

DAFTAR PUSTAKA

- Addis, M. E., & Mahalik, J. R. (2003). *Men, Masculinity, and the Contexts of Help Seeking*. 58(1), 5–14. <https://doi.org/10.1037/0003-066X.58.1.5>
- Allport, G. W. (1935). Attitudes. *A Handbook of Social Psychology* (p. 798–844). Clark University Press.
- Andersen, R. (1995). Revisiting the Behavioral Model and Access to Medical Care: Does it Matter? *Journal of Health and Social Behavior*, 36(1), 1-10.
- 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 surveys. *Psychological Medicine*, 44, 1303–1317. <https://doi.org/10.1017/S0033291713001943>.
- Angermeyer, M. C., & Matschinger, H. (2005). Causal beliefs and attitudes to people with schizophrenia: trend analysis based on data from two population surveys in Germany. *The British Journal of Psychiatry*, 186(4), 331-334.
- Angermeyer, M. C., Matschinger, H., & Riedel-Heller, S. G. (1999). Whom to ask for help in case of a mental disorder? Preferences of the lay public. *Social Psychiatry and Psychiatric Epidemiology*, 34(4), 202–210. <https://doi.org/10.1007/s001270050134>
- Ariananda, R. E. (2015). *Stigma Masyarakat Terhadap Penderita Skizofrenia* (Doctoral dissertation, UNIVERSITAS NEGERI SEMARANG)
- Azwar, S. (2011). *Metode Penelitian*. Pustaka Pelajar.
- Barney, L. J., Griffiths, K. M., Jorm, A. F., & Christensen, H. (2006). Stigma about Depression and its Impact on Help-Seeking Intentions. *Australian & New Zealand Journal of Psychiatry*, 40(1), 51–54. <https://doi.org/10.1080/j.1440-1614.2006.01741.x>
- Bayer, J. K., & Peay, M. Y. (1997). Predicting intentions to seek help from professional mental health services. *Australian and New Zealand Journal of Psychiatry*, 31(4), 504–513. <https://doi.org/10.3109/00048679709065072>
- Ben-Zeev, D., Young, M. & Corrigan, P. (2010). DSM-V and the Stigma of Mental Illness. *Journal of Mental Health*, vol. 19, no. 4: 318–327.
- Beusenberg, M., Orley, J. H., & World Health Organization. (1994). *A User's guide to the self reporting questionnaire (SRQ)* (No. WHO/MNH/PSF/94.8. Unpublished). World Health

Organization.

- Birchwood, M., Connor, C., Lester, H., Patterson, P., Freemantle, N., Marshall, M., Fowler, D., Lewis, S., Jones, P., Amos, T., Everard, L., & Singh, S. P. (2013). Reducing duration of untreated psychosis: care pathways to early intervention in psychosis services. *The British journal of psychiatry: the journal of mental science*, *203*(1), 58–64. <https://doi.org/10.1192/bjp.bp.112.125500>
- Boerema, A. M., Kleiboer, A., Beekman, A. T. F., van Zoonen, K., Dijkshoorn, H., & Cuijpers, P. (2016). Determinants of help-seeking behavior in depression: A cross-sectional study. *BMC Psychiatry*, *16*(1), 1–9. <https://doi.org/10.1186/s12888-016-0790-0>
- Box, P. O. (1994). *SOCIAL-PSYCHOLOGICAL FACTORS AFFECTING HELP-SEEKING FOR EMOTIONAL PROBLEMS*. *39*(4), 563–572.
- Bowden, C. L., Schoenfeld, L. S., & Adams, R. L. (1980). Mental health attitudes and treatment expectations as treatment variables. *Journal of Clinical Psychology*, *36*(3), 653–657. [https://doi.org/10.1002/1097-4679\(198007\)36:3<653::AID-JCLP2270360307>3.0.CO;2-H](https://doi.org/10.1002/1097-4679(198007)36:3<653::AID-JCLP2270360307>3.0.CO;2-H)
- Brahmansyah, J., & Safitri, S. (2019, March). The Use of Online Counselling Platform among Youth: The Interrelationship among Attitude, Self-stigma of seeking help, and Intentions Explained. In *Journal of Physics: Conference Series* (Vol. 1175, No. 1, p. 012237). IOP Publishing.
- Breier, A., & Strauss, J. S. (1984). The role of social relationships in the recovery from psychotic disorders. *The American Journal of Psychiatry*, *141*(8), 949–955. <https://doi.org/10.1176/ajp.141.8.949>
- Brohan, E., Slade, M., Clement, S., & Thornicroft, G. (2010). Experiences of mental illness stigma, prejudice and discrimination: a review of measures. *BMC health services research*, *10*, 80. <https://doi.org/10.1186/1472-6963-10-80>
- Brohan, E., Gauci, D., Sartorius, N., Thornicroft, G., & GAMIAN-Europe Study Group (2011). Self-stigma of seeking help, empowerment and perceived discrimination among people with bipolar disorder or depression in 13 European countries: the GAMIAN-Europe study. *Journal of affective disorders*, *129*(1-3), 56–63. <https://doi.org/10.1016/j.jad.2010.09.001>
- Clarke, M., Whitty, P., Browne, S., McTigue, O., Kamali, M., Gervin, M., . . . O'Callaghan, E. (2006). Untreated illness and outcome of psychosis. *British Journal of Psychiatry*, *189*(3), 235-240. doi:10.1192/bjp.bp.105.014068
- Conner, K. O., Copeland, V. C., Grote, N. K., Koeske, G., Rosen, D., Reynolds, C. F., 3rd, &

- Brown, C. (2010). Mental health treatment seeking among older adults with depression: the impact of stigma and race. *The American journal of geriatric psychiatry: official journal of the American Association for Geriatric Psychiatry*, 18(6), 531–543. <https://doi.org/10.1097/JGP.0b013e3181cc0366>
- Cooper, A. E., Corrigan, P. W., & Watson, A. C. (2003). Mental Illness Stigma and Care Seeking. *The Journal of Nervous and Mental Disease*, 191(5), 339–341. <https://doi.org/10.1097/01.nmd.0000066157.47101.22>
- Corrigan, P. W., & Watson, A. C. (2002a). The paradox of self-stigma of seeking help and mental illness. *Clinical Psychology: Science and Practice*, 9(1), 35–53. <https://doi.org/10.1093/clipsy.9.1.35>
- Corrigan, P. W., & Watson, A. C. (2002b). Understanding the impact of stigma on people with mental illness. *World Psychiatry: Official Journal of the World Psychiatric Association (WPA)*, 1(1), 16–20. <http://www.ncbi.nlm.nih.gov/pubmed/16946807> <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=PMC1489832>
- Corrigan, P. (2004). How stigma interferes with mental health care. *American Psychologist*, 59, 614–625. <https://doi.org/10.1037/0003-066X.59.7.614>
- Corrigan, P. W., Watson, A. C., & Barr, L. (2006). The self-stigma of seeking help of mental illness: Implications for self-esteem and self-efficacy. *Journal of Social and Clinical Psychology*, 25(8), 875–884. <https://doi.org/10.1521/jscp.2006.25.8.875>
- Corrigan, P. W., Larson, J. E., & Rüsch, N. (2009). Self-stigma of seeking help and the "why try" effect: impact on life goals and evidence-based practices. *World psychiatry: official journal of the World Psychiatric Association (WPA)*, 8(2), 75–81. <https://doi.org/10.1002/j.2051-5545.2009.tb00218.x>
- Corrigan, P. W., Larson, J. E., & Kuwabara, S. A. (2010). *Social psychology of the stigma of mental illness: Public and self-stigma of seeking help models*. In J. E. Maddux & J. P. Tangney (Eds.), *Social psychological foundations of clinical psychology* (p. 51–68). The Guilford Press.
- Corrigan, P. W., & Rao, D. (2012). On the self-stigma of seeking help of mental illness: stages, disclosure, and strategies for change. *Canadian journal of psychiatry. Revue canadienne de psychiatrie*, 57(8), 464–469. <https://doi.org/10.1177/070674371205700804>
- Cramer, K. M. (1999). *Psychological Antecedents to Help-Seeking Behavior: A Reanalysis Using Path Modeling Structures*. 46(3), 381–387.
- Creswell, J. W., & Creswell, J. (2003). *Research design* (pp. 155-179). Thousand Oaks, CA:

Sage publications.

- Crocker, J., & Major, B. (1989). Social stigma and self-esteem: The self-protective properties of stigma. *Psychological Review*, 96(4), 608–630. <https://doi.org/10.1037/0033-295X.96.4.608>
- Crumb, L., Crowe, A., Averett, P., Harris, J. A., & Dart, C. (2019). “Look Like You Have It Together”: Examining Mental Illness Stigma and Help Seeking Among Diverse Emerging Adults. *Emerging Adulthood*, 216769681985256. <https://doi.org/10.1177/2167696819852563>
- Dierks, A. M. (2016). Impact of Stigma on Attitudes towards Seeking Professional Psychological Help for Depression.
- Eagly, A. H., & Chaiken, S. (1993). *The psychology of attitudes*. Harcourt Brace Jovanovich College Publishers.
- Eisenberg, D., Golberstein, E., & Gollust, S. E. (2007). Help-seeking and access to mental health care in a university student population. *Medical care*, 45(7), 594–601. <https://doi.org/10.1097/MLR.0b013e31803bb4c1>
- Fischer, E. H., & Turner, J. I. (1970). Orientations to seeking professional help: Development and research utility of an attitude scale. *Journal of Consulting and Clinical Psychology*, 35(1, Pt.1), 79–90. <https://doi.org/10.1037/h0029636>
- Fischer, E. H., & Farina, A. (1995). Attitudes toward seeking professional psychological help: A shortened form and considerations for research. *Journal of College Student Development*, 36(4), 368–373.
- Fishbein, M., & Ajzen, I. (1975). *Belief, attitude, intention, and behavior: an introduction to theory and research*. Addison-Wesley Publishing Company.
- Fishbein, M., & Ajzen, I. (2005). The Influence of Attitudes on Behavior. In D. Albarracín, B. Johnson, & M. Zanna (Eds.), *The handbook of attitudes* (pp. 173–221). Lawrence Erlbaum Associates.
- Furnham, A., Akande, D., & Baguma, P. (1999). Beliefs about health and illness in three countries: Britain, South Africa and Uganda. *Psychology, Health & Medicine*, 4(2), 189–201.
- Ghozali, Imam. (2018). *Aplikasi Analisis Multivariate dengan Program IBM SPSS 25*. Badan Penerbit Universitas Diponegoro: Semarang
- Girma, E., Tesfaye, M., Froeschl, G., Möller-Leimkühler, A. M., Dehning, S., & Müller, N. (2013). Facility based cross-sectional study of self stigma among people with mental illness: towards patient empowerment approach. *International journal of mental health*

- systems*, 7(1), 21. <https://doi.org/10.1186/1752-4458-7-21>
- Goffman, E. (1963). *Stigma: Notes on a Spoiled Identity*. 10, 8–7. <https://doi.org/10.1525/jer.2008.3.1.fm>
- Goh, M., Xie, B., Wahl, K. H., Zhong, G., Lian, F., & Romano, J. L. (2007). Chinese students' attitudes toward seeking professional psychological help. *International Journal for the Advancement of Counselling*, 29(3-4), 187-202.
- Guilford, J.P. (1956). *Fundamental Statistic in Psychology and Education*. 3rd Ed. New York: McGraw-Hill Book Company, Inc.
- Gulliver, A., Griffiths, K. M., & Christensen, H. (2010). Perceived barriers and facilitators to mental health help-seeking in young people: a systematic review. *BMC psychiatry*, 10, 113. <https://doi.org/10.1186/1471-244X-10-113>
- Hantzi, A., Anagnostopoulos, F., & Alexiou, E. (2019). Attitudes Towards Seeking Psychological Help: An Integrative Model Based on Contact, Essentialist Beliefs About Mental Illness, and Stigma. *Journal of Clinical Psychology in Medical Settings*, 26(2), 142–157. <https://doi.org/10.1007/s10880-018-9573-8>
- Hartini, N., Fardana, N. A., Ariana, A. D., & Wardana, N. D. (2018). Stigma toward people with mental health problems in Indonesia. *Psychology research and behavior management*, 11, 535–541. <https://doi.org/10.2147/PRBM.S175251>
- Hayward, P., & Bright, J. A. (1997). Stigma and mental illness : A review and critique Early findings Methodology. *Journal of Mental Health*, 6(4), 345–354.
- Hawari, D. (2001). *Pendekatan Holistik Pada Gangguan Jiwa Skizofrenia*. Jakarta Indonesia: Gaya Baru.
- Henderson, C., Evans-Lacko, S., & Thornicroft, G. (2013). Mental illness stigma, help seeking, and public health programs. *American journal of public health*, 103(5), 777–780. <https://doi.org/10.2105/AJPH.2012.301056>
- Herdiyanto, Y., Tobing, D., & Vembriati, N. (2017). Stigma Terhadap Orang Dengan Gangguan Jiwa Di Bali. *INQUIRY: Jurnal Ilmiah Psikologi*, 8(2), 121–132.
- Hill, D. J., & Bale, R. M. (1980). Development of the Mental Health Locus of Control and Mental Health Locus of Origin scales. *Journal of Personality Assessment*, 44(2), 148–156. https://doi.org/10.1207/s15327752jpa4402_5
- Ho, G. W., Bressington, D., Leung, S. F., Lam, K. K. C., Leung, A. Y. M., Molassiotis, A., ... & Valimaki, M. (2018). Depression literacy and health-seeking attitudes in the Western Pacific region: a mixed-methods study. *Social psychiatry and psychiatric epidemiology*, 53(10), 1039-1049.

- Ho, K. (2019). *Seperempat orang Indonesia pernah memiliki pikiran untuk bunuh diri*. <https://id.yougov.com/id/news/2019/06/26/seperempat-orang-indonesia-pernah-memiliki-pikiran/>
- Hodges, B., Inch, C., and Silver, I. (2001). Improving the psychiatric knowledge, skills, and attitudes of primary care physicians, 1950-2000: a review. *American Journal of Psychiatry*, 158(10), 1579-1586.
- Ibrahim, N., Amit, N., Shahar, S., Wee, L. H., Ismail, R., Khairuddin, R., ... & Safien, A. M. (2019). Do depression literacy, mental illness beliefs and stigma influence mental health help-seeking attitude? A cross-sectional study of secondary school and university students from B40 households in Malaysia. *BMC public health*, 19(4), 1-8.
- Irmansyah. (2010). *Kesehatan Jiwa di Indonesia*. Bina Kesehatan Jiwa Kementerian Kesehatan RI. Jakarta
- Jobanputra, R., & Furnham, A. F. (2005). British Gujarati Indian Immigrants' and British Caucasians' Beliefs about Health and Illness. *International Journal of Social Psychiatry*, 51(4), 350–364. <https://doi.org/10.1177/0020764005060851>
- Jourard, S. M., & Lasakow, P. (1958). Some factors in self-disclosure. *The Journal of Abnormal and Social Psychology*, 56(1), 91–98. <https://doi.org/10.1037/h0043357>
- Jorm, A. F., Korten, A. E., Jacomb, P. A., Christensen, H., Rodgers, B., & Pollitt, P. (1997). "Mental health literacy": a survey of the public's ability to recognise mental disorders and their beliefs about the effectiveness of treatment. *The Medical journal of Australia*, 166(4), 182–186. <https://doi.org/10.5694/j.1326-5377.1997.tb140071.x>
- Keliat, B. A., Wiyono, A. P., & Susanti, H. (2011). Manajemen kasus gangguan jiwa: CMHN (intermediate course). *Jakarta: Egc*.
- Kessler, R. C., Berglund, P., Demler, O., Jin, R., Merikanges, K. R., & Walters, E. E. (2005). Lifetime Prevalence and Age-Of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication. *Arch Gen Psychiatry*, 62(6), 593–602.
- Khan, L. (2016). Missed opportunities. *A review of recent evidence into children and young people's mental health*, Centre for Mental Health.
- Kim, P. Y., & Park, I. J. (2009). Testing a multiple mediation model of Asian American college students' willingness to see a counselor. *Cultural diversity & ethnic minority psychology*, 15(3), 295–302. <https://doi.org/10.1037/a0014396>
- Kleinman, A. (1987). Anthropology and psychiatry: The role of culture in cross-cultural research on illness. *The British Journal of Psychiatry*, 151, 447–454. <https://doi.org/10.1192/bjp.151.4.447>

- Komiya, N., Good, G. E., & Sherrod, N. B. (2000). Emotional openness as a predictor of college students' attitudes toward seeking psychological help. *Journal of Counseling Psychology*, 47, 138–143.
- Kosky, R., & Hardy, J. (1992). Mental health: is early intervention the key?. *Medical Journal of Australia*, 156(3), 147-148.
- Leaf, P. J., Bruce, M. L., Tischler, G. L., & Holzer, C. E., 3rd (1987). The relationship between demographic factors and attitudes toward mental health services. *Journal of community psychology*, 15(2), 275–284. [https://doi.org/10.1002/1520-6629\(198704\)15:2<275::aid-jcop2290150216>3.0.co;2-j](https://doi.org/10.1002/1520-6629(198704)15:2<275::aid-jcop2290150216>3.0.co;2-j)
- Leaf, P. J., Bruce, M. L., Tischler, G. L., Freeman, D. H., Weissman, M. M., & Jerome, M. K. (1988). Factors Affecting the Utilization of Specialty and General Medical Mental Health Services. *Medical Care*, 26(1), 9–26. <https://doi.org/10.1097/00005650-198801000-00002>
- Lemeshow, Stanley. (1997). *Besar Sampel Dalam Penelitian Kesehatan*. Gadjah Mada University Press.
- Link, B. G., Cullen, F. T., Struening, E., Shrout, P. E., & Dohrenwend, B. P. (1989). A Modified Labeling Theory Approach to Mental Disorders: An Empirical Assessment. *American Sociological Review*, 54(3), 400–423.
- Link, B. G., & Phelan, J. C. (2001). Onceptualizing tigma. *Annu. Rev. Sociol*, 27(Lewis 1998), 363–385.
- Litwak, E. (1985). Complementary Roles for Formal and Informal Support Groups: A Study of Nursing Homes and Mortality Rates. *The Journal of Applied Behavioral Science*, 21(4), 407–425. <https://doi.org/10.1177/002188638502100406>
- Livingston, J. D., & Boyd, J. E. (2010). Correlates and consequences of internalized stigma for people living with mental illness: a systematic review and meta-analysis. *Social science & medicine (1982)*, 71(12), 2150–2161. <https://doi.org/10.1016/j.socscimed.2010.09.030>
- Mackenzie, C. S., Heath, P. J., Vogel, D. L., & Chekay, R. (2019). Age differences in public stigma, self-stigma of seeking help, and attitudes toward seeking help: A moderated mediation model. *Journal of clinical psychology*, 75(12), 2259–2272. <https://doi.org/10.1002/jclp.22845>
- Maramis, W.E. (2007). *Ilmu kedokteran jiwa*. Surabaya Indonesia: Airlangga Press.
- Martin, S. B., Wrisberg, C. A., Beitel, P. A., & Lounsbury, J. (1997). NCAA division I athletes' attitudes toward seeking sport psychology consultation: The development of an objective instrument. *Sport Counselor*, 11, 201–218.

- Martin, Graham (2002). *The prevention of suicide through lifetime mental health promotion: Healthy, happy young people don't suicide, do they?*. Mental Health Promotion and Young People: Concepts and Practice. Edited by Louise Rowling, Graham Martin, and Lyn Walker. Sydney: McGraw-Hill. 245-257.
- McGorry, P. D. (2007). The specialist youth mental health model: strengthening the weakest link in the public mental health system. *Medical Journal of Australia*, 187(S7), S53-S56.
- Michaels, P. J., López, M., Rüsç, N., & Corrigan, P. W. (2012). Constructs and concepts comprising the stigma of mental illness. *Psychology, Society, & Education*, 4(2), 183. <https://doi.org/10.25115/psye.v4i2.490>
- Minas, H & Diatri, H. (2008). Pasung: Physical restraint and confinement of the mentally ill in the community. *International Journal of Mental Health Systems*, 2(8).
- Nadler, A. (1987). Determinants of help seeking behaviour: The effects of helper's similarity, task centrality and recipient's self esteem. *European Journal of Social Psychology*, 17(1), 57–67. <https://doi.org/10.1002/ejsp.2420170106>
- Nurjanah. (2017). *Di Balik Angka Bunuh Diri*. Kumparan. <https://kumparan.com/rina-nurjanah/di-balik-angka-bunuh-diri>
- Nuzuluuni'mah, M., Huda, S., & Sa'adati, T. I. (2019). PERILAKU MENCARI BANTUAN (HELP-SEEKING BEHAVIOUR) PADA KELUARGA PASIEN SKIZOFRENIA (UPT REHABILITASI SOSIAL EKS-PSIKOTIK KEDIRI DAN POLI PSIKIATRI RUMAH SAKIT BHAYANGKARA KOTA KEDIRI). *Happiness, Journal of Psychology and Islamic Science*, 3(1).
- Park, S., Jeon, M., Lee, Y., Ko, Y. M., & Kim, C. E. (2018). Influencing factors of attitudes toward seeking professional help for mental illness among Korean adults. *International Journal of Social Psychiatry*, 64(3), 286–292. <https://doi.org/10.1177/0020764018760952>
- Pattyn, E., Verhaeghe, M., Sercu, C., & Bracke, P. (2014). Public stigma and self-stigma of seeking help: Differential association with attitudes toward formal and informal help seeking. *Psychiatric Services*, 65(2), 232–238. <https://doi.org/10.1176/appi.ps.201200561>
- Picco, L., Abdin, E., Chong, S. A., Pang, S., Shafie, S., Chua, B. Y., Vaingankar, J. A., Ong, L. P., Tay, J., & Subramaniam, M. (2016). Attitudes toward seeking professional psychological help: Factor structure and socio-demographic predictors. *Frontiers in Psychology*, 7(APR), 1–10. <https://doi.org/10.3389/fpsyg.2016.00547>
- Priyatno, D. (2010). *Teknik Mudah dan Cepat Melakukan Analisis Data Penelitian dengan*

SPSS dan Tanya Jawab Ujian Pendadaran. Gaya Media, Yogyakarta.

- Rangkuti, A. A., & Psi, S. (2017). *Statistika inferensial untuk psikologi dan pendidikan*. Kencana.
- Rasyida, A. (2019). Faktor yang menjadi hambatan untuk mencari bantuan psikologis formal di kalangan mahasiswa. *Persona: Jurnal Psikologi Indonesia*, 8(2), 193-207.
- Reavley, N. J., Cvetkovski, S., Jorm, A. F., & Lubman, D. I. (2010). Help-seeking for substance use, anxiety and affective disorders among young people: results from the 2007 Australian National Survey of Mental Health and Wellbeing. *The Australian and New Zealand journal of psychiatry*, 44(8), 729–735. <https://doi.org/10.3109/00048671003705458>
- Reavley, N. J., & Jorm, A. F. (2011). Recognition of mental disorders and beliefs about treatment and outcome: findings from an Australian national survey of mental health literacy and stigma. *The Australian and New Zealand journal of psychiatry*, 45(11), 947–956. <https://doi.org/10.3109/00048674.2011.621060>
- Reese, A. S. (2014). *Disorder*. <http://www.andreastarreese.com/disorder>
- Reynders, A., Kerkhof, A. J. F. M., Molenberghs, G., & Van Audenhove, C. (2014). Attitudes and stigma in relation to help-seeking intentions for psychological problems in low and high suicide rate regions. *Social psychiatry and psychiatric epidemiology*, 49(2), 231-239.
- Rickwood, D. J. (1995). The effectiveness of seeking help for coping with personal problems in late adolescence. *Journal of Youth and Adolescence*, 24(6), 685–703. <https://doi.org/10.1007/BF01536951>
- Rickwood, D., Deane, F. P., Wilson, C. J., & Ciarrochi, J. V. (2005). Young people's help-seeking for mental health problems. Publication Details. *Australian E-Journal for the Advancement of Mental Health*, 4(3), 34. www.auseinet.com/journal/vol4iss3suppl/rickwood.pdf
- Rickwood, D. J., Deane, F. P., & Wilson, C. J. (2007). When and how do young people seek professional help for mental health problems?. *The Medical journal of Australia*, 187(S7), S35–S39. <https://doi.org/10.5694/j.1326-5377.2007.tb01334.x>
- Rickwood, D., Thomas, K., & Bradford, S. (2012). Review of help-seeking measures in mental health: an Evidence Check rapid review brokered by the Sax Institute. https://www.saxinstitute.org.au/wp-content/uploads/02_Help-seeking-measures-in-mental-health.pdf.
- Riskesdas. (2018). Hasil Utama Riset Kesehatan Dasar (RISKESDAS). *Riset Kesehatan Dasar*, 44(8). <https://doi.org/10.1088/1751-8113/44/8/085201>
- SAMHSA (Substance Abuse and Mental Health Services Administration). Results from the

- 2008 National Survey on Drug Use and Health: National findings. Rockville, MD: SAMHSA; 2009.
- Schwartz, J.M. (1999). A Role for Volition and Attention in the Generation of New Brain Circuitry. Toward A Neurobiology of Mental Force. *Journal of Consciousness Studies*, 6 (8-9), 115-142.
- Setiawan, J. L. (2006). Willingness to seek counselling, and factors that facilitate and inhibit the seeking of counselling in Indonesian undergraduate students. *British Journal of Guidance and Counselling*, 34(3), 403–419. <https://doi.org/10.1080/03069880600769654>
- Seyfi, F., Poudel, K. C., Yasuoka, J., Otsuka, K., & Jimba, M. (2013). Intention to seek professional psychological help among college students in Turkey: influence of help-seeking attitudes. *BMC research notes*, 6, 519. <https://doi.org/10.1186/1756-0500-6-519>
- Sheikh, S., & Furnham, A. (2000). A cross-cultural study of mental health beliefs and attitudes towards seeking professional help. *Social Psychiatry and Psychiatric Epidemiology: The International Journal for Research in Social and Genetic Epidemiology and Mental Health Services*, 35(7), 326–334. <https://doi.org/10.1007/s001270050246>
- Sirey, J. A., Bruce, M. L., Alexopoulos, G. S., Perlick, D. A., Raue, P., Friedman, S. J., & Meyers, B. S. (2001). Perceived stigma as a predictor of treatment discontinuation in young and older outpatients with depression. *The American journal of psychiatry*, 158(3), 479–481. <https://doi.org/10.1176/appi.ajp.158.3.479>
- Soebiantoro, J. (2017). Pengaruh Edukasi Kesehatan Mental Intensif Terhadap Stigma pada Pengguna Layanan Kesehatan Mental. *INSAN Jurnal Psikologi Dan Kesehatan Mental*, 2(1), 1. <https://doi.org/10.20473/jpkm.v2i12017.1-21>
- Soorkia, R., Snelgar, R., & Swami, V. (2011). Factors influencing attitudes towards seeking professional psychological help among South Asian students in Britain. *Mental Health, Religion & Culture*, 14(6), 613–623. <https://doi.org/10.1080/13674676.2010.494176>
- Stengard, E., & Appelqvist-Schmidlechner, K. (2010). Mental Health Promotion in Young People – an Investment for the Future. *Who*, 1–10.
- Stuart, G. W. (2013). *Principles and Practice of Psychiatric Nursing* (10th ed.). Singapore: Mosby Elsevier.
- Subu, M. A., Holmes, D., Elliot, J., & Jacob, J. D. (2017). Persistent Taboo: Understanding Mental Illness and Stigma among Indonesian Adults Through Grounded Theory. *Asian Journal of Pharmacy, Nursing and Medical Sciences*, 42(4), 1.
- Sugiyono. (2017). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta,

CV.

- Sugiyono & Agus Susanto. (2015). *Cara Mudah Belajar SPSS & Lisrel*. CV. Alfabeta: Bandung
- Thompson, A., Hunt, C., & Issakidis, C. (2004). Why wait? Reasons for delay and prompts to seek help for mental health problems in an Australian clinical sample. *Social psychiatry and psychiatric epidemiology*, 39(10), 810-817.
- Tomczyk, S., Schmidt, S., Muehlan, H., Stolzenburg, S., & Schomerus, G. (2020). A Prospective Study on Structural and Attitudinal Barriers to Professional Help-Seeking for Currently Untreated Mental Health Problems in the Community. *Journal of Behavioral Health Services and Research*, 47(1), 54–69. <https://doi.org/10.1007/s11414-019-09662-8>
- Umubyeyi, A., Mogren, I., Ntaganira, J., & Krantz, G. (2016). Help-seeking behaviours, barriers to care and self-efficacy for seeking mental health care: a population-based study in Rwanda. *Social Psychiatry and Psychiatric Epidemiology*, 51(1), 81–92. <https://doi.org/10.1007/s00127-015-1130-2>
- Varcarolis, E. M. (2013). *Essentials of Psychiatric Mental Health Nursing: A Communication Approach to Evidence-Based Care Revised Reprint* (2nd ed.). St. Louis, Missouri: Elsevier Saunders.
- Vogel, D. L., Wade, N. G., & Haake, S. (2006). Measuring the self-stigma of seeking help associated with seeking psychological help. *Journal of Counseling Psychology*, 53(3), 325–337. <https://doi.org/10.1037/0022-0167.53.3.325>
- Vogel, D. L., Strass, H. A., Heath, P. J., Al-Darmaki, F. R., Armstrong, P. I., Baptista, M. N., ... & Zlati, A. (2017). Stigma of seeking psychological services: Examining college students across ten countries/regions. *The Counseling Psychologist*, 45(2), 170-192.
- Widayatun, Tri. R. (1999). Ilmu Prilaku. Jakarta: CV. Sagung Seto
- Wilson, C. J., & Deane, F. P. (2012). Brief report: Need for autonomy and other perceived barriers relating to adolescents' intentions to seek professional mental health care. *Journal of Adolescence*, 35(1), 233–237. <https://doi.org/10.1016/j.adolescence.2010.06.011>
- Wright, A., Jorm, A. F., Harris, M. G., & McGorry, P. D. (2007). What's in a name? Is accurate recognition and labelling of mental disorders by young people associated with better help-seeking and treatment preferences?. *Social psychiatry and psychiatric epidemiology*, 42(3), 244–250. <https://doi.org/10.1007/s00127-006-0156-x>
- Wu, L., Pilowsky, D., Schlenger, W., & Hasin, D. (2007). Alcohol use disorders and the use of treatment services among college-age young adults. *Psychiatric Services*, 58, 192–200.

Wu, H. C., & Chen, F. P. (2016). Sociocultural Factors Associated with Caregiver-Psychiatrist Relationship in Taiwan. *Psychiatry investigation*, 13(3), 288–296.
<https://doi.org/10.4306/pi.2016.13.3.288>

