

## Referensi

- Aggarwal, S., Wright, J., Morgan, A., Patton, G., & Reavley, N. (2023). Religiosity and spirituality in the prevention and management of depression and anxiety in young people: a systematic review and meta-analysis. *BMC psychiatry*, 23(1), 729.
- Brett, J. D., Zarei, M., Preece, D. A., Becerra, R., Gross, J. J., & Mazidi, M. (2025). How alexithymia increases mental health symptoms in adolescence: Longitudinal evidence for the mediating role of emotion regulation. *Affective Science*, 6(3), 428-437.
- Pardede, J. A., & Hasibuan, E. K. (2020). Lamanya perawatan pasien skizofrenia rawat jalan dengan tingkat stres keluarga. *Indonesian Trust Health Journal*, 3(1), 283-288.
- Arboleya-Faedo, T., González-Menéndez, A., González-Pando, D., Paino, M., & Alonso-Pérez, F. (2023). Experiences of self-stigma in people with chronic psychosis: A qualitative study. *International journal of environmental research and public health*, 20(9), 5688.
- Carswell, C., Brown, J. V. E., Lister, J., Ajjan, R. A., Alderson, S. L., Balogun-Katung, A., ... & DIAMONDS Research Team. (2022). The lived experience of severe mental illness and long-term conditions: a qualitative exploration of service user, carer, and healthcare professional perspectives on self-managing co-existing mental and physical conditions. *BMC psychiatry*, 22(1), 479.
- Endah, L. S., Enggal, H. K., Erti, I. D., & Fitrio, D. (2024). Family Function And Self-Harm Behavior In Early Adolescents: A Cross-Sectional Study. *Psychiatry*, 6(2), 62-70.
- Escelsior, A., Murri, M. B., Corsini, G. P., Serafini, G., Aguglia, A., Zampogna, D., ... & Amore, M. (2021). Cannabinoid use and self-injurious behaviours: A systematic review and meta-analysis. *Journal of Affective Disorders*, 278, 85-98.
- Faught, G. G., Phillips, B. A., & Conners, F. A. (2022). Permissive parenting mediates parental stress and child emotions in families of children with Down syndrome. *Journal of Applied Research in Intellectual Disabilities*, 35(6), 1418-1428.
- He, K., Chen, L., Fan, H., Sun, L., Yang, T., Liu, H., & Wang, K. (2025). Effects of rumination and emotional regulation on non-suicidal self-injury behaviors in depressed adolescents in China: a multicenter study. *Psychology research and behavior management*, 271-279.
- Hu, J., Zhang, J., Hu, L., Yu, H., & Xu, J. (2021). Art therapy: a complementary treatment for mental disorders. *Frontiers in psychology*, 12, 686005.
- Iyanda, A., Iyanda, O., & Salami, T. (2026). Associations between family and peer self-harm exposure and self-harm behaviors among young adults: Findings from the SSNE study. *Journal of Affective Disorders*, 121782.
- Jeżuchowska, A., Schneider-Matyka, D., Rachubińska, K., Regina, A., Panczyk, M., Ćwiek, D., ... & Cybulska, A. M. (2024). Coping strategies and adherence in people with mood disorder: a cross-sectional study. *Frontiers in Psychiatry*, 15, 1400951.
- Kandsperger, S., Schleicher, D., Ecker, A., Keck, F., Bentheimer, S., Brunner, R., & Jarvers, I. (2022). Emotional reactivity in adolescents with non-suicidal self-

- injury and its predictors: a longitudinal study. *Frontiers in psychiatry*, *13*, 902964.
- Mancini, C. J., Quilliam, V., Camilleri, C., & Sammut, S. (2023). Spirituality and negative religious coping, but not positive religious coping, differentially mediate the relationship between scrupulosity and mental health: A cross-sectional study. *Journal of Affective Disorders Reports*, *14*, 100680.
- Melanda, N., Rahman, S., Tasalim, R., & Riduansyah, M. (2024). Efektivitas Pemberian Terapi Dzikir Terhadap Penurunan Resiko Self Harm Pada Remaja. *Jurnal Keperawatan Jiwa*, *12*(4), 823-828.
- Qian, H., Shu, C., Feng, L., Xiang, J., Guo, Y., & Wang, G. (2022). Childhood maltreatment, stressful life events, cognitive emotion regulation strategies, and non-suicidal self-injury in adolescents and young adults with first-episode depressive disorder: direct and indirect pathways. *Frontiers in psychiatry*, *13*, 838693.
- Ruan, Q. N., Liu, L., Shen, G. H., Wu, Y. W., & Yan, W. J. (2024). Alexithymia and peer victimisation: interconnected pathways to adolescent non-suicidal self-injury. *BJPsych open*, *10*(2), e46.
- Sellers, C. M., Díaz-Valdés, A., Oliver, M. M., Simon, K. M., & O'Brien, K. H. M. (2021). The relationship between alcohol and cannabis use with nonsuicidal self-injury among adolescent inpatients: Examining the 90 days prior to psychiatric hospitalization. *Addictive behaviors*, *114*, 106759.
- Skjærpe, J. N., Hegelstad, W. T. V., Joa, I., & Storm, M. (2023). Exploring key determinants of health among individuals with serious mental illness: qualitative insights from a first episode psychosis cohort, 20 years postdiagnosis. *BMC psychiatry*, *23*(1), 784.
- Vezmar, M., Ćirović, N., Sudar, B., Buzejić, J., Jovanović, T., Radanović, A., & Vezmar, M. (2024). The effectiveness of group art therapy in a clinically heterogeneous sample: Randomized controlled trial. *The Arts in Psychotherapy*, *89*, 102150.
- Wahyuningsih, D., & Subagyo, W. (2022). Stressors and coping mechanisms of people with mental disorders in the community. *Frontiers of Nursing*, *9*(3), 335-342.
- Wan, Z., Fang, S., & Zhao, C. (2025). The effect of interparental conflict on non-suicidal self-injury in middle school students: a moderated mediation model of self-esteem and regulatory emotional self-efficacy. *BMC psychology*, *13*(1), 384.
- Wang, Q. (2025). Adolescent non-suicidal self-injury from Bowen's family systems theory: Interparental conflict, parent-child triangulation, and differentiation of self. *Journal of Affective Disorders*, 120824.
- Waty, S. (2018). Analisis faktor yang berhubungan dengan strategi koping pada pasien Skizofrenia di Kota Sungai Penuh Tahun 2017. *Indonesian Journal for Health Sciences*, *2*(1), 26-45.
- World Health Organization. (2025). *Suicide worldwide in 2021: global health estimates*. World Health Organization.
- WuIandari, B., & Ediati, A. (2023, October). The use of art therapy for reducing self-injury behavior: a systematic review. In *Proceedings of International Conference on Psychological Studies (ICPsyche)* (Vol. 4, pp. 239-247).
- Yang, S. Y., Lee, D., Jeong, H., Cho, Y., Ahn, J. E., Hong, K. S., & Baek, J. H.

(2022). Comparison of patterns of non-suicidal self-injury and emotion dysregulation across mood disorder subtypes. *Frontiers in psychiatry*, 13, 757933.