

DAFTAR PUSTAKA

1. Hardianto D. Telaah Komprehensif Diabetes Melitus: Klasifikasi, Gejala, Diagnosis, Pencegahan, dan Pengobatan. *J Bioteknologi Dan Biosains Indones*. 2021;7(2):304–17.
2. American Diabetes Association. 2. Classification and diagnosis of diabetes: Standards of medical care in diabetes-2021. *Diabetes Care*. 2021 Jan 1;44:S15–33.
3. Davies MJ, Aroda VR, Collins BS, Gabbay RA, Green J, Maruthur NM, et al. Management of Hyperglycemia in Type 2 Diabetes, 2022. A Consensus Report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). *Diabetes Care*. 2022;45(11):2753–86.
4. Widiasari KR, Wijaya IMK, Suputra PA. Diabetes Melitus Tipe 2: Faktor Risiko, Diagnosis, Dan Tatalaksana. *Ganesha Med*. 2021;1(2):114.
5. Miranda S, Marques A. Pilates in noncommunicable diseases: A systematic review of its effects [Internet]. Vol. 39, *Complementary Therapies in Medicine*. Elsevier Ltd; 2018. 114–130 p. Available from: <https://doi.org/10.1016/j.ctim.2018.05.018>
6. Khan MAB, Hashim MJ, King JK, Govender RD, Mustafa H AKJ. Epidemiology of Type 2 Diabetes - Global Burden of Disease and Forecasted Trends. *J Epidemiol Glob Heal*. 2020;10(1):107–11.
7. Lin WH, Hsu CH, Chen HF, Liu CC, Li CY. Mortality of patients with type 2 diabetes in Taiwan: A 10-year nationwide follow-up study. *Diabetes Res Clin Pract* [Internet]. 2015;107(1):178–86. Available from: <http://dx.doi.org/10.1016/j.diabres.2014.09.021>
8. BKKP. Survei Kesehatan Indonesia (SKI). Kemenkes. 2023. 1–965 p.
9. Kusumastiwi T, Suryani L, P DA. Meningkatkan Kesehatan Mental Penderita Diabetes Melitus di Komunitas dengan Kegiatan Kelompok Swabantu (Self Help Group). *J Surya Masy*. 2019;1(2):92.
10. Donsu JD, Kesehatan Kemenkes Yogyakarta P. Simtom Depresi dan Diabetes Mellitus: sebuah Comorbidity. 2012;20(2):1–8.
11. Rismawati Saleh, Maryunis, Murtini. Gambaran Tingkat Kecemasan, Depresi, dan Stres pada Penderita Diabetes Mellitus. *Wind Nurs J*. 2022;01(02):87–97.
12. Paudel S, Khanal SP, Gautam S, Chalise A, Koirala TN, Marahatta SB. Anxiety and depression among people with type 2 diabetes visiting diabetes clinics of Pokhara Metropolitan, Nepal: A cross-sectional study. *BMJ Open*. 2023;13(1):1–12.
13. Alzahrani A, Alghamdi A, Alqarni T, Alshareef R, Alzahrani A. Prevalence and predictors of depression, anxiety, and stress symptoms among patients

- with type II diabetes attending primary healthcare centers in the western region of Saudi Arabia: A cross-sectional study. *Int J Ment Health Syst* [Internet]. 2019;13(1):1–7. Available from: <https://doi.org/10.1186/s13033-019-0307-6>
14. Putri DT. Faktor Dominan Yang Menyebabkan Kecemasan Pada Pasien Diabetes Mellitus di Wilayah Kerja Puskesmas Tuban. *J Multidisiplin Indones*. 2023;2(8):2009–16.
 15. Robinson DJ, Coons M, Haensel H, Vallis M, Yale JF. 2018 Clinical Practice Guidelines: Diabetes and Mental Health. *Can J Diabetes* [Internet]. 2018;42:S130–41. Available from: <https://doi.org/10.1016/j.cjcd.2017.10.031>
 16. Mascott C. Diabetes distress. *Diabetes Self Manag*. 2014;31(5):68–70.
 17. Corriere M, Rooparinesingh N, Kalyani RR. Epidemiology of diabetes and diabetes complications in the elderly: An emerging public health burden. *Curr Diab Rep*. 2013;13(6):805–13.
 18. Trento M, Raballo M, Trevisan M, Sicuro J, Passera P, Cirio L, et al. A cross-sectional survey of depression, anxiety, and cognitive function in patients with type 2 diabetes. *Acta Diabetol*. 2012;49(3):199–203.
 19. Chaturvedi SK, Manche Gowda S, Ahmed HU, Alosaimi FD, Andreone N, Bobrov A, et al. More anxious than depressed: Prevalence and correlates in a 15-nation study of anxiety disorders in people with type 2 diabetes mellitus. *Gen Psychiatry*. 2019;32(4):1–9.
 20. Maimaituerxun R, Chen W, Xiang J, Xie Y, Kaminga AC, Wu XY, et al. Prevalence of Anxiety and Associated Factors Among Inpatients with Type 2 Diabetes Mellitus in China: A Cross-Sectional Study. *Psychiatr Q*. 2023;94(3):371–83.
 21. Kang W. Investigating the association between diabetes and mental health: A train-and-test approach. *Front Psychiatry*. 2022;13(5).
 22. Robinson DJ, Coons M, Haensel H, Vallis M, Yale JF. Diabetes and Mental Health. *Can J Diabetes* [Internet]. 2018;42:S130–41. Available from: <https://doi.org/10.1016/j.cjcd.2017.10.031>
 23. Liu X, Haagsma J, Sijbrands E, Buijks H, Boogaard L, Mackenbach JP, et al. Anxiety and depression in diabetes care: longitudinal associations with health-related quality of life. *Sci Rep*. 2020;10(1):1–9.
 24. Kian AA, Vahdani B, Noorbala AA, Nejtisafa A, Arbabi M, Zenoozian S, et al. The impact of mindfulness-based stress reduction on emotional wellbeing and glycemic control of patients with type 2 diabetes mellitus. *J Diabetes Res*. 2018;2018:6–11.
 25. Mosaku K, Kolawole B, Mume C, Ikem R. Depression, anxiety and quality of life among diabetic patients: A comparative study. *J Natl Med Assoc* [Internet]. 2008;100(1):73–8. Available from: [http://dx.doi.org/10.1016/S0027-9684\(15\)31178-0](http://dx.doi.org/10.1016/S0027-9684(15)31178-0)

26. Putra Sagala DS, Gandaria Purba AS, Meriani Damanik C, Gultom SH. Tingkat Kecemasan Dengan Kualitas Hidup Pada Pasien Diabetes Melitus Tipe Ii Di Rumah Sakit Umum Imelda Pekerja Indonesia. *J Public Heal Sci.* 2024;1(2):157–63.
27. International Diabetes Federation. IDF Diabetes Atlas 10th edition [Internet]. 2021. Available from: www.diabetesatlas.org
28. Sun X, Yu W, Hu C. Genetics of type 2 diabetes: Insights into the pathogenesis and its clinical application. *Biomed Res Int.* 2014;2014(Table 1).
29. Kaul N, Ali S. Genes, Genetics, and Environment in Type 2 Diabetes: Implication in Personalized Medicine. *DNA Cell Biol.* 2016;35(1):1–12.
30. Syamsurizal S. Type-2 Diabetes Mellitus of Degenerative Disease. *Bioscience.* 2018;2(1):34.
31. Galindo RJ, Trujillo JM, Low Wang CC, McCoy RG. Advances in the management of type 2 diabetes in adults. *BMJ Med.* 2023;2(1):e000372.
32. Ferrari AJ, Santomauro DF, Aali A, Abate YH, Abbafati C, Abastabar H, et al. Global incidence, prevalence, years lived with disability (YLDs), disability-adjusted life-years (DALYs), and healthy life expectancy (HALE) for 371 diseases and injuries in 204 countries and territories and 811 subnational locations, 1990–2021: a systema. *Lancet.* 2024;403(10440):2133–61.
33. Galicia-garcia U, Benito-vicente A, Jebari S, Larrea-sebal A. *Costus ignus*: Insulin plant and it's preparations as remedial approach for diabetes mellitus. *Int J Mol Sci.* 2020;1–34.
34. Federation ID. Genetic risk variants lead to type 2 diabetes development through different pathways. *Nature.* 2024;(April).
35. Schnurr TM, Jakupović H, Carrasquilla GD, Ängquist L, Grarup N, Sørensen TIA, et al. Obesity, unfavourable lifestyle and genetic risk of type 2 diabetes: a case-cohort study. *Diabetologia.* 2020;63(7):1324–32.
36. Yuan S, Li X, Liu Q, Wang Z, Jiang X, Burgess S, et al. Physical Activity, Sedentary Behavior, and Type 2 Diabetes: Mendelian Randomization Analysis. *J Endocr Soc* [Internet]. 2023;7(8):1–8. Available from: <https://doi.org/10.1210/jendso/bvad090>
37. Forouhi NG, Misra A, Mohan V, Taylor R, Yancy W. Dietary and nutritional approaches for prevention and management of type 2 diabetes. *BMJ* [Internet]. 2018;361(June):1–9. Available from: <http://dx.doi.org/doi:10.1136/bmj.k2234>
38. Centers for Disease Control and Prevention (CDC). Gestational diabetes. *Can Pharm J.* 2024;132(2):21.
39. Jia G, Sowers JR. Hypertension in Diabetes: An Update of Basic Mechanisms and Clinical Disease. *Hypertension.* 2021;78(5):1197–205.

40. Ladyani F, Triwahyuni T, Akbar R. Gambaran Kualitas Hidup Penderita Diabetes Melitus Tipe 2 di Klinik Ardhito Medika Kota Bandar Lampung. *Jurnalmalahayati*. 2023;10(12):3601–9.
41. Vlahovic B, Jha V, Stojanovic V, Vojinovic T, Dutta A, Dutta P, et al. Enhancing patient-centered care: Evaluating quality of life in type 2 diabetes management. *PLoS One* [Internet]. 2025;20(March):1–11. Available from: <https://doi.org/10.1371/journal.pone.0319369>
42. Wong FY, Yang L, Yuen JWM, Chang KKP, Wong FKY. Assessing quality of life using WHOQOL-BREF: A cross-sectional study on the association between quality of life and neighborhood environmental satisfaction, and the mediating effect of health-related behaviors. *BMC Public Health*. 2018;18(1):1–14.
43. Islam FMA. Gender difference in domain-specific quality of life measured by modified WHOQoL-BREF questionnaire and their associated factors among older adults in a rural district in Bangladesh. *PLoS One* [Internet]. 2025;20(1):1–23. Available from: <http://dx.doi.org/10.1371/journal.pone.0317113>
44. Raharja FT, Putra ON, Yusan LY, Pratama R, Farmasi PS, Farmasi F, et al. Pengukuran Kualitas Hidup dan Faktor yang Memengaruhinya Pada Pasien Diabetes Melitus Tipe 2 di Beberapa Puskesmas Kota Surabaya. 2024;20(4):613–23.
45. Castellano-Guerrero AM, Guerrero R, Ruiz-Aranda D, Perea S, Pumar A, Relimpio F, et al. Gender differences in quality of life in adults with long-standing type 1 diabetes mellitus. *Diabetol Metab Syndr* [Internet]. 2020;12(1):1–7. Available from: <https://doi.org/10.1186/s13098-020-00571-x>
46. Amalia M, Oktarina Y, Nurhusna N. Faktor-Faktor yang Mempengaruhi Kualitas Hidup Pasien Diabetes Melitus di Puskesmas Simpang IV Sipin Kota Jambi. *Jik J Ilmu Kesehat*. 2024;8(1):33.
47. Nisa H, Kurniawati P. Kualitas Hidup Penderita Diabetes Melitus Dan Faktor Determinannya. *Med Technol Public Heal J*. 2022;6(1):72–83.
48. Destriande IM, Faridah I, Oktania K, Rahman S. Faktor yang Mempengaruhi Kualitas Hidup pada Lanjut Usia. *J Psikol Wijaya Putra*. 2021;2(1):1–9.
49. Alwhaibi M. Depression, Anxiety, and Health-Related Quality of Life in Adults with Type 2 Diabetes. *J Clin Med* [Internet]. 2024;13(20). Available from: <http://www.ncbi.nlm.nih.gov/pubmed/39457978>
<http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=PMC11508767>
50. Chew BH, Mohd-Sidik S, Shariff-Ghazali S. Negative effects of diabetes-related distress on health-related quality of life: An evaluation among the adult patients with type 2 diabetes mellitus in three primary healthcare clinics in Malaysia. *Health Qual Life Outcomes* [Internet]. 2015;13(1). Available from: <http://dx.doi.org/10.1186/s12955-015-0384-4>

51. Holt RIG. Diabetes in psychiatric disease. *Med (United Kingdom)* [Internet]. 2019;47(2):123–6. Available from: <https://doi.org/10.1016/j.mpmed.2018.11.005>
52. Aji AS, Kurniawan ST, Kanita MW. Pengaruh Virtual Reality Terhadap Tingkat Kecemasan Mahasiswa Dalam Menghadapi Tugas Akhir di Masa Pandemi COVID-19. 2019;1–14. Available from: https://eprints.ukh.ac.id/id/eprint/1013/1/NASKAH_PUBLIKASI_AndreSetyaAji_S16005.pdf
53. Samsara A. Mengenal Kesehatan Jiwa. *Lautan Jiwa*. 2020;316.
54. Almokhtar A, Adwas, J.M, Jbireal, Azab Elsayed Azab. Anxiety: Insights into Signs, Symptoms, Etiology, Pathophysiology, and Treatment. *East African Sch J Med Sci*. 2019;02(10):580–580.
55. Halbreich U. Stress-related physical and mental disorders: a new paradigm. *BJPsych Adv*. 2021;27(3):145–52.
56. Mendoza LSM, Trujillo-Güiza M, Forero DA, Baez S. Health, psychosocial and cognitive factors associated with anxiety symptoms. *Curr Psychol*. 2024;43(26):22376–88.
57. Wu X, Zhang W, Li Y, Zheng L, Liu J, Jiang Y, et al. The influence of big five personality traits on anxiety: The chain mediating effect of general self-efficacy and academic burnout. *PLoS One* [Internet]. 2024;19(1 January):1–14. Available from: <http://dx.doi.org/10.1371/journal.pone.0295118>
58. Łoś K, Waszkiewicz N. Biological markers in anxiety disorders. *J Clin Med*. 2021;10(8).
59. Smoller JW. Anxiety genetics goes genomic. *Am J Psychiatry*. 2020;177(3):190–4.
60. Taporoski TP, Negrão AB, Horimoto ARVR, Duarte NE, Alvim RO, De Oliveira CM, et al. Shared genetic factors of anxiety and depression symptoms in a Brazilian family-based cohort, the Baependi heart study. *PLoS One*. 2015;10(12):1–10.
61. Dong J, Xiao T, Xu Q, Liang F, Gu S, Wang F, et al. Anxious Personality Traits: Perspectives from Basic Emotions and Neurotransmitters. *Brain Sci*. 2022;12(9):1–16.
62. Supriartna MA, Avianti N, Desmanianti, Rukman. Kecemasan Pasien Diabetes Mellitus Type 2: Literature Review Type 2 Diabetes Mellitus' Patient Anxiety : Study Literature Review. *J Keperawatan Indones Florence Nightingale*. 2022;2(1):44–50.
63. Id T, Salmi J, Mark N, Alexander E. Longitudinal single-subject neuroimaging study reveals effects of daily environmental , physiological , and lifestyle factors on functional brain connectivity. 2024. 1–69 p.
64. Yudono DT, Wardaningsih S, Kurniasari N. Pengaruh terapi psikoreligius (dzikir) dan progresive muscle relaxation dengan pendekatan caring terhadap

- kecemasan pada pasien tindakan kemoterapi. *Heal Sci Pharm J*. 2019;3(2):34.
65. Jafari A, Moshki M, Naddafi F, Ghelichi-Ghojogh M, Armanmehr V, Kazemi K, et al. Depression literacy, mental health literacy, and their relationship with psychological status and quality of life in patients with type 2 diabetes mellitus Alireza. *Front Psychol*. 2024;12.
 66. Albai O, Timar B, Braha A, Timar R. Predictive Factors of Anxiety and Depression in Patients with Type 2 Diabetes Mellitus. *J Clin Med*. 2024;13(10).
 67. Martino G, Catalano A, Bellone F, Russo GT, Vicario CM, Lasco A, et al. As time goes by: Anxiety negatively affects the perceived quality of life in patients with type 2 diabetes of long duration. *Front Psychol*. 2019;10(JULY):1–8.
 68. Anggraini DO, Endiana IDM, Kumalasari PD. Analisis Faktor Internal dan Eksternal yang Mempengaruhi Audit Delay. *J Kharisma*. 2022;4(1):105–16.
 69. Hohls JK, König HH, Quirke E, Hajek A. Anxiety, depression and quality of life—a systematic review of evidence from longitudinal observational studies. *Int J Environ Res Public Health*. 2021;18(22).
 70. Hohls JK, König HH, Quirke E, Hajek A. Association between anxiety, depression and quality of life: Study protocol for a systematic review of evidence from longitudinal studies. *BMJ Open*. 2019;9(3):1–5.
 71. Pedro Costa A, da Silva Brito I, Mestre TD, Matos Pires A, José Lopes M. Meshing Anxiety, Depression, Quality of Life, and Functionality in Chronic Disease. *Healthc*. 2025;13(5):1–15.
 72. Woon LSC, Sidi H Bin, Ravindran A, Gosse PJ, Mainland RL, Kaunismaa ES, et al. Depression, anxiety, and associated factors in patients with diabetes: Evidence from the anxiety, depression, and personality traits in diabetes mellitus (ADAPT-DM) study. *BMC Psychiatry*. 2020;20(1):1–14.
 73. Alzahrani O, Fletcher JP, Hitos K. Quality of life and mental health measurements among patients with type 2 diabetes mellitus: a systematic review. *Health Qual Life Outcomes* [Internet]. 2023;21(1):1–22. Available from: <https://doi.org/10.1186/s12955-023-02111-3>
 74. Simamora FA, Antoni A. Hubungan Lama Menderita Dan Komplikasi Dengan Ansietas Pada Penderita Diabetes Mellitus Tipe 2. *J Kesehat Ilm Indones*. 2018;3(2):67–75.
 75. Benmaamar S, Salhi H, El Harch I, Lazar N, Jho Diagne B, Maiouak M, et al. Hubungan tingkat kecemasan dengan kualitas hidup penderita diabetes melitus tipe II di Puskesmas Kalijaga Permai Kota Cirebon. *Open Access Libr J*. 2023;10(01):1–9.
 76. Benmaamar S, Salhi H, Harch I El, Lazar N, Diagne BJ, Maiouak M, et al. Comparison of Quality of Life, Depression and Anxiety According to the Type of Treatment in Type 2 Diabetes. *OALib*. 2023;10(04):1–9.

77. Khan P, Qayyum N, Malik F, Khan T, Khan M, Tahir A. Incidence of Anxiety and Depression Among Patients with Type 2 Diabetes and the Predicting Factors. *Cureus*. 2019;11(3).
78. Ali MM, Hariyati T, Pratiwi MY, Afifah S. Metodologi Penelitian Kuantitatif dan Penerapannya dalam Penelitian. *Educ Journal*2022. 2022;2(2):1–6.
79. Candra Susanto P, Ulfah Arini D, Yuntina L, Panatap Soehaditama J, Nuraeni N. Konsep Penelitian Kuantitatif: Populasi, Sampel, dan Analisis Data (Sebuah Tinjauan Pustaka). *J Ilmu Multidisplin*. 2024;3(1):1–12.
80. Amin, Nur Fadilah; Garancang, Sabaruddin; Abunawas K. Buku Ajar Statistika Dasar. *KONSEP UMUM Popul DAN SAMPEL DALAM Penelit*. 2023;14(1):15–31.
81. Tat F, Herwanti E, Debora Ratu Ludji I, Cendradevi Nugroho F, Febriyanti T, Banase E. Buku Ajar Etika Keperawatan [Internet]. Sustainability (Switzerland). CV. MEDIA SAINS INDONESIA; 2022. 1–260 p. Available from: http://scioteca.caf.com/bitstream/handle/123456789/1091/RED2017-Eng-8ene.pdf?sequence=12&isAllowed=y%0Ahttp://dx.doi.org/10.1016/j.regsciurbeco.2008.06.005%0Ahttps://www.researchgate.net/publication/305320484_SISTEM_PEMBETUNGAN_TERPUSAT_STRATEGI_MELESTARI
82. Musrifatul U, Nasrullah D, dkk. Modul Kuliah Etika Keperawatan. UMSurabaya Publishing; 2020. 1–67 p.
83. Svenningsson I, Björkelund C, Marklund B, Gedda B. Anxiety and depression in obese and normal-weight individuals with diabetes type 2: A gender perspective. *Scand J Caring Sci*. 2012;26(2):349–54.
84. Bangasser DA. Sex differences in stress-related receptors: “Micro” differences with “macro” implications for mood and anxiety disorders. *Biol Sex Differ*. 2013;4(1):1–13.
85. Naranjo C, Ortega-Jiménez P, del Reguero L, Moratalla G, Failde I. Relationship between diabetic neuropathic pain and comorbidity. Their impact on pain intensity, diabetes complications and quality of life in patients with type-2 diabetes mellitus. *Diabetes Res Clin Pract*. 2020;165.
86. Sari Y, Isworo A, Upoyo AS, Taufik A, Setiyani R, Swasti KG, et al. The differences in health-related quality of life between younger and older adults and its associated factors in patients with type 2 diabetes mellitus in Indonesia. *Health Qual Life Outcomes* [Internet]. 2021;19(1):1–10. Available from: <https://doi.org/10.1186/s12955-021-01756-2>
87. Homady A, Albasheer O, Bajawi A, Hamdi S, Awaf A, Madkhali T, et al. Health-related Quality of Life among Type 2 Diabetes Patients in Southern Province of Saudi Arabia using WHOQOL-BREF: A Cross-section Study. *Curr Diabetes Rev*. 2022;19(7).
88. Cakmak S, Gen E. Relationship between quality of life, depression and

- anxiety in type 1 and type 2 diabetes. *Dusunen Adam - J Psychiatry Neurol Sci.* 2020;33(2):155–69.
89. Brouwer S, van Zon SKR, Bültmann U, Riese H, Jeronimus BF. Personality as a resource for labor market participation among individuals with chronic health conditions. *Int J Environ Res Public Health.* 2020;17(17):1–15.
 90. Alshammari F, Ansari M, Khan KU, Neupane D, Hussain A, Anwar S, et al. Health-related quality of life among people with diabetes: A cross-sectional study in Hail region, Saudi Arabia. *PLoS One [Internet].* 2024;19(5 May):1–16. Available from: <http://dx.doi.org/10.1371/journal.pone.0299995>
 91. Obo H, Kugbey N, Atefoe E. Social support, depression, anxiety, and quality of life among persons living with type 2 diabetes: a path analysis. *South African J Psychol.* 2021;51(4):575–86.
 92. Rastkar M, Jalalifar E. The association between marital quality and diabetes mellitus: A systematic review. *Heal Sci Reports.* 2023;6(2):1–12.
 93. Karimi MA, Binaei S, Hashemi SH, Refahi P, Olama E, Olama E, et al. Marital status and risk of type 2 diabetes among middle-aged and elderly population: a systematic review and meta-analysis. *Front Med.* 2024;11(January).
 94. Badura-Brzoza K, Głowczyński P, Piegza M, Błachut M, Nabrdalik K, Gumprecht J, et al. Comparative assessment of the relationship between emotional factors and quality of life in a group of patients with type 1 and type 2 diabetes - preliminary report. *Psychiatr Pol.* 2022;56(1):123–35.
 95. Vassou C, Tsiampalis T, Georgousopoulou EN, Chrysohoou C, Yannakoulia M, Pitsavos C, et al. Association Between Family History of Diabetes, Irrational Beliefs, and Health Anxiety with 10-Year Risk of Type 2 Diabetes Mellitus: the ATTICA Epidemiological Study (2002–2012). *Int J Behav Med [Internet].* 2024;31(4):516–26. Available from: <https://doi.org/10.1007/s12529-023-10189-8>
 96. Monod C, Kotzaeridi G, Linder T, Eppel D, Rosicky I, Filippi V, et al. Prevalence of gestational diabetes mellitus in women with a family history of type 2 diabetes in first- and second-degree relatives. *Acta Diabetol [Internet].* 2023;60(3):345–51. Available from: <https://doi.org/10.1007/s00592-022-02011-w>
 97. Rhee SY, Kim JY, Woo JT, Kim YS, Kim SH. Familial clustering of type 2 diabetes in Korean women with gestational diabetes mellitus. *Korean J Intern Med.* 2010;25(3):269–72.
 98. Esubalew H, Belachew A, Seid Y, Wondmagegn H, Temesgen K, Ayele T. Health-Related Quality of Life Among Type 2 Diabetes Mellitus Patients Using the 36-Item Short Form Health Survey (SF-36) in Central Ethiopia: A Multicenter Study. *Diabetes, Metab Syndr Obes.* 2024;17:1039–49.
 99. Perez-Siguas R, Matta-Solis H, Matta-Solis E. Quality of life in diabetics who attend the outpatient clinic of a hospital in North Lima. *Int J Adv Appl*

- Sci. 2023;10(2):7–11.
100. Aryal S, Bhandari R, Paudel S, Khadka R, Adhikari S, Kaphle M. Good Quality of Life among People Living with Diabetes Mellitus Visiting the Outpatient Department of Endocrinology in a Tertiary Care Centre. *J Nepal Med Assoc.* 2023;61(268):945–8.
 101. Mathiesen AS, Egerod I, Jensen T, Kaldan G, Langberg H, Thomsen T. Psychosocial interventions for reducing diabetes distress in vulnerable people with type 2 diabetes mellitus: A systematic review and meta-analysis. *Diabetes, Metab Syndr Obes.* 2019;12:19–33.
 102. Beatrix R, Lilla H, Flóra S, Tamás V, Csaba L, Anett D. Association of diabetes mellitus with depression, anxiety and quality of life. *Orv Hetil.* 2022;163(45):1789–97.
 103. Khan AA, Kanwal S, Khan JA, Aamir AH. Anxiety status in outpatients of type-2 diabetes mellitus. *Pakistan J Med Sci.* 2025;41(3):774–9.
 104. Theorell T. Psychosocial stressors in psychosomatic cardiology: A narrative review. *Hear Mind.* 2022;6(4):211–8.
 105. Xu H, Chen Q. The bidirectional influence between type 2 diabetes mellitus and the state of depression and anxiety. *J Affect Disord [Internet].* 2025;386(39):119467. Available from: <https://doi.org/10.1016/j.jad.2025.119467>
 106. Abualhamael SA, Baig M, Alghamdi W, Gazzaz ZJ, Al-Hayani M, Bazi A. Quality of life, stress, anxiety and depression and associated factors among people with type 2 diabetes mellitus in Western region Saudi Arabia. *Front Psychiatry.* 2023;14(January):1–11.
 107. Tampai DD, Lainsamputty F, Katiandagho Y. Hubungan stres dengan Kualitas Hidup pada Penderita DM Tipe 2 di Kabupaten Poso. *J Islam Med.* 2021;5(2):141–54.
 108. Dhillon H, Nordin R Bin, Ramadas A. Quality of life and associated factors among primary care Asian patients with type 2 diabetes mellitus. *Int J Environ Res Public Health.* 2019;16(19).
 109. Spasić A, Radovanović RV, Dordević AC, Stefanović N, Cvetković T. Quality of life in type 2 diabetic patients. *Acta Fac Medicae Naissensis.* 2014;31(3):193–200.
 110. Shalihin MSE, Fauzi A, Zulkifli NA, Abdul Aziz AA, Md Aris MA, Omar AM, et al. Diabetes Quality of Life Among Elderly Diabetic Patients and Its Associations. *Malaysian J Med Heal Sci.* 2022;18(s19):22–31.
 111. Tripathi P, Sharma B, Kadam N, Tiwari D, Kathrikolly T, Vyawahare A, et al. Improvement in symptoms of anxiety and depression in individuals with type 2 diabetes: retrospective analysis of an intensive lifestyle modification program. *BMC Psychiatry.* 2024;24(1):714.
 112. Eshete A, Mohammed S, Deresse T, Kifleyohans T, Assefa Y. Association

- of stress management behavior and diabetic self-care practice among diabetes type II patients in North Shoa Zone: a cross-sectional study. *BMC Health Serv Res.* 2023;23(1):1–7.
113. Dong D, Lou P, Wang J, Zhang P, Sun J, Chang G, et al. Interaction of sleep quality and anxiety on quality of life in individuals with type 2 diabetes mellitus. *Health Qual Life Outcomes.* 2020;18(1):1–7.
 114. Hakimi H, Abadi PA, Momeni M, Hakimi C, Abadi HA, Momeni M. Association Between Fear of Hypoglycemia and Treatment Satisfaction Among Patients With Diabetes Mellitus. 2024;10(1):35–44.
 115. Saatci E, Tahmiscioglu G, Bozdemir N, Akpınar E, Özcan S, Kurdak H. The well-being and treatment satisfaction of diabetic patients in primary care. *Health Qual Life Outcomes.* 2010;8:1–8.
 116. da Silva BB, Lima MH de M, Saidel MGB. Mental health nursing care for people with diabetes mellitus: An integrative review. *Rev Lat Am Enfermagem.* 2023;31.
 117. Velázquez-Jurado H, Flores-Torres A, Pérez-Peralta L, Salinas-Rivera E, Valle-Nava MD, Arcila-Martinez D, et al. Cognitive behavioral treatment to improve psychological adjustment in people recently diagnosed with type 2 diabetes: Psychological treatment in type 2 diabetes. *Heal Psychol Behav Med.* 2023;11(1).
 118. Ee CC, Al-Kanini I, Armour M, Piya MK, McMorrow R, Rao VS, et al. Mindfulness-based interventions for adults with type 2 diabetes mellitus: A systematic review and meta-analysis. *Integr Med Res [Internet].* 2025;14(2):101138. Available from: <https://doi.org/10.1016/j.imr.2025.101138>