

DAFTAR PUSTAKA

1. W.H.O. Nutrition in adolescence issues and challenges for the health sector. 2023; Retrieved from <http://whqlibdoc.who.int/publications/2023//>.
2. Gam R. T, Singh S. K, Manar M, Kar S. K, Gupta A. *Body shaming* among school-going adolescents: Prevalence and predictors. *International Journal Community Medicine Public Health*. 2020;7(4):1324. doi:10.18203/2394-6040.ijcmph20201075
3. WHO. Obesity and overweight. World Health Organization. 2024. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>.
4. Unicef. Analisis lanskap kelebihan berat badan dan obesitas di indonesia. Unicef. 2023; Retrieved from <https://www.unicef.org/indonesia/media/16691/file/Ringkasan>.
5. Suryani, Widayati C. N, Setianda M. R. Pengaruh aktifitas fisik jalan kaki terhadap penurunan indeks massa tubuh pada remaja di dusun krajan desa jambon kecamatan pulokulon kabupaten grobogan. *Journal of TSCS1Kep*. 2020;5(2):15-24. doi:10.35720/tscs1kep.v5i2.237.
6. Puhl R, Suh Y. Health consequences of weight stigma: Implications for obesity prevention and treatment. *Curr Obes Rep*. 2021;4(2):182-190. doi:10.1007/s13679-015-0153-z.
7. Pont SJ, Rebecca P, Cook SR, et al. Stigma experienced by children and adolescents with obesity. *Pediatrics*. 2020; 140: 1–13. doi:10.1542/9781610022781
8. Ramadhani P, Purba A. W. D. Gambaran dampak psikologis *body shaming* pada remaja. *Islamika Granada*. 2024;4(2):77–82. doi:10.51849/ig.v4i2.179.
9. Astuti A. D, Mansoer W. W. D. Eksplorasi dampak negatif dan positif pengalaman *body shaming* melalui pendekatan autoetnografi. *J Psikol Ulayat*. 2021;8:266-289. doi:10.24854/jpu212.
10. Fulton M, Dadana S, Srinivasan V. N. Obesity, stigma, and discrimination. *StatPearls*. 2023; <https://www.ncbi.nlm.nih.gov/books/NBK576500/>
11. Palad C. J, Yarlagadda S, Stanford F. C. Weight stigma and its impact on paediatric care. *Curr Opin Endocrinol Diabetes Obes*. 2021;26(1):19-24. doi:10.1097/MED.0000000000000453.
12. W.H.O. The world health organization quality of life assessment. *Soc Sci Med*. 1995;41(10):1403-9. doi:10.1016/0277-9536(95)00112.
13. Cash T. F, Smolak L. Understanding body images historical and contemporary perspectives. *Body Image*. 2020;3-11. <https://www.guilford.com/p/cash2>.

14. Daniel C, Pervin L. A. Kepribadian: Teori dan penelitian. Jakarta: *Salemba Humanika*. 2019.
15. ZAP MarkPlus. Beauty index. Jakarta: *ZAP Clinic*.2020. p.1-36
16. Brewis A. A, Bruening M. Weight shame, social connection, and depressive symptoms in late adolescence. *International Journal of Environmental Research and Public Health*. 2021;15(5). doi:10.3390/ijerph15050891.
17. Masten A. S. Resilience theory and research on children and families: Past, present, and promise. *Journal of Family Theory & Review*. 2020;10(1):12-31. doi:10.1111/jftr.12255.
18. Palinggi N. P, Dewi E. M. P, Ridfah A. Gambaran resiliensi korban fat shaming. *Jurnal Psikologi Talenta Mahasiswa*. 2022;1(3):166–181. doi:10.26858/jtm.v1i3.31817.
19. Mangarengi Y. A, Murdiana S. Self-compassion in obese female students whom experienced *body shaming*. *Jurnal Ilmiah Psikologi*. 2024;12(1):42. doi:10.30872/psikoborneo.v12i1.12921.
20. Mosanya M. Buffering academic stress during the covid-19 pandemic related social isolation: Grit and growth mindset as protective factors against the impact of loneliness. *International Journal of Applied Positive Psychology*. 2021;6(2):159-174. doi:10.1007/s41042-020-00043-7.
21. Kissya T. A, Dewi N. S, Andriany M. Faktor penyebab *body shaming* pada remaja perempuan: Scoping review. *Jurnal Keperawatan*. 2024;16(2):511–518. doi:10.32583/keperawatan.v16i2.1456.
22. Frutos T. H. D, Vicén N. D. O. Factors of risk and protection/resilience in adolescent scholar bullying: Longitudinal analysis. *Revista Internacional de Sociología*. 2022;72(3):583-608. doi:10.3989/ris.2013.05.07.
23. Rich B. A, Shiffrin N. D, Cummings C. M, Zarger M. M, Berghorst L, Alvord M. K. Resilience-based intervention with underserved children: Impact on self-regulation in a randomized clinical trial in schools. *International Journal of Group Psychotherapy*. 2022;69(1):30-53. doi:10.1080/00207284.2018.1479187.
24. Cerolini S, Vacca M, Zegretti A, Zagaria A, Lombardo C. *Body shaming* and internalized weight bias as potential precursors of eating disorders in adolescents. *Front Psychology*. 2024;1502:1-9. doi:10.3389/fpsyg.2024.1356647.
25. García S. M. M, González A. P, Luengo G. R, et al. Promoting mental health in adolescents: Teens mental a nursing intervention program based in the positive mental health model. *Psychology International*. 2024;6(3):710-721. doi:10.3390/psycholint6030044.
26. Wulandari N. The role of self-concept and social support on resilience in

- college students who experienced *body shaming*. *International Journal of Research*. 2024;0425-11(4):157–166. doi:10.5281/zenodo.11062887.
27. Meitasya B. K, Sugiariyanti S. Body dissatisfaction in *overweight* adolescents: The role of self compassion and gender. *Developmental and Clinical Psychology*. 2023;4(1):29-36. doi:10.15294/dcp.v4i1.78927.
 28. Bianchi D, Schinelli A, Fatta L. M, Lonigro A, Lucidi F, Laghi F. Body image impact on quality of life and adolescents' binge eating: The indirect role of body image coping strategies. *Springer*. 2023;28(1). doi:10.1007/s40519-023-01607-7.
 29. Elfitasari T, Winta M. V. I. The role of self-esteem in mediating social anxiety on *body shaming* victims. *Journal Psychology*. 2022;11(2):249. doi:10.30872/psikostudia.v11i2.7405.
 30. WHO. Adolescent health. World Health Organization.
 31. Sawyer SM, Azzopardi PS, Wickremarathne D, Patton GC. The age of adolescence. *Lancet Child Adolesc Health*. 2020; 2(3):223-228. doi: 10.1016/S2352-4642(18)30022-1.
 32. Blakemore SJ. Adolescence and mental health. *Lancet*. 2019; 18;393(10185):2030-2031. doi: 10.1016/S0140-6736(19)31013-X.
 33. Steinberg LD. *Adolescence*. 12th ed. New York: *McGraw-Hill Education*; 2018 [Internet]. Sample chapter [cited 2025 Jan 05]. Available from: <https://www.mheducation.com/unitas/highered/sample-chapters/9781260058895.pdf>.
 34. Puhl RM, Lessard LM. Weight stigma in youth: prevalence, consequences, and considerations for clinical practice. *Curr Obes Rep*. 2020 Dec;9(4):402–411. doi:10.1007/s13679-020-00408-8.
 35. CDC Healthy Schools. Centers for disease control and prevention. *Youth physical activity guidelines toolkit*. 2017; Available from: <https://www.cdc.gov/physical-activity-education/guidelines/index.html>.
 36. Berliana M. N. Resiliensi remaja korban *body shaming*. *Psikologi, Univ Muhammadiyah Surakarta*. 2021;11(1):1-27. doi:10.1016/j.regsciurbeco.2008.06.005.
 37. World Health Organization. Promoting mental health: concepts, emerging evidence, practice: summary report [Internet]. *Geneva: World Health Organization*; 2005 [cited 2025 Aug 12]. Available from: <https://www.who.int/publications/i/item/9241562943>
 38. Gordon R. A, Crosnoe R, Wang X. Social and human capital in adolescence and young adulthood: Assets and distractions. *Monographs of the Society for Research in Child Development*. 2017;78(6):7–116. doi:10.1002/mono.12060

39. Kling J, Kwakkenbos L, Diedrichs P. C, et al. Systematic review of body image measures. *Body Image*. 2019;30:170-211. doi:10.1016/j.bodyim.2019.06.006
40. Alliance AHK-G. Global Matrix 4.0. 2022; Available from: <https://www.activehealthykids.org>.
41. Fauzia T, Rahmiaji L. Memahami pengalaman *body shaming* pada remaja perempuan. *Interaksi Online*. 2019;7(3):238-248. Available from: <https://ejournal3.undip.ac.id/index.php/interaksi-online/article/view/24148>.
42. Schlüter C, Kraag G, Schmidt J. *Body shaming*: An exploratory study on its definition and classification. *International Journal of Bullying Prevention*. 2023;5(1):26-37. doi:10.1007/s42380-021-00109-3.
43. Ramahardhila D, Supriyono S. Dampak *body shaming* pada citra diri remaja akhir perempuan. *Ideas Jurnal Pendidikan, Sosial, dan Budaya*. 2022;8(3):961. doi:10.32884/ideas.v8i3.952.
44. Puhl R, Suh Y. Stigma and eating and weight disorders. *Current Psychiatry Reports*. 2020;17(3):1-10. doi:10.1007/s11920-015-0552-6.
45. Ayuningbudi F. H. W, Hanami Y. Bullying and social support in elementary school students: A qualitative study. *Psymphatic: Jurnal Ilmiah Psikologi*. 2023;10(2):137-146. doi:10.15575/psy.v10i2.29451
46. Rogers C. B, Taylor J. J, Jafari N, Webb J. B. “No seconds for you!”: Exploring a sociocultural model of fat-talking in the presence of family involving restrictive/critical caregiver eating messages, relational body image, and anti-fat attitudes in college women. *Body Image*. 2019;30:56-63. doi:10.1016/j.bodyim.2019.05.004.
47. Rivero A, Killoren S. E, Kline G, Campione N. B. Negative messages from parents and sisters and latina college students’ body image shame. *Body Image*. 2022;42:98–109. doi:10.1016/j.bodyim.2022.05.011.
48. Muir S. R, Roberts L. D, Sheridan L, Coleman A. R. Examining the role of moral, emotional, behavioural, and personality factors in predicting online shaming. *PLoS One*. 2023;18:1-19. doi:10.1371/journal.pone.0279750.
49. Kurniawati Y, Lestari S. Beauty bullying or *body shaming*? upaya pencegahan *body shaming* pada remaja. *Plakat*. 2021;3(1):69. doi:10.30872/plakat.v3i1.5483.
50. Lucibello KM, Koulanova A, Pila E, et al. Exploring adolescent girls’ experiences of body talk in non-aesthetic sport. *J Adolesc*. 2021;89:63–73. doi:10.1016/j.adolescence.2021.05.003.
51. Lestari S. Bullying or *body shaming*? young women in patient body dysmorphic disorder. *Philanthropy: Journal of Psychology*. 2019;3(1):59. doi:10.26623/philanthropy.v3i1.1512.

52. Schluger A. E. *Body shaming: The effects and how to overcome it*. *HelpGuide.org* [Internet]. 2022; Available from: <https://www.helpguide.org/mental-health/wellbeing/body-shaming>.
53. Rahmawati A, Adyani K, Eka A. Differences in video media and flash card effectiveness on knowledge and attitudes about *body shaming* in adolescents. *Embrio*. 2021;13(1):28–38. doi:10.36456/embrio.v13i1.3311
54. Rusyda Y. A, Imelisa R, Noch B. I. Pengalaman siswi di SMK kesehatan mengalami *body shaming*. *Journal of Community Health*. 2022;2(1):1–7. doi:10.56922/chi.v2i1.1145.
55. Pont S. J, Puhl R, Cook S. R, Slusser W. Stigma experienced by children and adolescents with obesity. *Acta Paediatrica Espanola*. 2020;76(3-4):63. doi:10.1542/9781610022781-stigma.
56. Bharadwaj V. R, Aishwarya P, Akshaya S. R. Psychological effects of *body shaming* in adolescence. *International Journal for Research in Applied Science and Engineering Technology*. 2022 Nov;10(11):277–279. doi:10.22214/ijraset.2022.47314.
57. Karyanti M, Aminudin S. *Cyberbullying & body shaming*. Yogyakarta: *K Media*. 2019;ISBN 978-602-451-344-3. Available from: Indonesian National Library e-deposit.
58. Fatih F. Why weight matters: Addressing *body shaming* in the social justice community. *Columbia Social Work Review*. 2019;11(1):1-14. doi:10.1016/j.regsciurbeco.2008.06.005.
59. Reivich K, Shatté A. *The resilience factor: 7 essential skills for overcoming life's inevitable obstacles*. 1st ed. New York: *Broadway Books*. 2002; https://archive.org/details/resiliencefactor0000reiv_b8c7.
60. Luthar SS, Crossman EJ, Small PJ. Resilience and adversity. In: *Rutter's Child and Adolescent Psychiatry*. 6th ed. Oxford: *Wiley-Blackwell*; 2020. Epub ahead of print. doi:10.1002/9781118963418.childpsy307..
61. Reivich, K., & Shatté A. Faktor ketahanan: 7 keterampilan penting untuk mengatasi rintangan hidup yang tak terelakkan. *APA PsycInfo*.
62. Resnick B, Gwyther L. P, Roberto K. A. Resilience in aging: Concepts, research, and outcomes. *Springer*. 2011;doi:10.1007/978-1-4419-0232-0.
63. Marquez J, Francis-Hew L, Humphrey N. Protective factors for resilience in adolescence: Analysis of a longitudinal dataset using the residuals approach. *Child and Adolescent Psychiatry and Mental Health*. 2023;17(1). doi:10.1186/s13034-023-00687-8.
64. Ratnawati D, Setiawan A, Widyatuti , et al. Factors influencing adolescent resilience and human immunodeficiency virus-acquired immune deficiency syndrome prevention behavior: A cross-sectional study of adolescents. *Open*

65. Atak N. T, Bebiş H. Risk factors affecting the psychological resilience of adolescents in institutional care: A systematic review. *Psychiatry and Clinical Psychopharmacology*. 2024;34(3):252-264. doi:10.5152/pcp.2024.23782.
66. Rachmayanti R. D, Setiyawati D, Megatsari H, Diana R, Vinarti R. A, Dewi F. S. T. The impact of digital communication to improve adolescent resilience for preventing mental health problem: Protocol for scoping review. *JMIR Research Protocols*. 2024;13. doi:10.2196/58681.
67. Doumit J, Nasser R. Quality of life and wellbeing of the elderly in lebanese nursing homes. *International Journal of Health Care Quality Assurance*. 2020;23(1):72-93. doi:10.1108/09526861011010695.
68. Moons P, Marquet K, Budts W, et al. Validity, reliability and responsiveness of the Schedule for the Evaluation of Individual Quality of Life–Direct Weighting (SEIQoL-DW) in congenital heart disease. *Health Qual Life Outcomes*. 2020;2:27. doi:10.1186/1477-7525-2-27.
69. Hooper L, Telke S, Larson N, Mason S. M, Neumark-Sztainer D. Household food insecurity: Associations with disordered eating behaviours and *overweight* in a population-based sample of adolescents. *Public Health Nutrition*. 2020;23(17):3126-3135. doi:10.1017/S1368980020000464.
70. Sahoo K, Sahoo B, Choudhury A, Sofi N, Kumar R, Bhadoria A. Childhood obesity: Causes and consequences. *Journal of Family Medicine and Primary Care*. 2020;4(2):187. doi:10.4103/2249-4863.154628.
71. Seo W. S. Sleep problems and their association with *overweight* or obesity in children and adolescents. *Chronobiology in Medicine*. 2024;6(2):39-43. doi:10.33069/cim.2024.0011.
72. Andersen C. J, Murphy K. E, Fernandez M. L. Impact of obesity and metabolic syndrome on immunity. *Advances in Nutrition*. 2021;7(1):66-75. doi:10.3945/an.115.010207.
73. Mo Z, Wang H, Zhang B, Ding G, Popkin B. M, Du S. The effects of physical activity and sedentary behaviors on *overweight* and obesity among boys may differ from those among girls in china: An open cohort study. *The Journal of Nutrition*. 2022;152(5):1274-1282. doi:10.1093/jn/nxab446.
74. Gualdi-Russo E, Rinaldo N, Zaccagni L. Physical activity and body image perception in adolescents: A systematic review. *International Journal of Environmental Research and Public Health*. 2022;19(20). doi:10.3390/ijerph192013190.
75. Warnick J. L, Darling K. E, West C. E, Jones L, Jelalian E. Weight stigma and mental health in youth: A systematic review and meta-analysis. *Journal*

- of Pediatric Psychology*. 2022;47(3):237-255. doi:10.1093/jpepsy/jsab110.
76. Paulus F. W, Ohmann S, Möhler E, Plener P, Popow C. Emotional dysregulation in children and adolescents with psychiatric disorders: A narrative review. *Frontiers in Psychiatry*. 2021;12:10. doi:10.3389/fpsy.2021.628252.
 77. Morin G, Meilleur D. Association between emotion regulation and body image concerns in a group of adolescent boys: Interaction with the internalization of the sociocultural body ideal. *Journal of Emotional and Behavioral Disorders*. 2023; doi:10.1177/10634266231179434.
 78. Anisa R, Dewi Y. L. R, Prasetya H. Correlation between *overweight* and mental health in adolescents: A meta-analysis. *Journal of Epidemiology and Public Health*. 2022;7(4):535-551. doi:10.26911/jepublichealth.2022.07.04.10.
 79. Moreno V. J. M. Stigma experienced by children and adolescents with obesity. *Acta Pediatrica Espanola*. 2022;76(3-4):63. doi:10.1542/9781610022781
 80. Buratta L, Delvecchio E, Capurso M, Mazzeschi C. Health-related quality of life in children with *overweight* and obesity: An explorative study focused on school functioning and well-being. *The Journal of Continuing Education in Nursing*. 2023;4(1):96-104. doi:10.5334/cie.58.
 81. Herranz B. A, López D. M. R, Azcona S. J. C. Influence of *overweight* on the health-related quality of life in adolescents. *Anales de Pediatría*. 2015;82(3):131-138. doi:10.1016/j.anpedi.2014.06.019.
 82. Diao H, Wang H, Yang L, Li T. The impacts of multiple obesity-related interventions on quality of life in children and adolescents: A randomized controlled trial. *Health Quality Life Outcomes*. 2020;18(1):1-9. doi:10.1186/s12955-020-01459-0.
 83. Frisco M. L, Lybbert E. A, Muller C, Grodsky E, Robert W. J. Do high school experiences shape midlife body weight?. *Social Science & Medicine*. 2025;3671. doi:10.1016/j.socscimed.2025.117693.
 84. Nakken N, Spruit M. A, Wouters E. F. M, Janssen D. J. A. Family caregiving during 1-year follow-up in individuals with advanced chronic organ failure. *Scandinavian Journal of Caring Sciences*. 2015;29(4):734-744. doi:10.1111/scs.12204.
 85. Zhu M, Yu J, Zhang J, Yan Q, Liu Y. Evaluating vision-related quality of life in preoperative age-related cataract patients and analyzing its influencing factors in china: A cross-sectional study cataract and refractive surgery. *BMC Ophthalmology*. 2015;15(1):1-7. doi:10.1186/s12886-015-0150-8.
 86. Bain G. H, Lemmon H, Teunisse S, et al. Quality of life in healthy old age: Relationships with childhood, minor psychological symptoms and optimism.

- Social Psychiatry and Psychiatric Epidemiology*. 2020;38(11):632-636. doi:10.1007/s00127-003-0685-5.
87. Ruggeri M, Warner R, Bisoffi G, Fontecedro L. Subjective and objective dimensions of quality of life in psychiatric patients: A factor analytical approach. *British Journal of Psychiatry*. 2021 Mar;178(3):268–275. doi:10.1192/bjp.178.3.268.
 88. Wahl A. K, Rustøen T, Hanestad B. R, Lerdal A, Moum T. Quality of life in the general norwegian population, measured by the quality of life scale. *Quality of Life Research*. 2021;13(5):1001-1009. doi:10.1023/B:QURE.0000025583.28948.5b.
 89. Morys J. M, Bellwon J, Höfer S, Rynkiewicz A, Gruchala M. Quality of life in patients with coronary heart disease after myocardial infarction and with ischemic heart failure. *Archives of Medical Science*. 2016;12(2):326-333. doi:10.5114/aoms.2014.47881.
 90. Windle G, Bennett K. M. Caring relationships: How to promote resilience in challenging times. *The Social Ecology of Resilience*. 2012:1-463. doi:10.1007/978-1-4614-0586-3.
 91. Sugiyono. Metodologi penelitian kuantitatif, kualitatif dan R&D. *Bandung: Alfabeta*. 2020.
 92. Adnyana I. M. D. M. Desain penelitian kuantitatif. *Bandung: Media Sains Indonesia*. 2024..
 93. Hikmawati DF. Metodologi penelitian. *Depok: Rajawali Pers*. 2017.
 94. Kementerian Kesehatan Republik Indonesia. Pedoman umum pengendalian obesitas. *Jakarta: Kementerian Kesehatan RI*. 2015.
 95. Siegel J. A, Huellemann K. L, Calogero R. M, Roberts T. A. Psychometric properties and validation of the phenomenological body shame scale revised. *Body Image*. 2021;39:90-102. doi:10.1016/j.bodyim.2021.06.001.
 96. Dewi S. I, Islam U, Sunan N, Djati G. Pengaruh body shame terhadap tingkat kecemasan dengan variabel cognitive negative style sebagai mediator pada mahasiswa. *Body image*. 2022;10:1-10. doi:https://doi.org/10.1002/da.10113.
 97. Oshio A, Kaneko H, Nagamine S, Nakaya M. Construct validity of the adolescent resilience scale. *Psychological Reports*. 2003;12-93:1217-1222. doi:10.2466/pr0.2003.93.3f.1217.
 98. Putri G. H. F, Purba F. D. Psychometric properties of the indonesian version of youth quality of life-weight instrument. *Jurnal Pengukuran Psikologi dan Pendidikan Indonesia*. 2022;11(2):137-152. doi:10.15408/jp3i.v11i2.27219.
 99. Edwards T. C, Huebner C. E, Connell F. A, Patrick D. L. Adolescent quality of life, Part I: Conceptual and measurement model. *Journal of Adolescence*.

2022;25(3):275-286. doi:10.1006/jado.2002.0470.

100. Ishak S, Choirunissa R, Agustiawan, et al. Metodologi penelitian kesehatan. *Jakarta: Kementerian Kesehatan RI.* 2023; http://bppsdmk.kemkes.go.id/pusdiksdmk/wpcontent/uploads/2018/09/Metodologi-Penelitian-Kesehatan_SC.pdf.
101. Zulfa F, Dewi N. S. Hubungan religiusitas dengan resiliensi pada remaja muslim di kota semarang. *Semarang: Diponegoro Medical Journal.* 2019; <https://eprints.undip.ac.id/72809>.
102. Hasyim B. B. Resiliensi remaja putri korban bullying di semarang: Study deskriptif. *Jurnal Kesehatan Kusuma Husada.* 2020; 1-8. doi:10.34035/jk.v12i1.472.
103. Polit D. F, Beck C. T. Nursing research: Generating and assessing evidence for nursing practice. 11th ed. *Philadelphia: Wolters Kluwer.* 2020.
104. Field AP. Discovering statistics using spss: And sex and drugs and rock “n” roll. 2nd ed. *London: SAGE Publications.* 2023.
105. Tabachnick B. G, Fidell L. S. Using multivariate statistics. 6th ed. *Boston: Pearson Education.* 2020.
106. Ghasemi A, Zahediasl S. Normality tests for statistical analysis: A guide for non-statisticians. *International Journal of Endocrinology and Metabolism.* 2022;10(2):486-489. doi:10.5812/ijem.3505.
107. Juvonen J, Lessard LM, Schacter HL, Suchilt L. Emotional implications of weight stigma across middle school: the role of weight-based peer discrimination. *J Clin Child Adolesc Psychol.* 2020;46(1):150–158. doi:10.1080/15374416.2016.1188703.
108. Fan CW, Liu CH, Huang HH, Lin CY, Pakpour AH. Weight stigma model on quality of life among children in Hong Kong: a cross-sectional modeling study. *Front Psychol.* 2021. 22;12:629786. doi:10.3389/fpsyg.2021.629786.
109. Tomiyama AJ, Carr D, Granberg EM, Major B, Robinson E, Sutin AR, Brewis A. How and why weight stigma drives the obesity “epidemic” and harms health. *BMC Med.* 2020;16(1):123. doi:10.1186/s12916-018-1116-5.
110. Kim JY, Park BK. Relationships among self-esteem, ego-resilience, and caregiver burden among families of children with hematologic and oncologic disease: a cross-sectional study. *Heliyon.* 2023;9(12):e22652. doi:10.1016/j.heliyon.2023.e22652.
111. Danpho W, et al. Factors related to resilience of adolescents living in out-of home care: a cross-sectional study. *BMJ Paediatr Open.* 2025;9:e003238. doi:10.1136/bmjpo-2024-003238.
112. Maheri M, Alipour M, Rohban A, Garmaroudi G. The association of resilience with health-related quality of life (HRQoL) in adolescent students.

Int J Adolesc Med Health. 2022;34(1):20190050. doi:10.1515/ijamh-2019-0050.

113. Amreen, Malik AA. Psychological well-being as a predictor of resilience among university students. *Pak J Psychol Res*. 2021;36(4):571–586. doi:10.33824/PJPR.2021.36.4.31.
114. Martinez WD, Casaleiro T, de Souza Menezes JD, da Silva MQ, dos Santos ER, Franco RF, et al. Mental health and resilience in nursing students: a longitudinal study. *Int J Environ Res Public Health*. 2025;22(5):735. doi:10.3390/ijerph22050735.
115. Tang Y, Ma Y, Zhang J, Wang H. The relationship between negative life events and quality of life in adolescents: mediated by resilience and social support. *Front Public Health*. 2022. doi:10.3389/fpubh.2022.980104.
116. Poulain T, Grafe N, Kiess W. Weight-related impairment in children and adolescents with *overweight* and obesity: a cross-sectional study on associations with sociodemographic characteristics and health-related quality of life. *Obes Facts*. 2025. doi:10.1159/000549785.
117. Killedar A, Lung T, Petrou S, Teixeira-Pinto A, Hayes A, et al. Weight status and health-related quality of life during childhood and adolescence: effects of age and socioeconomic position. *Int J Obes*. 2020;44:637–645. doi:10.1038/s41366-020-0529-3.