

DAFTAR PUSTAKA

- Aguirre Velasco, A., Cruz, I. S. S., Billings, J., Jimenez, M., & Rowe, S. (2020). What are the barriers, facilitators and interventions targeting help-seeking behaviours for common mental health problems in adolescents? A systematic review. *BMC psychiatry*, 20(1), 1-22.
- Aljassim, N., & Ostini, R. (2020). Health literacy in rural and urban populations: a systematic review. *Patient Education and Counseling*. doi:10.1016/j.pec.2020.06.007
- Altweck, L., Marshall, T. C., Ferenczi, N., & Lefringhausen, K. (2015). Mental health literacy: a cross-cultural approach to knowledge and beliefs about depression, schizophrenia and generalized anxiety disorder. *Frontiers in psychology*, 6, 1272.
- American Psychiatric Association, D. S. M. T. F., & American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders: DSM-5* (Vol. 5, No. 5). Washington, DC: American psychiatric association.
- Amin, N. F., Garancang, S., & Abunawas, K. (2023). Konsep Umum Populasi dan Sampel dalam Penelitian. *PILAR*, 14(1), 15-31.
- Andiwiyaja, F. R., Kadriyan, H., & Arfi, S. (2022). Education Level as a Predictor for Health Literacy Levels in a Rural Community Health Centre A Cross-Sectional Study. *Education Level as a Predictor for Health Literacy Levels in a Rural Community Health Centre A Cross-Sectional Study*.
- Annisa, F. (2016). Burden of family caregiver. *Belitung Nursing Journal*, 2(1), 10-18.
- Azedarach, M. R. (2022). *Hubungan Literasi Kesehatan Mental dengan Intensi Mencari Bantuan pada Mahasiswa* (Doctoral dissertation, Universitas Airlangga).
- Barokah, B., Fitri, N., & Lestari, I. P. (2024). Pengalaman keluarga dalam merawat anggota keluarga pasien dengan gangguan jiwa (ODGJ). *Jurnal Penelitian Perawat Profesional*, 6(1), 295-304.

- Bentil, E. E., & Bentil, W. (2015). Understanding the help seeking behavior of Accra Polytechnic students: A qualitative approach. *public health*, 5(6), 172-85.
- Brown, J. S., Lisk, S., Carter, B., Stevelink, S. A., Van Lieshout, R., & Michelson, D. (2022). How can we actually change help-seeking behaviour for mental health problems among the general public? Development of the 'PLACES' model. *International journal of environmental research and public health*, 19(5), 2831.
- Byrow, Y., Pajak, R., Specker, P., & Nickerson, A. (2020). Perceptions of mental health and perceived barriers to mental health help-seeking amongst refugees: A systematic review. *Clinical psychology review*, 75, 101812.
- Cabral, L., Duarte, J., Ferreira, M., & dos Santos, C. (2014). Anxiety, stress and depression in family caregivers of the mentally ill. *Atención Primaria*, 46, 176–179. doi:10.1016/s0212-6567(14)70087-3
- Caqueo-Urizar, A., Rus-Calafell, M., Craig, T. K. J., Irarrazaval, M., Urzúa, A., Boyer, L., & Williams, D. R. (2017). Schizophrenia: Impact on family dynamics. *Current Psychiatry Reports*, 19(1). doi:10.1007/s11920-017-0756-z
- Cauce, A. M., Domenech-Rodríguez, M., Paradise, M., Cochran, B. N., Shea, J. M., Srebnik, D., & Baydar, N. (2002). Cultural and contextual influences in mental health help seeking: a focus on ethnic minority youth. *Journal of consulting and clinical psychology*, 70(1), 44.
- Cauce, A. M., Domenech-Rodríguez, M., Paradise, M., Cochran, B. N., Shea, J. M., Srebnik, D., & Baydar, N. (2002). Cultural and contextual influences in mental health help seeking: a focus on ethnic minority youth. *Journal of consulting and clinical psychology*, 70(1), 44.
- Chan, S. L., Matsah, N. S. B., Yusuf, A. A. B., Khadir, A. S. B. M., Hamdan, N. H. B., & Kamizi, Z. N. B. (2022). A review on family caregiving challenges in Malaysia. *ProGCouns: Journal of Professionals in Guidance and Counseling*, 3(1), 1-9.
- Chang, W. C., Ho, R. W. H., Tang, J. Y. M., Wong, C. S. M., Hui, C. L. M., Chan, S. K., ... & Chen, E. Y. (2019). Early-stage negative symptom trajectories

- and relationships with 13-year outcomes in first-episode nonaffective psychosis. *Schizophrenia bulletin*, 45(3), 610-619.
- Chen, L., Zhao, Y., Tang, J., Jin, G., Liu, Y., Zhao, X., ... & Lu, X. (2019). The burden, support and needs of primary family caregivers of people experiencing schizophrenia in Beijing communities: a qualitative study. *BMC psychiatry*, 19, 1-10.
- Cheng, H. L., Wang, C., McDermott, R. C., Kridel, M., & Rislin, J. L. (2018). Self-stigma, mental health literacy, and attitudes toward seeking psychological help. *Journal of Counseling & Development*, 96(1), 64-74.
- Cheung, J. T., Au, D., Ip, A. H., Chan, J., Ng, K., Cheung, L., ... & Woo, J. (2020). Barriers to advance care planning: a qualitative study of seriously ill Chinese patients and their families. *BMC Palliative Care*, 19(1), 1-9.
- Conde-Sala, J. L., Turró-Garriga, O., Calvó-Perxas, L., Vilalta-Franch, J., Lopez-Pousa, S., & Garre-Olmo, J. (2014). Three-year trajectories of caregiver burden in Alzheimer's disease. *Journal of Alzheimer's Disease*, 42(2), 623-633.
- Cornally, N., & McCarthy, G. (2011). Help-seeking behaviour: A concept analysis. *International Journal of Nursing Practice*, 17(3), 280–288. doi:10.1111/j.1440-172x.2011.01936.x
- Cotton, S. M., Wright, A., Harris, M. G., Jorm, A. F., & McGorry, P. D. (2006). Influence of gender on mental health literacy in young Australians. *Australian & New Zealand Journal of Psychiatry*, 40(9), 790–796. doi:10.1080/j.1440-1614.2006.01885.x
- Creswell, J. W., & Creswell, J. D. (2017). *Research design: Qualitative, quantitative, and mixed methods approaches*. Sage publications.
- Daudi, E., Lyakurwa, S. E., & Amani, J. (2023). Predictors of psychological help seeking intentions among the University Students in Tanzania. *International Journal for the Advancement of Counselling*, 45(1), 18-37.
- Disabato, D. J., Short, J. L., Lameira, D. M., Bagley, K. D., & Wong, S. J. (2018). Predicting help-seeking behavior: The impact of knowing someone

- close who has sought help. *Journal of American College Health*, 1–9. doi:10.1080/07448481.2018.1440568
- Ditjen P2P Kemenkes Jakarta. (2020). *Rencana Aksi Kegiatan 2020-2024 Direktorat P2 Masalah Kesehatan Jiwa dan NAPZA*. Retrieved from <https://e-renggar.kemkes.go.id/file2018/e-performance/1-401733-4tahunan-440.pdf>
- Djollong, A. F. (2014). Quantitative research implementation techniques. *Istiqla Journal*, 2(1), 86-100.
- Duszynski-Goodman, L. (2023, September). Mental health statistics and facts in 2024. *Forbes Health*, Retrieved from <https://www.forbes.com/health/mind/mental-health-statistics/>
- Eifert, E. K., Adams, R., Dudley, W., & Perko, M. (2015). Family Caregiver Identity: A Literature Review. *American Journal of Health Education*, 46(6), 357–367. doi:10.1080/19325037.2015.1099482
- Eiraldi, R. B., Mazzuca, L. B., Clarke, A. T., & Power, T. J. (2006). Service utilization among ethnic minority children with ADHD: A model of help-seeking behavior. *Administration and Policy in Mental Health and Mental Health Services Research*, 33, 607-622.
- Family Caregiver Alliance. (n.d.). Definitions. *Family Caregiver Alliance*, Retrieved from <https://www.caregiver.org/resource/definitions-0/>
- Farah, F. H. (2018). Schizophrenia: an overview. *Asian Journal of Pharmaceutics (AJP)*, 12(02).
- Figarnia, F. K., & Ariana, A. D. (2023). Pengaruh literasi kesehatan mental terhadap intensi mencari bantuan psikologis pada dewasa. *Jurnal Fusion*, 3(05), 547-556
- Furnham, A., & Swami, V. (2018). Mental health literacy: A review of what it is and why it matters. *International Perspectives in Psychology*, 7(4), 240-257.
- Gabra, R. H., Ebrahim, O. S., Osman, D. M., & Al-Attar, G. S. (2020). Knowledge, attitude and health-seeking behavior among family caregivers of mentally

- ill patients at Assiut University Hospitals: a cross-sectional study. *Middle East Current Psychiatry*, 27, 1-8.
- Gulliver, A., Griffiths, K. M., & Christensen, H. (2012). Barriers and facilitators to mental health help-seeking for young elite athletes: a qualitative study. *BMC psychiatry*, 12, 1-14.
- Gunawan, I. (2015). *Metode Penelitian Kualitatif Teori dan Praktik*, Jakarta: Bumi AksaraHaans, J., Deak, V., & Ria, N. (2023). Christian counseling services and family psychoeducation for schizophrenia patients in society 5.0 era. *Indonesian Journal of Christian Education and Theology*, 2(1), 11-24.
- Hadiansyah, T., & Pragholapati, A. (2020). Kecemasan Keluarga Dalam Merawat Klien Skizofrenia. *Jurnal Keperawatan'Aisyiyah*, 7(1), 25-29.
- Hadjimina, E., & Furnham, A. (2017). Influence of age and gender on mental health literacy of anxiety disorders. *Psychiatry Research*, 251, 8–13. doi:10.1016/j.psychres.2017.01.08
- Hamedani, B., Alavi, M., Taleghani, F., & Moghadam, M. F. (2023). Requirements for promoting help-seeking behaviors in family caregivers of cancer patients: A qualitative study. *Journal of education and health promotion*, 12.
- Hammer, J. H., Perrin, P. B., & Spiker, D. A. (2019). Impact of integrated care and co-location of care on mental help-seeking perceptions. *Journal of Mental Health*. 1-6.
- Hammer, J. H., Vogel, D. L., & Heimerdinger-Edwards, S. R. (2013). Men's help seeking: Examination of differences across community size, education, and income. *Psychology of Men & Masculinity*, 14(1), 65.
- Handayani, T., Ayubi, D., & Anshari, D. (2020). Literasi kesehatan mental orang dewasa dan penggunaan pelayanan kesehatan mental. *Perilaku dan Promosi Kesehatan: Indonesian Journal of Health Promotion and Behavior*, 2(1), 9-17.
- Hapsari, I. I. (2016). Psikologi perkembangan anak. Jakarta: Indeks, 79-180.
- Hastrup, L. H., Van Den Berg, B., & Gyrd-Hansen, D. (2011). Do informal caregivers in mental illness feel more burdened? A comparative study of

- mental versus somatic illnesses. *Scandinavian Journal of Public Health*, 39(6), 598–607. doi:10.1177/1403494811414247
- Hernaeny, U. F. (2021). Pengantar Statistika 1. Bandung Jawa Barat: Media Sains Indonesia.
- Holzman, P. S., & Grinker, R. R. (1974). Schizophrenia in adolescence. *Journal of Youth and Adolescence*, 3(4), 267–279. doi:10.1007/bf02214741
- Hurley, D., Swann, C., Allen, M. S., Ferguson, H. L., & Vella, S. A. (2019). A systematic review of parent and caregiver mental health literacy. *Community Mental Health Journal*. doi:10.1007/s10597-019-00454-0
- Indriyawati, I., Alfianto, A. G., & Sediawan, M. L. (2022). Pengembangan Instrumen Perilaku Mencari Bantuan pada Generasi Z di Suku Madura. *ARTERI: Jurnal Ilmu Kesehatan*, 3(3), 82-88.
- Janah, M., & Hargiana, G. (2021). Levels of stress and coping strategies in family caregivers who treat schizophrenic patients with risk of violent behavior. *Journal of public health research*, 10(1_suppl), jphr-2021.
- Jani, R., Alias, A. A., Awang, H., & Arunasalam, R. S. (2020). Psychometric properties of the WHO quality of life disability (WHOQOL-DIS) among persons with disabilities in Malaysia. *Pertanika J Soc Sci Humanit*, 28(3), 2113-27.
- Jankovic, J., Yeeles, K., Katsakou, C., Amos, T., Morriss, R., Rose, D., ... & Priebe, S. (2011). Family caregivers' experiences of involuntary psychiatric hospital admissions of their relatives—a qualitative study. *PloS one*, 6(10), e25425.
- Jayani, D. H. (2019, October 8). Persebaran prevalensi skizofrenia/psikosis di Indonesia. *Databoks*. Retrieved from <https://databoks.katadata.co.id/datapublish/2019/10/08/persebaran-prevalensi-skizofreniapsikosis-di-indonesia>
- Jorm, A. F. (2019). The concept of mental health literacy. In *International Handbook of Health Literacy* (pp. 53-66). Policy Press.
- 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. *Medical journal of Australia*, 166(4), 182-186.

- Joung, J., Kim, B., Kim, J., Lee, G., & Kim, S. (2021). "Moving forward despite adversity": The lives of Korean older adults with schizophrenia. *Archives of Psychiatric Nursing*, 35(3), 243–249. doi:10.1016/j.apnu.2021.02.005
- Jung, H., von Sternberg, K., & Davis, K. (2017). The impact of mental health literacy, stigma, and social support on attitudes toward mental health help-seeking. *International Journal of Mental Health Promotion*, 19(5), 252–267. doi:10.1080/14623730.2017.1345687
- Kahn, R. S. (2020). On the origins of schizophrenia. *American Journal of Psychiatry*, 177(4), 291-297.
- Kim, Y. S., Rhee, T. G., Lee, H. Y., Park, B. H., & Sharratt, M. L. (2017). Mental health literacy as a mediator in use of mental health services among older korean adults. *International Psychogeriatrics*, 29(02), 269–279. doi:10.1017/s1041610216001721
- Klik, K. A., Williams, S. L., & Reynolds, K. J. (2019). Toward understanding mental illness stigma and help-seeking: A social identity perspective. *Social science & medicine*, 222, 35-43.
- Knight, B. G., & Winterbotham, S. (2019). Rural and urban older adults' perceptions of mental health services accessibility. *Aging & Mental Health*, 1–7. doi:10.1080/13607863.2019.1576159
- Knight, B. G., & Winterbotham, S. (2019). Rural and urban older adults' perceptions of mental health services accessibility. *Aging & Mental Health*, 1–7. doi:10.1080/13607863.2019.1576159
- Kristanti, M. S., Effendy, C., Utarini, A., Vernooij-Dassen, M., & Engels, Y. (2019). The experience of family caregivers of patients with cancer in an Asian country: A grounded theory approach. *Palliative Medicine*, 026921631983326. doi:10.1177/0269216319833260
- Li, J., & Song, Y. (2019). Formal and informal care. *Encyclopedia of Gerontology and Population Aging*, 1–8. doi:10.1007/978-3-319-69892-2_847-1
- Long, G. (2022). *Mental Health Literacy & Help Seeking: Is Mental Health Literacy a predictor of Help Seeking behaviours?* (Doctoral dissertation, Dublin, National College of Ireland).

- Mackenzie, C. S., Gekoski, W. L., & Knox, V. J. (2006). Age, gender, and the underutilization of mental health services: The influence of help-seeking attitudes. *Aging & Mental Health*, 10(6), 574–582. doi:10.1080/13607860600641200
- Magaard, J. L., Seeralan, T., Schulz, H., & Brütt, A. L. (2017). Factors associated with help-seeking behaviour among individuals with major depression: A systematic review. *PloS one*, 12(5), e0176730.
- Mahardika, H. F. K. (2021). *Hubungan Antara Literasi Kesehatan Mental Dengan Stigma Gangguan Jiwa Di Masyarakat Desa Soko Kecamatan Bagelen Kabupaten Purworejo* (Doctoral dissertation, UNIVERSITAS dr. SOEBANDI).
- Maslim, R. (2001). *Diagnosis Gangguan Jiwa PPDGJ-III*. Jakarta: FK Unika Atmajaya.
- Maya, N. (2021). Kontribusi literasi kesehatan mental dan persepsi stigma publik terhadap sikap mencari bantuan profesional psikologi. *Gadjah Mada Journal of Psychology (GamaJoP)*, 7(1), 22-32.
- Mayangsari, A., Hapsari, I. I., Rosalinda, I. (2023). *Petunjuk Penggunaan Skala Literasi Kesehatan Mental untuk Remaja*. [Unpublished]. Available from Fakultas Pendidikan Psikologi, Universitas Negeri Jakarta.
- McCann, T. V., Lubman, D. I., & Clark, E. (2011). First-time primary caregivers' experience of caring for young adults with first-episode psychosis. *Schizophrenia bulletin*, 37(2), 381-388.
- Mento, C., Rizzo, A., & Settineri, S. (2019). Caregivers help-seeking related to physical and mental burden. *Clinical Neuropsychiatry*, 16(3), 135.
- Mohamad, M. S., Zabidah, P., Fauziah, I., & Sarnon, N. (2012). Mental health literacy among family caregivers of schizophrenia patients. *Asian Social Science*, 8(9), 74.
- Murphy, G., Peters, K., Wilkes, L., & Jackson, D. (2015). Adult children of parents with mental illness: navigating stigma. *Child & Family Social Work*, 22(1), 330–338. doi:10.1111/cfs.12246

- Nabi, M., & Rizvi, T. (2022). Knowledge of illness among family caregivers of psychiatric patients. *International Journal of Multidisciplinary Educational Research*, 11(1).
- Nagai, S. (2015). Predictors of help-seeking behavior: Distinction between help-seeking intentions and help-seeking behavior. *Japanese Psychological Research*, 57(4), 313-322.
- Naito, T., Chin, J., Kim, T. U., Veera, S., Jeannette, M., & Lomiguen, C. M. (2020). Further reduction in help-seeking behaviors amidst additional barriers to mental health treatment in Asian populations: a contemporary review. *Cureus*, 12(11).
- National Institute of Mental Health. (2021). *Schizophrenia*. Retrieved from <https://www.nimh.nih.gov/sites/default/files/documents/health/publications/schizophrenia/schizophrenia.pdf>
- Nejatian, M., Tehrani, H., Momeniyan, V., & Jafari, A. (2021). A modified version of the mental health literacy scale (MHLS) in Iranian people. *BMC Psychiatry*, 21(1). doi:10.1186/s12888-021-03050-3
- Nenobais, A., Jatimi, A., & Muh, J. (2019). Family burden for the caregivers of people with mental disorders: A systematic review. *Jurnal Ners*, 14(3), 26-34.
- Nizar, N. C. (2021). Kekuatan positive reinforcement dalam meningkatkan perilaku rawat diri pada pasien skizofrenia. *Procedia: Studi kasus dan intervensi psikologi*, 9(1), 30-34.
- Nuttall, A. K., Thakkar, K. N., Luo, X., Mueser, K. T., Glynn, S. M., Achtyes, E. D., & Kane, J. M. (2019). Longitudinal associations of family burden and patient quality of life in the context of first-episode schizophrenia in the RAISE-ETP study. *Psychiatry research*, 276, 60-68.
- O'Connor, M., & Casey, L. (2015). The Mental Health Literacy Scale (MHLS): A new scale-based measure of mental health literacy. *Psychiatry research*, 229(1-2), 511-516.
- O'Connor, M., Casey, L., & Clough, B. (2014). Measuring mental health literacy— a review of scale-based measures. *Journal of mental health*, 23(4), 197-204.

- Olasoji, M., Maude, P., & McCauley, K. (2017). Not sick enough: Experiences of carers of people with mental illness negotiating care for their relatives with mental health services. *Journal of Psychiatric and Mental Health Nursing*, 24(6), 403–411. doi:10.1111/jpm.12399
- Peng, M. M., Ma, Z., Chen, S. Y., Luo, W., Hu, S. H., Yang, X., ... & Ran, M. S. (2022). Predictors of family caregiving burden of persons with schizophrenia with and without transition of primary caregivers from 1994 to 2015 in rural China. *BJPsych open*, 8(3), e78.
- Pinquart, M., & Sörensen, S. (2003). Differences between caregivers and noncaregivers in psychological health and physical health: a meta-analysis. *Psychology and aging*, 18(2), 250.
- Rahmani, F., Roshangar, F., Gholizadeh, L., & Asghari, E. (2022). Caregiver burden and the associated factors in the family caregivers of patients with schizophrenia. *Nursing Open*, 9(4), 1995-2002.
- Rangkuti, A. A. (2012). Buku ajar: Statistika inferensial untuk penelitian psikologi dan pendidikan. Jakarta: Universitas Negeri Jakarta.
- Rangkuti, A. A. (2017). *Statistika inferensial untuk psikologi dan pendidikan*. Kencana.
- Rangkuti, A. A., & Wahyuni, L. D. (2016). *Analisis Data Penelitian Kuantitatif Berbasis Classical Test Theory dan Item Response Theory (Rasch Model)*. Fakultas Pendidikan Psikologi Universitas Negeri Jakarta.
- Ratnayake, P., & Hyde, C. (2019). Mental health literacy, help-seeking behaviour and wellbeing in young people: implications for practice. *The Educational and Developmental Psychologist*, 36(1), 16-21.
- Ribé, J. M., Salamero, M., Pérez-Testor, C., Mercadal, J., Aguilera, C., & Cleris, M. (2018). Quality of life in family caregivers of schizophrenia patients in Spain: caregiver characteristics, caregiving burden, family functioning, and social and professional support. *International journal of psychiatry in clinical practice*, 22(1), 25-33.
- Rickwood, D., Deane, F. P., Wilson, C. J., & Ciarrochi, J. (2005). Young people's help-seeking for mental health problems. *Australian e-journal for the Advancement of Mental health*, 4(3), 218-251.

- Rickwood, D., & Thomas, K. (2012). Conceptual measurement framework for help-seeking for mental health problems. *Psychology research and behavior management*, 173-183.
- Rony, F. Q., Nurmasuri, N., Oktafany, O., & Pardilawati, C. Y. (2023). Analisis cost of illness pada pasien skizofrenia di Poliklinik Psikiatri Rumah Sakit Jiwa Daerah Provinsi Lampung. *Jurnal Kedokteran Universitas Lampung*, 7(1).
- Sahu, S., Mujawar, S., Garg, D., Chaudhury, S., & Saldanha, D. (2020). Quality of life and marital adjustment in spouses of schizophrenia patients. *Industrial Psychiatry Journal*, 29(2), 323.
- Salsabilah, N. R. (2023). *Hubungan Self-Compassion Dan Help-Seeking Behavior Pada Remaja Dengan Orangtua Yang Bercerai* (Sarjana Thesis, Universitas Negeri Jakarta).
- Saparia, P., Patel, A., & Shah, H. (2022). Schizophrenia: a systematic review. *J Clin Experimental Psychol*, 8(7), 65-70.
- Schulz, R., Beach, S. R., Friedman, E. M., Martsolf, G. R., Rodakowski, J., & James III, A. E. (2018). Changing structures and processes to support family caregivers of seriously ill patients. *Journal of palliative medicine*, 21(S2), S-36.
- Schutz, R., & Tompkins, C. A. (2010). Informal caregivers in the United States: prevalence, caregiver characteristics, and ability to provide care. In *The role of human factors in home health care: Workshop summary*. National Academies Press (US).
- Shiraishi, N., & Reilly, J. (2018). Positive and negative impacts of schizophrenia on family caregivers: a systematic review and qualitative meta-summary. *Social Psychiatry and Psychiatric Epidemiology*. doi:10.1007/s00127-018-1617-8
- Stormacq, C., Van den Broucke, S., & Wosinski, J. (2018). Does health literacy mediate the relationship between socioeconomic status and health disparities? Integrative review. *Health Promotion International*. doi:10.1093/heapro/day062

- Sugiyono, S. (2010). *Metode penelitian kuantitatif dan kualitatif dan R&D*. Bandung: Alfabeta.
- Tamizi, Z., Fallahi-Khoshknab, M., Dalvandi, A., Mohammadi-Shahboulaghi, F., Mohammadi, E., & Bakhshi, E. (2019). Defining the concept of family caregiver burden in patients with schizophrenia: a systematic review protocol. *Systematic reviews*, 8(1), 1-6.
- 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. doi:10.1007/s00127-004-0816-7
- Toledano-Toledano, F., & Domínguez-Gudea, M. T. (2019). Psychosocial factors related with caregiver burden among families of children with chronic conditions. *BioPsychoSocial medicine*, 13, 1-9.
- Van der Ham, L., Wright, P., Van, T. V., Doan, V. D., & Broerse, J. E. (2011). Perceptions of mental health and help-seeking behavior in an urban community in Vietnam: an explorative study. *Community mental health journal*, 47, 574-582.
- Verma, J. P., & Abdel-Salam, A. S. G. (2019). Testing statistical assumptions in research. *John Wiley & Sons*.
- Velthorst, E., Fett, A. K. J., Reichenberg, A., Perlman, G., van Os, J., Bromet, E. J., & Kotov, R. (2017). The 20-year longitudinal trajectories of social functioning in individuals with psychotic disorders. *American Journal of Psychiatry*, 174(11), 1075-1085.
- Wei, Y., McGrath, P. J., Hayden, J., & Kutcher, S. (2015). Mental health literacy measures evaluating knowledge, attitudes and help-seeking: a scoping review. *BMC psychiatry*, 15(1), 1-20.
- Widhiarso, W. (2011). Menghitung koefisien Alpha berstrata. *Manusrip tidak dipublikasikan*.
- Wodong, G. M. A., & Utami, M. S. The role of mental health knowledge and perceived public stigma in predicting attitudes towards seeking formal psychological help. *Jurnal Psikologi*, 50(1), 1-17.

- Wong, K. (2016). Gender differences in mental health literacy of university students. *Western Undergraduate Psychology Journal*, 4(1).
- Xu, Z., Huang, F., Kösters, M., Staiger, T., Becker, T., Thornicroft, G., & Rüsch, N. (2018). Effectiveness of interventions to promote help-seeking for mental health problems: systematic review and meta-analysis. *Psychological Medicine*, 1–10. doi:10.1017/s0033291718001265
- Xu, Z., Huang, F., Kösters, M., Staiger, T., Becker, T., Thornicroft, G., & Rüsch, N. (2018). Effectiveness of interventions to promote help-seeking for mental health problems: systematic review and meta-analysis. *Psychological Medicine*, 1–10. doi:10.1017/s0033291718001265
- Zamanpoor, M. (2019). Schizophrenia in a genomic era. *Psychiatric Genetics*, 1. doi:10.1097/ypg.0000000000000245

Zhou, Z., Wang, Y., Feng, P., Li, T., Tebes, J. K., Luan, R., & Yu, Y. (2021). Associations of caregiving knowledge and skills with caregiver burden, psychological well-being, and coping styles among primary family caregivers of people living with schizophrenia in China. *Frontiers in psychiatry*, 12, 631420.