

Referensi

- Asyafina, N., & Salam, N. E. (2022). Fenomena Mahasiswa Pelaku Self Harm di Kota Pekanbaru. *Jurnal Pendidikan Tambusai*, 6(3), 13930–13936.
- Clapham, R., & Brausch, A. (2022). Emotion regulation deficits across the spectrum of self-harm. *Death Stud*, 46(10), 2477–2484. <https://doi.org/https://doi.org/10.1080/07481187.2021.1972366>
- Farkas, F. B., Zsofia, K. T., Kollárovcis, N., & Balázs, J. (2024). The prevalence of self - injury in adolescence : a systematic review and meta - analysis. *European Child & Adolescent Psychiatry*, 33(10), 3439–3458. <https://doi.org/10.1007/s00787-023-02264-y>
- Haw, R., Hartley, S., Trelfa, S., & Taylor, P. (2023). A systematic review and meta-ethnography to explore people’s experiences of psychotherapy for self-harm. *British Journal of Clinical Psychology*, 62(2), 392–410. <https://doi.org/https://doi.org/10.1111/bjc.12414>
- Jerome, L., Masood, S., Henden, J., Bird, V., & Ougrin, D. (2024). Solution-focused approaches for treating self-injurious thoughts and behaviours: a scoping review. *MC Psychiatry*, 24(646), 1–16. <https://doi.org/doi:10.1186/s12888-024-06101-7>
- Kuehn, K. S., Dora, J., Harned, Melanie S, Foster, K. T., Song, F., Smith, M. R., & King, K. M. (2022). A meta-analysis on the affect regulation function of real-time self-injurious thoughts and behaviours. *Nat Hum Behav*, 6(7), 964–974. <https://doi.org/https://doi.org/10.1038/s41562-022-01340-8>
- Maoz, H., Sabbag, R., Krieger, I., Mendlovic, S., & Shefet, D. (2022). The Impact of a Continuity-of-Care Model From Hospitalization to Outpatient Clinic for Patients With Severe Mental Illness. *Psychiatric Services*, 74(5), 551–554. <https://doi.org/https://doi.org/10.1176/appi.ps.202100508>
- Nailussa, F., Maria, M., Pratiwi, S., & Winta, M. V. I. (2026). Dinamika Regulasi Emosi pada Dewasa Awal yang Pernah Melakukan Self Harm. *Jurnal Anestesi: Jurnal Ilmu Kesehatan Dan Kedokteran*, 4(2), 238–255.
- National Institute for Health and Care Excellence (NICE). (2022). *Self-harm: assessment, management and preventing recurrence* (NICE Guide).
- Putri, M. A. (2022). Psikoedukasi Bahaya Gangguan Psikologis Non-Suicidal Self Injury (Peningkatan Kesadaran Mengenai Perilaku Menyakiti Diri Sendiri). *Jurnal Pengabdian Kepada Masyarakat Universitas Pancasila*, 2(1), 33–41.
- Sass, C., Brennan, C., Farley, K., Crosby, H., Lopez, Rocio Rodriguez Romeu, D., Mitchell, E., House, A., & Guthrie, E. (2022). Valued attributes of professional support for people who repeatedly self-harm: A systematic review and meta-synthesis of first-hand accounts. *J Ment Health Nurs*, 31(2), 424–441. <https://doi.org/https://doi.org/10.1111/inm.12969>
- Thesalonika, & Apsari, N. C. (2022). Perilaku Self-harm atau Melukai Diri Sendiri yang Dilakukan oleh Remaja (Self-harm or Self-injuring Behavior by

Adolescents). *Jurnal Pekerjaan Sosial*, 4(2), 213–224.

Townsend, M. L., Matthews, E. L., & Grenyer, B. F. (2022). Adolescent self-harm: Parents' experiences of supporting their child and help-seeking. *Journal of Child and Health Care*, 27(4), 516–530. <https://doi.org/10.1177/13674935211062334>

Wand, A. P., Browne, R., & Peisah, C. (2022). A systematic review of evidence-based aftercare for older adults following self-harm. *Australian & New Zealand Journal of Psychiatry*, 56(11), 1398–1420. <https://doi.org/10.1177/00048674211067165>

Yudiyasiwi, F. R., Rachmah, N., & Anganthi, N. (2024). The role of family harmony, emotion-focused coping, stressful life events on non-suicidal self-injury behavior in adolescents. *Jurnal Ilmiah Psikologi Terapan*, 12(1), 60–68. <https://doi.org/10.22219/jipt.v12i1.29766>

Yulianti, T. S., & Andika, I. P. J. (2024). Analisis Kesehatan Mental Mahasiswa Sekolah Tinggi Ilmu Kesehatan Panti Kosala. *Jurnal Ilmu Kesehatan*, 12(2), 277–287.