

DAFTAR PUSTAKA

- Ajzen, I. (2011). The theory of planned behavior: Reactions and reflections. *Psychology and Health*, 26(9), 1113–1127.
- Amelia, M. A. F. (2016). Perbandingan tingkat depresi antara mahasiswa yang tinggal dengan orang tua dan tinggal sendiri pada program studi ilmu keperawatan. *Skripsi*. Program Studi Ilmu Keperawatan Fakultas Kedokteran Dan Ilmu Kesehatan Universitas Muhammadiyah Yogyakarta.
- American Psychiatric Assosiasion (-). *What is depression?*. Diakses 17 mei 2018, dari: <https://www.psychiatry.org/patients-families/depression/what-is-depression>
- Andersen, R. M. (1995). Revisiting the behavioral model and access to medical care: does it matter?. *Journal of health and social behavior*, 1-10.
- Angermeyer, M.C., & Dietrich, H. (2006). Public beliefs about and attitudes towards people with mental illness: A review of population studies. *Acta Psychiatrica Scandinavia*, 113, 163-179.
- Angermeyer, M.C., Holzinger, A., & Matschinger, H. (2009). Mental health literacy and attitude towards people with mental illness. *European Psychiatry*, 24, 225-232.
- Aphroditi, Z. (2010). Stigma related to help-seeking from a mental health professional. *Health Science Journal*, 4(2).
- Arifin, S. (2014). Mahasiswa dan organisasi. Jakarta: Grafindo Persada.
- Azwar, S. (2011). *Reliabilitas dan validitas*. Yogyakarta: Pustaka Pelajar.
- Banerjee, G., & Roy, S. (1998). Determinants of help-seeking behavior of families of schizophrenic patients attending a teaching hospital in India. *International Journal of Social Psychiatry*, 44, 199-214.
- Barker, G. (2007). *Adolescents, social support and help-seeking behaviour: an international literature review and programme consultation with recommendations for action*. Geneva, Switzerland: WHO publications.
- Barker, G., Olukoya, A., & Aggleton, P. (2005). Young people, social support and help-seeking. *International journal of adolescent medicine and health*, 17(4), 315-335.

- Barry, D., & Grilo, C. (2002). Cultural, psychological, and demographic correlates of willingness to use psychological services among East Asian immigrants. *Journal of Nervous and Mental Disease*, 190, 32-39.
- Beck, A. T., & Alford, B. A. (2009). *Depression: Causes and treatment*. University of Pennsylvania Press.
- Bener, A. & Ghouloum, S. (2011). Gender differences in the knowledge, attitude, and practice towards mental health illness in a rapidly developing Arab society. *International Journal of Social Psychiatry*, 21, 480-486.
- Boey, K.W. (1999). Help-seeking preferences of college students in urban China after the implementation of the 'Open-Door' policy. *International Journal of Social Psychiatry*, 45, 104-116.
- Ben-Porath, D. D. (2002). Stigmatization of individuals who receive psychotherapy: An interaction between help-seeking behavior and the presence of depression. *Journal of Social and Clinical psychology*, 21(4), 400-413.
- Boerema, A. M., Kleiboer, A., Beekman, A. T., van Zoonen, K., Dijkshoorn, H., & Cuijpers, P. (2016). Determinants of help-seeking behavior in depression: a cross-sectional study. *BMC psychiatry*, 16(1), 78.
- Castor, R., & Eroza, E. (1998). Research notes on social order and subjectivity: Individuals' experience of susto and fallen fontanelle in a rural community in Mexico. *Culture, Medicine and Psychiatry*, 22, 203-230.
- 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 and New Zealand Journal of Psychiatry*, 40, 790-796.
- Cheng, H. L., McDermott, R. C., & Lopez, F. G. (2015). Mental health, self-stigma, and help-seeking intentions among emerging adults: An attachment perspective. *The Counseling Psychologist*, 43(3), 463-487.
- 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.
- Chew-Graham, C.A., Rogers, A. and Yassin, N. (2003). I wouldn't want it on my CV or their records: medical students' experiences of help-seeking for mental health problems. *Medical Education*. 37(10), 873-80.
- Coleman, S. J., Stevelink, S. A. M., Hatch, S. L., Denny, J. A., & Greenberg, N. (2017). Stigma-related barriers and facilitators to help seeking for mental

- health issues in the armed forces: a systematic review and thematic synthesis of qualitative literature. *Psychological medicine*, 47(11), 1880-1892.
- Corrigan, P. (2004). How stigma interferes with mental health care. *American psychologist*, 59(7), 614.
- Corrigan, P. W., & Watson, A. C. (2002). The paradox of self-stigma and mental illness. *Clinical Psychology: Science and Practice*, 9(1), 35-53.
- Corrigan, P. W., & Shapiro, J. R. (2010). Measuring the impact of programs that challenge the public stigma of mental illness. *Clinical psychology review*, 30(8), 907–922. doi:10.1016/j.cpr.2010.06.004
- Corrigan, P. W., & Rao, D. (2012). On the self-stigma of mental illness: Stages, disclosure, and strategies for change. *The Canadian Journal of Psychiatry*, 57(8), 464-469.
- Curtis, C. (2010). Youth perceptions of suicide and help-seeking: ‘They’d think I was weak or ‘mental’. *Journal of Youth Studies*. 13(6). 699-715.
- Davison, G. C., Neale, J. M., & Kring, A. M., (2012). *Psikologi abnormal edisi kesembilan*. Jakarta: Rajawali Pers.
- DePaulo, B. M., Fisher, J. D., & Nadler, A. (Eds.). (1983). *New directions in helping*. Academic Press.
- DePaulo, B. M., Leiphart, V., & Dull, W. R. (1984). Help Seeking and Social Interaction. In *Development and maintenance of prosocial behavior* (pp. 337-357). Springer US.
- Downs, M.F. & Eisenberg, D. (2012). Help seeking and treatment use among suicidal college students. *Journal of American College Health*, 60(2), 104-14.
- Eckert, K. A., Kutek, S.M., Dunn, K. I., Air, T.M., & Goldney, R. D. (2010). Changes in depression-relatedmental health literacy in youngmen fromrural and urban South Australia. *The Australian Journal of Rural Health*, 18(4), 153–158 (doi: 10.1111).
- Edman, J.L., & Kameoka, V.A. (1997). Cultural differences in illness schema: An analysis of Filipino and American illness attributions. *Journal of Cross-Cultural Psychology*, 28, 252-265.
- Eisenberg, D., Golberstein, E. and Gollust, S.E. (2007). Help-seeking and access to mental health care in a university student population. *Medical Care*. 45(7), 594-601.

- Eisenberg, D., Hunt, J., Speer, N., & Zivin, K. (2011). Mental health service utilization among college students in the United States. *The Journal of nervous and mental disease*, 199(5), 301-308.
- Eisenberg, D., Hunt, J., & Speer, N. (2012). Help seeking for mental health on college campuses: Review of evidence and next steps for research and practice. *Harvard review of psychiatry*, 20(4), 222-232.
- Fischer E. H., & Turner J. L. (1970). Orientations to seeking professional help: development and research utility of an attitudes scale. *J. Couns. Clin. Psychol.* 35, 79–90. 10.1037/h0029636.
- Fischer, L.J., & Goldney, R.D. (2003). Differences in community mental health literacy in older and younger Australians. *International Journal of Geriatric Psychiatry*, 18, 33-40.
- Furnham, A., & Baguma, P. (1999). Cross-cultural differences in explanations for health and illness: A British and Ugandan comparison. *Mental Health Religion Culture*, 2, 121-134.
- Furnham, A., & Buck, C. (2003). A comparison of lay-beliefs about autism and obsessive-compulsive disorder. *International Journal of Social Psychiatry*, 49, 287-307.
- Furnham, A., & Chan, E. (2004). Lay theories of schizophrenia. A cross cultural comparison of British and Hong Kong Chinese attitudes, attributions, and beliefs. *Social Psychiatry and Psychiatric Epidemiology*, 39, 543-552
- Furnham, A., Cook, R., Martin, N., & Batey, M. (2011). Mental health literacy among university students. *Journal of Public Mental Health*, 10(4), 198-210.
- Furnham, A., & Igboaka, A. (2007). Young people's recognition and understanding of schizophrenia: A cross-cultural study of young people from Britain and Nigeria. *International Journal of Social Psychiatry*, 53, 430-446.
- Furnham, A., & Malik, R. (1994). Cross-cultural beliefs about depression. *International Journal of Social Psychiatry*, 40, 106-123.
- Furnham, A., & Wong, L. (2007). A cross-cultural comparison of British and Chinese beliefs about causes, behaviour manifestations, and treatments of schizophrenia. *Psychiatry Research*, 151, 123-138.
- Furnham, A., & Swami, V. (2018). Mental health literacy: A review of what it is and why it matters. *International Perspectives in Psychology: Research*,

- Practice, Consultation*, 7(4), 240-257. doi: <http://dx.doi.org/10.1037/ipp0000094>
- Gaebel, W., Baumann, A., Witte, A.M., & Zaeske, H. (2002). Public attitudes toward people with mental illness in six German cities. *European Archive of Psychiatry and Clinical Neuroscience*, 252, 278-287.
- Gelo, O., Braakmann, D., & Benetka, G. (2008). Quantitative and qualitative research: Beyond the debate. *Integrative psychological and behavioral science*, 42(3), 266-290.
- Ghouloum, S., Bener, A., & Tuna Burgut, F. (2010). Epidemiological survey of knowledge, attitudes, and health literacy concerning mental illness in a national community sample. *Journal of Primary Care and Community Health*, 1, 111-118.
- Ginting, H., Närting, G., van der Veld, W. M., Srisayekti, W., & Becker, E. S. (2013). Validating the beck depression inventory-ii in indonesia's general population and coronary heart disease patients. *International Journal of Clinical and Health Psychology*, 13(3).
- Goldney, R.D., Fisher, L.J., Dal Grande, E., & Taylor, A.W. (2005). Changes in mental health literacy about depression: South Australia, 1998 to 2004. *Medical Journal of Australia*, 183, 134-137.
- Gorczyński, P., Sims-schouten, W., Hill, D. & Wilson, J.C. (2017). Examining mental health literacy, help seeking behaviours, and mental health outcomes in UK university students. *The Journal of Mental Health Training, Education and Practice*, 12(2), 111-120, <https://doi.org/10.1108/JMHTEP-05-2016-0027>.
- Gravetter, F. J., & Wallnau, L. B. (2016). *Statistics for the behavioral sciences*. Cengage Learning.
- 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(1), 113, doi: 10.1186/1471-244X-10-113.
- Hammer, J. H., & Vogel, D. L. (2013). Assessing the utility of the willingness/prototype model in predicting help-seeking decisions. *Journal of Counseling Psychology*, 60(1), 83-97.
- 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.

- Herzlich, C. (1973). *Health and illness*. London: Academic Press.
- Hightet, N.J., Gemmill, A.W., & Milgrom, J. (2011). Depression in the perinatal period: Awareness, attitudes, and knowledge in the Australian population. *Australian and New Zealand Journal of Psychiatry*, 45, 223-231.
- Hillier, S.M., & Jewell, J.A. (1983). *Health care and traditional medicine in China, 1800-1982*. London: Routledge.
- Hugo, C.J., Boshoff, D.E., Traut, A., Zungu-Girwayi, N., & Stein, D.J. (2003). Community attitudes toward, and knowledge of, mental illness in South Africa. *Social Psychiatry and Psychiatric Epidemiology*, 38, 715-719.
- Hunt, J., & Eisenberg, D. (2010). Mental health problems and help-seeking behavior among college students. *Journal of adolescent health*, 46(1), 3-10.
- Hooley, J. M., Butcher, J. N., Nock, M. K., & Mineka, S. (2017). *Abnormal psychology (Seventeenth ed.)*. Boston: Pearson.
- Idham, A. F., Rahayu, P., As-Sahih, A. A., Muhiddin, S., & Sumantri, M. A. (2019). Trend literasi kesehatan mental. *Analitika*, 11(1), 12-20.
- Jorm, A. F. (2000). Mental health literacy: public knowledge and beliefs about. *British Journal of Psychiatry*, 177(396), 317-327.
- Jorm, A. F. (2012). Mental health literacy: empowering the community to take action for better mental health. *The American psychologist*, 67(3), 231-243.
- 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. *Med J Aust*, 166(4), 182-186.
- Jorm, A.F., Nakane, Y., Christensen, H., Yoshioka, K., Griffiths, K.M., & Wata, Y. (2005). Public beliefs about treatment and outcomes of mental disorders: A comparison of Australia and Japan. *BMC Medicine*, 3, 12-28.
- Jung, H., von Sternberg, K., & Davis, K. (2016). Expanding a measure of mental health literacy: Development and validation of a multicomponent mental health literacy measure. *Psychiatry research*, 243, 278-286.
- 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, 252–267.

- Kermode, M., Bowen, K., Arole, S., Pathare, S., & Jorm, A.F. (2009). Attitudes to people with mental disorders: A mental health literacy survey in a rural area of Maharashtra, India. *Social Psychiatry and Psychiatric Epidemiology*, 44, 1087-1096.
- Kim, J. E., Saw, A., & Zane, N. (2015). The influence of psychological symptoms on mental health literacy of college students. *American Journal of Orthopsychiatry*, 85(6), 620.
- Kon, Y. (1994). Amok. *Br J Psychiatry*, 165, 685.
- Kurihara, T., Kato, M., Sakamoto, S., Reverger, R., & Kitamura, T. (2000) Public attitudes towards the mentally ill: A cross-cultural study between Bali and Tokyo. *Psychiatry and Clinician Neuroscience*, 54, 547-552.
- Kutcher, S., Wei, Y., & Coniglio, C. (2016). Mental Health Literacy: Past, Present, and Future. *Canadian journal of psychiatry. Revue canadienne de psychiatrie*, 61(3), 154-8.
- Kutner, M. H., Nachtsheim, C. J., Neter, J., & Li, W. (2004). *Applied linear regression model 5th ed.* New York: McGraw-Hill Companies, Inc.
- Lauber, C., & Rössler, W. (2007). Stigma towards people with mental illness in developing countries in Asia. *International Review of Psychiatry*, 19, 157-178.
- Lin, K.M., & Cheung, F.M. (1999). Mental health issues for Asian Americans. *Psychiatric Services*, 50, 774-780.
- Link, B., & Phelan, J. C. (2001). Conceptualizing stigma. *American Review of Sociology*. 27, 363–385.
- Link, B. G. (1987). Understanding labeling effects in the area of mental disorders: An assessment of the effects of expectations of rejection. *American Sociological Review*, 52, 96–112.
- 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*, 400-423.
- 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*, 71(12), 2150-2161.

- Loureiro, L., Pedreiro, A., Correia, S., & Mendes, A. (2012). Reconhecimento da depressão e crenças sobre procura de ajuda em jovens Portugueses. *Revista Portuguesa de Enfermagem de Saúde Mental*, (7), 13-17.
- Loureiro, L. M., Jorm, A. F., Mendes, A. C., Santos, J. C., Ferreira, R. O., & Pedreiro, A. T. (2013). Mental health literacy about depression: a survey of portuguese youth. *BMC psychiatry*, 13(1), 129.
- Lucksted, A., & Drapalski, A. L. (2015). Self-stigma regarding mental illness: Definition, impact, and relationship to societal stigma. *Psychiatric rehabilitation journal*, 38(2), 99-102.
- Luoma, J. B., Kohlenberg, B. S., Hayes, S. C., Bunting, K., & Rye, A. K. (2008). Reducing self-stigma in substance abuse through acceptance and commitment therapy: Model, manual development, and pilot outcomes. *Addiction research & theory*, 16(2), 149–165.
- Maulida, A. (2012). Gambaran tingkat depresi pada mahasiswa program sarjana yang melakukan konseling di BKM UI. *Skripsi*. Fakultas Ilmu Keperawatan Universitas Indonesia.
- McDermott, R. C., Cheng, H. L., Wong, J., Booth, N., Jones, Z., & Sevig, T. (2017). Hope for help-seeking: a positive psychology perspective of psychological help-seeking intentions. *The Counseling Psychologist*, 45(2), 237-265.
- Mond, J.M., & Arrighi, A. (2011). Gender differences in perceptions of the severity and prevalence of eating disorders. *Early Intervention Psychiatry*, 5, 41-49.
- Mori, L., Panova, A., & Keo, Z.S. (2007). Perceptions of mental illness and psychotherapy in a sample of Asian, Hispanic, and White American college students. *Journal of Psychiatry Psychology and Mental Health*, 1, 1-13.
- Mubbashar, M., & Farooq, Q. (2001). Mental health literacy in developing countries. *British Journal of Psychiatry*, 179, 75.
- Manganello, J. A., Sentell, T., & Davis, T. C. (2013). Health literacy, mental health, and adolescents. *Dalam Handbook of Adolescent Health Psychology* (pp. 143-151). Springer New York.
- Nam, S. K., Choi, S. I., Lee, J. H., Lee, M. K., Kim, A. R., & Lee, S. M. (2013). Psychological factors in college students' attitudes toward seeking professional psychological help: A meta-analysis. *Professional Psychology: Research and Practice*, 44, 37–45.
- National Institute of Mental Health. (-). *Depression*. Diakses 17 Mei 2018, dari: <https://www.nimh.nih.gov/health/topics/depression/index.shtml>

- Neighbors, H. W. (1985). Seeking professional help for personal problems: black american's use of health and mental health services. *Community Mental Health Journal*, 21(3), 156-166.
- Neuman, W. L. (2007) *Basics of social research methods qualitative and quantitative approaches*. 2nd edition, Allyn and Bacon, Boston.
- Ng, C.H. (1997). The stigma of mental illness in Asian cultures. *Australian and New Zealand Journal of Psychiatry*, 31, 382-390.
- 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), 511-516.
- Parker, G., Gladstone, G., & Chee, K.T. (2001). Depression in the planets largest ethnic group: The Chinese. *American Journal of Psychiatry*, 158, 857-864.
- Parker, R. M., Williams, M. V., Weiss, B. D., Baker, D. W., Davis, T. C., Doak, C. C., & Schwartzberg, J. G. (1999). Health literacy-report of the council on scientific affairs. *Jama-Journal of the American Medical Association*, 281(6), 552-557.
- Patel, V., Abas, M., Broadhead, J., Todd, C., & Reeler, A. (2001). Depression in developing countries: Lessons from Zimbabwe. *BMJ*, 322, 482-484.
- Pauhlus, D.L., & Bruce, M.N. (1990, June). *Claiming more than we know: The Overclaiming Questionnaire*. Paper presented at the meeting of the Canadian Psychological Association, Ottawa, Canada.
- Petersen, I., Lund, C., & Stein, D. (2011). Optimizing mental health services in low-income and middle-income countries. *Current Opinion in Psychiatry*, 24, 318-323.
- Pedrelli, P., Nyer, M., Yeung, A., Zulauf, C., & Wilens, T. (2015). College students: mental health problems and treatment considerations. *Academic Psychiatry*, 39(5), 503-511.
- Pham, Y., Mcwhirter, E., H., & Murray, C. (2014). Measuring help-seeking behaviors: Factor structure, reliability, and validity among youth with disabilities. *Journal of Adolescence*. 37(3):237–246. DOI: 10.1016/j.adolescence.2014.01.002.
- Quinn, N., Wilson, A., MacIntyre, G. and Tinklin, T. (2009). People look at you differently': students' experience of mental health support within higher education. *British Journal of Guidance & Counselling*, 37(4), 405-18.

- Riedel-Heller, S.G., Matschinger, H., & Angermeyer, M.C. (2005). Mental disorders: Who and what might help? Help-seeking and treatment preferences of the lay public. *Social Psychiatry and Psychiatric Epidemiology*, 40, 167-174.
- Rafal, G., Gatto, A., & DeBate, R. (2018). Mental health literacy, stigma, and help-seeking behaviors among male college students. *Journal of American college health*, 66(4), 284-291.
- 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. & Thomas, K. (2012). Conceptual measurement framework for help-seeking for mental health problems. *Psychology Research and Behavior Management*, 5, 173-183.
- Ritsher, J. B., Otilingma, P. G., & Grajales, M. (2003) Internalized stigma of mental illness: psychometric properties of a new measure. *Psychiatry Res* 121: 31–49. pmid:14572622.
- Rootman, I., & Gordon, D. (2008). *A vision for a health literate Canada*. Ottawa, ON: Canadian Public Health Association.
- Rüsch, N., Müller, M., Ajdacic-Gross, V., Rodgers, S., Corrigan, P. W., & Rössler, W. (2014). Shame, perceived knowledge and satisfaction associated with mental health as predictors of attitude patterns towards help-seeking. *Epidemiology and Psychiatric Sciences*, 23, 177–187. doi:10.1017/S204579601300036X
- Sadik, S., Bradley, M., Al-Hasoon, S, & Jenkins, R. (2010). Public perception of mental health in Iraq. *International Journal of Mental Health Systems*, 4, 26-36.
- Santrock, J. W. (2010). *Life-span development (edisi ke 17)*. Boston: McGraw-Hill.
- Schofield, M. J., O'Halloran, P., McLean, S. A., Forrester-Knauss, C., & Paxton, S. J. (2016). Depressive Symptoms Among Australian University Students: Who Is at Risk?. *Australian Psychologist*, 51(2), 135-144.
- Schomerus, G., & Angermeyer, M. C. (2008). Stigma and its impact on help-seeking for mental disorders: what do we know?. *Epidemiology and Psychiatric Sciences*, 17(1), 31-37.

- Shea, M., Wong, Y. J., Nguyen, K. K., & Gonzalez, P. D. (2019). College students' barriers to seeking mental health counseling: Scale development and psychometric evaluation. *Journal of counseling psychology*.
- Sheikh, S., & Furnham, A. (2000) A cross-cultural study of mental health beliefs and attitudes towards seeking professional help. *Social Psychiatry and Psychiatric Epidemiology*, 35, 326-334.
- Shulman, N., & Adams, B. (2002). A comparison of Russian and British attitudes towards mental health problems in the community. *International Journal of Social Psychiatry*, 37, 152-156.
- Sirey, J., Bruce, M., Alexopoulos, G., Perlick, D., Friedman, S., & Meyers, B. (2001). Stigma as a barrier to recovery: Perceived stigma and patient-rated severity of illness as predictors of antidepressant drug adherence. *Psychiatric Services*, 2, 1615–1620.
- Smith, C. L., & Shochet, I. M. (2011). The impact of mental health literacy on help-seeking intentions: Results of a pilot study with first year psychology students. *International Journal of Mental Health Promotion*, 13(2), 14-20.
- 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), 613-23.
- Stanley, N., Mallon, S., Bell, J. & Manthorpe, J. (2010). Suicidal students' use of and attitudes to primary care prevention services. *Primary Health Care Research and Development*, 11(4), 315-25.
- Suka, M., Yamauchi, T., & Sugimori, H. (2016). Help-seeking intentions for early signs of mental illness and their associated factors: Comparison across four kinds of health problems. *BMC Public Health*, 16(1). doi:10.1186/s12889-016-2998-9.
- Swami, V., Furnham, A., Kannan, K., & Sinniah, D. (2008). Lay beliefs about schizophrenia and its treatment in Kota Kinabalu, Malaysia. *International Journal of Social Psychology*, 54, 164-179.
- Swami, V., Loo, P.W., & Furnham, A. (2010). Public knowledge and beliefs about depression among urban and rural Malays in Malaysia. *International Journal of Social Psychiatry*, 56, 480-496.
- Swami, V., Papanicoloau, A., & Furnham, A. (2011). Examining mental health literacy and its correlates using the overclaiming technique. *British Journal of Psychology*, 102, 662-675.

- Thurai, S., & Wayan, W. (2017). Tingkat depresi dalam kalangan mahasiswa kedokteran semester vii universitas udayana dan keterlibatan mereka dalam kegiatan fisik. *Sains Medis*. 8(2).147-150.
- Undang-Undang Republik Indonesia Nomor 12 (2012) *Tentang Pendidikan Tinggi*.
- Unit Pelayanan Psikologi Universitas Airlangga. (2019). *Rekap klien mahasiswa unair tahun 2016-2017* [Berkas Data]. Diterima dari email: upp.unair@gmail.com.
- Unrau, Y. A., & Grinnell Jr, R. M. (2005). Exploring out-of-home placement as a moderator of help-seeking behavior among adolescents who are high risk. *Research on Social Work Practice*, 15(6), 516-530.
- Vogel, D. L., Wade, N. G., & Haake, S. (2006). Measuring the self-stigma associated with seeking psychological help. *Journal of counseling psychology*, 53(3), 325.
- Wallin, E., Maathz, P., Parling, T., & Hursti, T. (2018). Self-stigma and the intention to seek psychological help online compared to face-to-face. *Journal of clinical psychology*, 74(7), 1207-1218. <https://doi.org/10.1002/jclp.22583>.
- Wang, J.L., Adair, C., Fick, G., Lai, D., Evans, B., Perry, B.W. et al. (2007). Depression literacy in Alberta: Findings from a general population sample. *Canadian Journal of Psychiatry*, 52, 442-448.
- Watson, A. C., Corrigan, P., Larson, J. E., & Sells, M. (2007). Self-stigma in people with mental illness. *Schizophrenia bulletin*, 33(6), 1312–1318. doi:10.1093/schbul/sbl076.
- White, M. M., Clough, B. A., & Casey, L. M. (2018). What do help-seeking measures assess? Building a conceptualization framework for help-seeking intentions through a systematic review of measure content. *Clinical psychology review*, 59, 61-77.
- Wills, T. A., & DePaulo, B. M. (1991). Interpersonal analysis of the help seeking process. In C. R. Snyder & D. R. Forsyth (Eds.), *Handbook of social and clinical psychology* (pp. 350–375). Elmsford, NY: Pergamon.
- Wilson, C. J., Deane, F. P., Ciarrochi, J., & Rickwood, D. (2005). Measuring Help-Seeking Intentions: Properties of the General Help-Seeking Questionnaire. *Canadian Journal of Counselling*, 39, 1.
- World Health Organization. (2017). *Depression and other common mental disorders: global health estimates*.

- World Health Organization (2017, July 04). *Depression*. Diakses 17 Mei 2018, dari: http://www.who.int/mental_health/management/depression/en/
- World Health Organisation Consortium in Psychiatric Epidemiology. (2000). Cross-national comparisons of the prevalence and correlates of mental disorders. *Bulletin of the World Health Organisation*, 78, 413-426.
- Wright, E. R., Gronfein, W. P., & Owens, T. J. (2000). Deinstitutionalization, social rejection, and the self-esteem of former mental patients. *Journal of health and social behavior*, 68-90.
- 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, 244-250.
- Yanos, P. T., Roe, D., Markus, K., & Lysaker, P. H. (2008). Pathways between internalized stigma and outcomes related to recovery in schizophrenia spectrum disorders. *Psychiatric Services*, 59(12), 1437-1442.
- Yeung, A., Chang, D., Gresham, R.L., Nierenberg, A.A., & Fava, M. (2004). Illness beliefs in depressed Chinese American patients in primary care. *Journal of Nervous and Mental Disease*, 192, 324-327.
- Youssef, F.F., Bachew, R., Bodie, D., Leach, R., Morris, K. and Sherma, G. (2014), Knowledge and attitudes towards mental illness among college students: insights into the wider English-speaking Caribbean population, *International Journal of Social Psychiatry*, 60(1), 47-54.