. L. (2005). Staying well with bipolar disorder. *The Australian and New Zealand Journal of Psychiatry*, 39(3):187-93.
- Silberman, M. L. & Auerbach, C. (1998). *Active Training: A Handbok of Techniques, Designs, Case Examples, and Tips*. San Fransisco: Jossey-Bass Publishers.
- Simpson, S., Barnes, E., Griffiths, E., Hood, K., Cohen, D., Craddock, N., Jones, I. & Smith, D. J. (2009). The Bipolar Interactive Psychoeducation (BIPED) study: trial design and protocol. *Bio Med Central Psychiatry*, 9: 50. Doi: 10.1186/1471-244X-9-50.
- Solomon, D. A., Leon, A. C., Coryell, W. H., Endicott, J., Li, C., Fiedorowicz, J. G., Boyken, L., & Keller, M. B. (2010). Longitudinal course of bipolar I disorder: duration of mood episodes. *Archives of General Psychiatry*, Vol. 67, No. 4. Doi: 10.1001/archgenpsychiatry.2010.15
- Tredget, J., & Svobodova, M. (2013). Group psycho-education for bipolar disorder. *Nursing Times*, 109, 5, 21 – 23.
- Weissman, M. M., Bland, R. C., Canino, G. J., Faravelli, C., Greenwald, S., Hwu, H. G., Joyce, P. R., Karam, E. G., ... Yeh, E.K. (1996). Cross national epidemiology of major

depression and bipolar disorder. *The Journal of American Medical Association*, 9, 276 – 293.

- Wijeratne, C., Sachdev, S., Wen, W., Piguet, O., Lipnicki, D. M., Malhi, G. S., Mitchell, P. B., & Sachdev, P. S. (2013). Hippocampal and amygdala volumes in an older bipolar disorder sample. *International Psychogeriatrics*, 25:1, 54 – 60. Doi: 10.1017/S1041610212001469.
- Williams, S.M., Chapman, D., & Lando, J. (2005). The role of public health in mental health promotion. *Morbidity and Mortality Weekly Repor (MMWR)*, 54, 32, 841-842.
- Wittchen, H. U., Jacobi, F., Rehm, J., Gustavsson, A., Svensson, M., Jonsson, B., Olesen, J., ... Steinhausen, H. C. (2011). The size and burden of mental disorders and other disorders of the brain in europe 2010. *European Neuropsychopharmacology*, 21, 655-679. Doi: 10.1016/j.euroneuro.2011.07.018.
- World Health Organization. (2001). Mental health: new understanding, new hope. *The World Health Report 2001*. Switzerland: World Health Organization.
- Yamashita, M. & Okamura, H. (2011). Association between efficacy of self management to prevent reccurances of depression and actual episodes of reccurance: a preliminary study. *International Journal of Psychological Studies*, 3, 2, 217. Doi: [10.5539/ijps.v3n2p217](https://doi.org/10.5539/ijps.v3n2p217).
- Yeung, A., Feldman, G. & Fava, M. (2010). *Self Management of Depression*. United States: Cambridge University Press.