

DAFTAR PUSTAKA

- A. Skarupski K., Tangney C., Li Hong, Ouyang B., A. Evans Denis, and Clare Morris M. (2008). ‘Association B6, Asam Folat, B12 with Depression’, Indian J Psychiatry. vol.50, no.2, pp 77–82
- Abdelati, SB., Salama, M., Younes. (2016). Passion Types and Subjective well-being for Saudi Women: Exploratory study. Indian Journal of Positive Psychology, 7 (3), 325-334.
- Almatsier, S. (2009). *Prinsip Dasar Ilmu Gizi*. Jakarta: PT Gramedia Pustaka Utama
- Amir, Nurmiati (2005). Depresi Aspek Neurobiologi Diagnosis dan Tatalaksana. Balai Penerbit Fakultas Kedokteran Universitas Indonesia, Jakarta.
- Ansari, WE., Adetunji, Hamed., Oskrochie, Reza., (2014). Food and mental Health: Relatinship Between Food and Perceived Stress and Depressive Symptoms Among University Students in The united Kingdom. Cent Eur J Public Health 2014; 22 (2) ; 90-97
- Arisman. 2010. *Gizi Dalam Daur Kehidupan*. Jakarta:Penerbit Buku Kedokteran EGC.
- Arsita, Sanviana Asella, (2016). Perbedaan Tingkat Depresi Siswa Putri Kelas XI Di Pondok Pesantren Al-Mukmin dengan Di SMA Negeri 2 Sukoharjo. Naskah Publikasi Skripsi. Fakultas Kedokteran. Universitas Muhammadiyah Surakarta.
- Ardhianto,Adhitya. (2015). Perbedaan Kadar Serotonin dan Skor Nyeri pada Kanker Serviks Setelah Psikoterapi. Tesis Program Studi Megister Kedokteran Kesehatan. Program Pascasarjana. Universitas Sebelas Maret. Surakarta.
- Becker, E., Margraf, J., Turke, V., Soeder, U., & Neumer, S. (2001). Obesity and Mental Illness in a Representative Sample of Young Women. *International Journal of Obesity*, 55-59.
- Bellavia A, Larsson SC, Bottai M, Wolk A, Orsini N. (2013) Fruit and Vegetable Consumption and All-cause Mortality: a Dose-Response Analysis. The American Journal of Clinical Nutrition. Aug 1; 98(2):454-463
- Bishwajit, G., O’leary, DP., Ghosh, S., Sanni, Y., Shangfeng, T., Zhanchun, F., 2017. Association Between Depression and Fruit and Vegetable Consumption Among Adults in South Asia. *BMC Psychiatry*. 17:15

- Black, C., Pennix, B., Bot, M., Odegaard, A., Gross, M., Matthews, K., & Jacobs, D. (2016). Oxidative Stress, Anti-Oxidant and The Cross-sectional and Longitudinal Association with Depressive Symptoms: Result From The CARDIA study. *Translational Psychiatry*.
- Briguglio, M., Dell'Osso, B., Panzica, G., Malgaroli, A., Banfi, G., Dina, C. Z., & Galentino, R. (2018). Dietary Neurotransmitters:A Narrative Review on Current Knowledge. *Nutrients*.
- Brookie, K. L., Mainvil, L. A., Carr, A. C., Vissers, M. C., & Conner, T. S. (2017). The Development and Effectiveness of an Ecological Momentary Intervention to Increase Daily Fruit and Vegetable Consumption in Low-Consuming Young Adults. *Elsevier*, 32-41.
- Carr AC, Bozonet SM, Pullar JM, Vissers MC. (2013) Mood Improvement in Young Adult Males Following Supplementation with Gold Kiwifruit, a High-vitamin C food. *Journal of Nutritional Science*. 2-24.
- Conner, TS., Brookie, KL., Carr, AC., Mainvil, LA., Margreet, C., Vissers, M., (2017). Let Them Eat Fruit! The Effect of Fruit and Vegetable Consumption on Psychological Well-being in Young Adults: A Randomized Controlled Trial. *Plos one*.
- Crowe, F. L., Roddam, A. W., Key, T. J., Appleby, P. N., Overvad, K., Jakobsen, M. U.,... Linseisen, J. (2011). Fruit and Vegetable Intake and Mortality from Ischaemic Heart Disease: Results from The European Prospective Investigation into Cancer and Nutrition (EPIC)-Heart Study. *European Heart Journal*, 32, 1235e1243.
- Davis, R. E. (1996). *The Book of Life*. Delhi: Motilal BanarsiDass Publisher
- E. Payne Martha. (2010) 'Nutrition and Late-life Depression: Etiological Considerations', NIH Public Access
- G. Janicak P, M. Davis J, H. Preskorn S. dan J. Ayd F. (2001), Principle and Practice of Psychopharmacotherapy, third edition, Lippincott Williams&wilkins, Philadelphia, pp.219-20
- Gupta, P., Sanchit, Tiwari, & Haria, J. (2014). Relationship Between Depression and vitamin C Status: A study on Rural Patients From Western Uttar Pradesh in India. *International Journal of Scientific Study*.
- Fauziyah, S. (2017) Pengaruh Religiusitas dan Suasana Hati (Mood) Terhadap Kinerja Karyawan Ayam Geprek Mak Sunah Madiun. Malang: Fakultas Psikologi Universitas Negeri Maulana Malik Ibrahim.

- Fitriani, A., & Hidayah, N. (2012). Kepakaan Humor Dengan Depresi Pada Remaja Ditinjau Dari Jenis Kelamin. Yogyakarta : Fakultas Psikologi Universitas Ahmad Dahlan. *Humanitas*, Vol. IX No.1 76-89
- Hasler, Gregor., (2010), Forum: Pathophysiology of Depression: Do Have any Solid Evidence of Interest to Clinicians? *World Psychiatry* 2010;9;155-161
- Hermina dan Prihatini S. (2016). Gambaran Konsumsi sayur dan buah Penduduk Indonesia dalam Konteks Gizi Seimbang : Analisis Lanjut Survei Konsumsi Makanan Individu (SKMI) 2014. *Buletin Penelitian Kesehatan*, vol 44 No 3, September 2016 : 205-218
- Jiwo Tirto (2012) Depresi; Panduan bagi Pasien, Keluarga, dan Teman Dekat, purwokerto; pusat pemulihan dan pelatihan bagi penderita gangguan jiwa.
- Kaplan, H.I., Sadok, B. J, and Grebb J. A., (2010), Sinopsis Psikiatri: Ilmu Pengetahuan Perilaku Psikiatri Klinis. Jilid satu. Editor: Dr. I Made Wiguna S, Jakarta: Bina Rupa Aksara : 113-129, 149, 183
- Kementrian Kesehatan Republik Indonesia. (2016, oktober 06). *Depkes*. Retrieved from depkes: <http://www.depkes.go.id/article/print/16100700005/peran-keluarga-dukung-kesehatan-jiwa-masyarakat.html>
- Kementrian Kesehatan RI , 2014, Pedoman Gizi Seimbang.
- Krishnaveni, Y, S., Prakash, B., Kulkarni, P., Narayananamurthy, M, R., (2018). Prevalence And Factors Associated with Depression and Anxiety among students of Backward community and minority gilr's hotels of Mysuru City.
- Kurnianto, Oktrima. (2018). Perubahan Tingkat Depresi Berdasarkan Asupan Vitamin B6, B9, B12 dan Omega-3 pada Pasien Skizofrenia di Rumah Sakit Jiwa Dr. Soeharto Heerdjan Tahun 2018. Jakarta. Skripsi. Universitas Esa Unggul
- Lazzeri, G., Giacchi, MV., Dalmasso, P., Vieno, A., Nardone, P., Lamberti, A., Spinelli, A., Cavallo, F., *The Italian HBSC 2010 Group*. (2013) *The methodology of the Italian HBSC 2010 Study (Health Behavior in School-aged Children. Research Gate*. 25;225-233
- Levine, M., Conry-Cantilena, C., Wang, Y., Welch, R.W., Washko, P.W., Dhariwal, K.R., Park, J.B.; Lazarev, A.; Graumlich, J.F.; King, J.; et al. (1996). Vitamin C pharmacokinetics in healthy volunteers: Evidence for a recommended dietary allowance. *Proc. Natl. Acad. Sci. USA*, 93, 3704–3709.
- Lim, S. Y., Kim, E. J., Lee, H. J., Choi, H. J., & Yang, S. J. (2016). Nutritional Factors Affecting Mental Health. *Clinical Nutrition Research*, 143-152.

- Lubis, , N. L & Hasnida, (2009). Terapi Perilaku Kognitif pada Pasien Kanker. Medan : USU Press.
- Maes, M., & Christophe, A. (2000). Lower Serum Vitamin E Concentration in Major Depression: Another Marker of Lowerd Antioxidant Defenses in That Illness. *Journal of Affective Disorders*, 241-246.
- Makaryani, Rina Yuni., (2013). Hubungan Konsumsi Serat dengan Kejadian Overweight pada Remaja Putri SMA Batik 1 Surakarta. Universitas Muhammadiyah Surakarta. Surakarta
- Maurer. (2012) Screening for Depression. American Family Physician ; 85(2) ; 139-144
- Mayer, J. D., & Gaschke, Y. (1988). The Experience and Meta-Experience of Mood. *Journal of Personality and Social Psychology*, 102-111.
- McMartin SE, Jacka FN, Colman I. (2013) The Association Between Fruit and Vegetable Consumption and Mental Health Disorders: Evidence from Five Waves of a National Survey of Canadians. Preventive Medicine. Apr 30; 56(3):225±30.
- Menteri Kesehatan. (2013). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 75 Tahun 2013 Tentang Angka Kecukupan Gizi Yang Dianjurkan Bagi Bangsa Indonesia*. Jakarta: MENKES
- Milaneschi, Y., Bandinelli, S. P., Corsi, A., Lauretani, F., Vazzana, R., Semba, R., ... Ferrucci, L. (2012). The Relationship Between Plasma Carotenoids and Depressive Symptoms in Older Persons. *World J Biol Psychiatry*, 588-598.
- Mehrshahi, S., Dobson, AJ., Mishra, GD. (2015). Fruit and Vegetable consumption and prevalence and incidence of depressive symptoms in mid-age women: results from the Australian longitudinal study on women's health.
- Mikkelsen, K., Stojanovska, L., Apostolopoulos, V. (2016). The Effect of Vitamin B Depression. Victoria University. Melbourne. Australia.
- Moehyi, Syahmien. (1997). *Pengaturan Makanan dan Diet untuk Penyembuhan Penyakit*. Jakarta : PT Gramedia Pustaka Utama.
- Mubasyiroh, R., Putri, I. Y. S., Tjandrarini, D. H., (2015). *Determinan Gejala Mental Emosional Pelajar SMP-SMA di Indonesia Tahun 2015*. Jakarta: Pusat Penelitian dan pengembangan Upaya Kesehatan Masyarakat.
- Muchtadi, t. R., & Sugiono. (1992). *Ilmu Pengetahuan Bahan Pangan, PAU pangan dan Gizi*. Bogor: Institut Pertanian Bogor.

- Nguyen, B., Ding, D., & Mihrshahi, S. (2017). Fruit and Vegetable Consumption and Psychological Distress: Cross-Sectional and Longitudinal Analyses Based on a Large Australian Sampel. *BMJ Open*.
- Oyebode, O., Gordon-Dseagu, V., Walker, A., & Mindell, JS .(2014). Fruit and Vegetable Consumption and All-cause, Cancer and CVD Mortality: Analysis of Health Survey for England Data. *Journal of Epidemiology and Community Health*. 2014 Mar 31:jech-2013.
- Payne Martha (2010). ‘Nutrition and late-life depression: etiological considerations’. NIH Public Access
- Purwandari, H., & Susanti, S. N. (2017). Hubungan Kepatuhan Diet dengan kualitas hidup pada penderita Dm di Poli Penyakit dalam RSUD Kertosono. *STRADA Jurnal Ilmiah Kesehatan*.
- Richard, A., Rohrmann, S., Vandeleur, C. L., Mohler-Kuo, M., & Eichholzer, M. (2015). Association Between Fruit and Vegetable Consumption and Psychological distress: results from a population-based study. *BMC Psychiatry*.
- Riset Kesehatan Dasar. (2007). Badan Penelitian Dan Pengembangan Kesehatan Kementrian Kesehatan RI. Tahun 2007
- Riset Kesehatan Dasar. (2013). Badan Penelitian Dan Pengembangan Kesehatan Kementrian Kesehatan RI. Tahun 2013
- Riskesdas, (2010). Laporan Hasil Riset Kesehatan Dasar 2010. Riyadi, H. 2001. *Metodologi Penilaian Status Gizi Secara Antropometri*, Diktat Jururusun Gizi Mayarakat dan sumber Daya Keluarga, fakultas Pertanian, IPB, Bogor.
- Ryan, R. M., & Deci, E. L. (2001). On happiness and human potentials: A review of research on hedonic and eudaimonic well-being. *Annual Review of Psychology*, 52(1), 141-166.
- Ruusunen, A.(2013). Diet and Depression: An Epidemiological Study. University of Eastren Finland, Dissertations in Health Sciences.
- Robbins, Stephen and Judge, T, (2008), Prilaku Organisasi, Jakarta: Salemba Empat
- Saghafian, F., Malmir, H., Saneei, P., Milajerdi, A., Larijani, B., Esmaillzadeh, A.,(2018). Fruit and Vegetable Consumption and Risk of Depression: Accumulative Evidence From An Updated Systematic Review and Meta-Analysis Of Epidemiological Studies. *British Journal of Nutrition*.
- Septiana, A, I, (2007). Deskripsi Penyesuaian Diri Penghuni Asrama. Program Studi Psikologi. Jurusan Psikologi Fakultas Psikologi. Universitas Sanata Dharma. Jogjakarta.

- Steven, P. (2005). *Clinical Trials: A Methodologic Perspective*. 2nd ed. Hoboken.
- Siagian, Daruwati Multiningtyas., Mursyid, Abidillah., Hartini, Th Ninuk Sri., (2017). Hubungan konsumsi sayur dan buah dengan obesitas pada anak SD kelas IV-VI Di SD PANTEKOSTA Magelang, Jurusan Gizi Poltekkes Kemenkes Yogyakarta.Yogyakarta
- Smith AP, Rogers R. (2014). Positive Effects of a Healthy Snack (Fruit) Versus an Unhealthy Snack (chocolate/crisps) on Subjective Reports of Mental and Physical Health: A Preliminary Intervention Study. *Frontiers in Nutrition*.
- Sugianti, Elya., Hardiansyah, & Afriansyah, Nufri., (2009). Faktor Resiko Obesitas Sentral pada Orang Dewasa Muda di DKI Jakarta: Analisis Lanjut Data RISKESDAS 2007. *Gizi Indon*, 32(2): 105 – 116
- Supandi, A., & Chandradimuka, D. B. (2018). Sistem Pakar Diagnosa Depresi Mahasiswa Akhir dengan Metode Certainty Factor Berbasis Mobile. *Jurnal Informatika*, 102-111.
- Survei Konsumsi Makanan Individu, Studi Diet Total (2014). Kementerian Kesehatan, Badan Penelitian dan pengembangan kesehatan
- Thurai, S. R., & Westa, W. (2017). Tingkat Depresi dalam Kalangan Mahasiswa Kedokteran Semester VII Universitas Udyana dan Keterlibatan Mereka dalam Kegiatan Fisik. *Intisari Sains Medis*, 147-150.
- Yusuf, N. R., & Sabariah. (2017. Emotional Problem in High School Students in Jakarta. The 1st International Conference on Global Health KnE Life Sciences, pages 165–174.
- Wardani, D. A., Huriyati, E., Mustikaningtyas, & Hastuti, J. (2015). Obesitas, Body Image, dan Perasaan Stres pada Mahasiswa di Daerah Istimewa Yogyakarta. *Jurnal Gizi Klinik Indonesia*, 161-169.
- Ware Jr, J. E., & Sherbourne, C. D. (1992). The MOS 36-item short-form health survey (SF-36): I. Conceptual framework and item selection. *Medical Care*, 473-483.
- Woun, AS., Bidjuni, H., Kallo, V., (2016) Perbedaan tingkat depresi pada remaja tinggal di rumah dan yang tinggal di panti asuhan bakti mulia karombasan kecamatan Wamena Manado. *Jurnal Keperawatan*, 4