

DAFTAR PUSTAKA

1. Marcus M, Yasamy MT, Ommeren MV, Chisholm D, Saxena S. Depression, a global public health concern. *WHO Dep Ment Heal Subst Abus*; 2012;1-8.
2. World Health Organization (WHO). Depression and other common mental disorders: global health estimates; Geneva: World Health Organization; 2017.
3. Riset Kesehatan Dasar (Riskesdas). Hasil utama riset kesehatan dasar (riskesdas) 2018. Kementerian Kesehatan Republik Indonesia; 2018.
4. Pham TH, Gardier AM. Fast-acting antidepressant activity of ketamine: highlights on brain serotonin, glutamate, and GABA neurotransmission in preclinical studies. *Pharmacol Ther*. 2019;199:58-90. DOI: 10.1016/j.pharmthera.2019.02.017.
5. Namkung H, Lee BJ, Sawa A. Causal inference on pathophysiological mediators in psychiatry. *Cold Spring Harb Symp Quant Biol*. 2018;83:17-23. DOI: 10.1101/sqb.2018.83.037655.
6. Chand SP, Arif H. Depression. *StatPearls* [Internet]. Treasure Island (FL): StatPearls Publishing; 2021. PMID: 28613597.
7. Rotenstein LS, Ramos MA, Torre M, Bradley Segal J, Peluso MJ, Guille C, et al. Prevalence of depression, depressive symptoms, and suicidal ideation among medical students a systematic review and meta-analysis. *JAMA*. 2016;316:2214-36. DOI: 10.1001/jama.2016.17324.
8. Azadbakht L, Esmailzadeh A. Diet variety: a measure of nutritional adequacy and health. *JQUMS*. 2009;13:251.
9. Vakili M, Abedi P, Sharifi M, Hosseini M. Dietary diversity and its related factors among adolescents: a survey in Ahvaz-Iran. *Glob J Health Sci*. 2013;5:181-6. DOI: 10.5539/gjhs.v5n2p181.
10. Rashidkhani B, Pourghassem Gargari B, Ranjbar F, Zareiy S, Kargarnovin Z. Dietary patterns and anthropometric indices among Iranian women with major depressive disorder. *Psychiatry Res*. 2013;210:115-20. DOI: 10.1016/j.psychres.2013.05.022.
11. Jacka FN, Pasco JA, Mykletun A, Williams LJ, Hodge AM, O'Reilly SL, et al. Association of western and traditional diets with depression and anxiety in women. *Am J Psychiatry*. 2010;167:305-11. DOI: 10.1176/appi.ajp.2009.09060881.
12. Khosravi M, Sotoudeh G, Majdzadeh R, Nejati S, Darabi S, Raisi F, et al. Healthy and unhealthy dietary patterns are related to depression: a case-control study. *Psychiatry Investig*. 2015;12:434-42. DOI: 10.4306/pi.2015.12.4.434.

13. Akbaraly TN, Brunner EJ, Ferrie JE, Marmot MG, Kivimaki M, Singh-Manoux A. Dietary pattern and depressive symptoms in middle age. *Br J Psychiatry*. 2009;195:408-13. DOI: 10.1192/bjp.bp.108.058925.
14. Lai JS, Hiles S, Bisquera A, Hure AJ, McEvoy M, Attia J. A systematic review and meta-analysis of dietary patterns and depression in community-dwelling adults. *Am J Clin Nutr*. 2014;99:181–97. DOI: 10.3945/ajcn.113.069880.
15. Pangaribowo EH, Gerber N, Torero MA. Food and nutrition security indicators: a review. *SSRN Electron J*. 2013;108. DOI: 10.2139/ssrn.2237992.
16. Mirmiran P, Azadbakht L, Esmailzadeh A, Azizi F. Dietary diversity score in adolescents - A good indicator of the nutritional adequacy of diets: Tehran lipid and glucose study. *Asia Pac J Clin Nutr*. 2004;13:56-60. PMID: 15003915.
17. Steyn NP, Nel JH, Nantel G, Kennedy G, Labadarios D. Food variety and dietary diversity scores in children: are they good indicators of dietary adequacy? *Public Health Nutr*. 2006;9:644-50. DOI: 10.1079/phn2005912.
18. Vadiveloo M, Dixon BL, Mijanovich T, Elbel B, Parekh N. Dietary variety is inversely associated with body adiposity among us adults using a novel food diversity index. *J Nutr*. 2015;145:555-63. DOI: 10.3945/jn.114.199067.
19. Poorrezaeian M, Siassi F, Milajerdi A, Qorbani M, Karimi J, Sohrabi-Kabi R, et al. Depression is related to dietary diversity score in women: a cross-sectional study from a developing country. *Ann Gen Psychiatry*. 2017;16:39. DOI: 10.1186/s12991-017-0162-2.
20. Food and Agriculture Organization (FAO). *Dimensions of need : an atlas of food and agriculture*. Rome, Italy: Food and Agriculture Organization of the United Nations; 1995.
21. Tiew KF, Chan YM, Lye MS, Loke SC. Factors associated with dietary diversity score among individuals with type 2 diabetes mellitus. *J Health Popul Nutr*. 2014;32:665-76. PMID: 25895200.
22. Alkerwi A, Sauvageot N, Malan L, Shivappa N, Hebert JR. Association between nutritional awareness and diet quality: Evidence from the observation of cardiovascular risk factors in Luxembourg (ORISCAV-LUX) study. *Nutrients*. 2015;7:2823-38. DOI: 10.3390/nu7042823.
23. Conklin AI, Forouhi NG, Suhrcke M, Surtees P, Wareham NJ, Monsivais P. Variety more than quantity of fruit and vegetable intake varies by socioeconomic status and financial hardship. Findings from older adults in the EPIC cohort. *Appetite*.

- 2014;83:248-55. DOI: 10.1016/j.appet.2014.08.038.
24. Powell B, Kerr BR, Young SL, Johns T. The determinants of dietary diversity and nutrition: ethnonutrition knowledge of local people in the East Usambara Mountains, Tanzania. *J Ethnobiol Ethnomed.* 2017;13:23. DOI: 10.1186/s13002-017-0150-2.
 25. Black C, Ntani G, Kenny R, Tinati T, Jarman M, Lawrence W, et al. Variety and quality of healthy foods differ according to neighbourhood deprivation. *Health Place.* 2012;18:1292-9. DOI: 10.1016/j.healthplace.2012.09.003.
 26. McDonald CM, McLean J, Kroeun H, Talukder A, Lynd LD, Green TJ. Correlates of household food insecurity and low dietary diversity in rural Cambodia. *Asia Pac J Clin Nutr.* 2015;24:720-30. DOI: 10.6133/apjcn.2015.24.4.14.
 27. Mayen AL, Marques-Vidal P, Paccaud F, Bovet P, Stringhini S. Socioeconomic determinants of dietary patterns in low- and middle-income countries: a systematic review. *Am J Clin Nutr.* 2014;100:1520-31. DOI: 10.3945/ajcn.114.089029.
 28. Septiani A. Sensitivitas dan spesifisitas Dietary Diversity Score (DDS) dalam mengestimasi kecukupan zat gizi pada balita usia 24-59 bulan di Indonesia [thesis]. Fakultas Kedokteran dan Ilmu Kesehatan Universitas Islam Negeri Syarif Hidayatullah; 2017.
 29. Bondy B. Pathophysiology of depression and mechanisms of treatment. *Dialogues Clin Neurosci.* 2002;4:7-20. DOI: 10.31887/DCNS.2002.4.1/bbondy.
 30. Food and Agriculture Organization (FAO). Guidelines for measuring household and individual dietary diversity. Rome, Italy: Food and Agriculture Organization of the United Nations; 2011.
 31. Crystal S, Sambamoorthi U, Walkup JT, Akincigil A. Diagnosis and treatment of depression in the elderly medicare population: predictors, disparities, and trends. *J Am Geriatr Soc.* 2003;51:1718-28. DOI: 10.1046/j.1532-5415.2003.51555.x.
 32. Sullivan PF, Neale MC, Kendler KS. Genetic epidemiology of major depression: review and meta-analysis. *Am J Psychiatry.* 2000;157:1552-62. DOI: 10.1176/appi.ajp.157.10.1552.
 33. McGuffin P, Cohen S, Knight J. Homing in on depression genes. *Am J Psychiatry.* 2007;164:195-7. DOI: 10.1176/ajp.2007.164.2.195.
 34. Menke A, Klengel T, Binder EB. Epigenetics, depression and antidepressant treatment. *Curr Pharm Des.* 2012;18:5879-89. DOI: 10.2174/138161212803523590.
 35. Kendler KS, Gardner CO, Neale MC, Prescott CA. Genetic risk factors for major depression in men and women: similar or different heritabilities and same or partly

- distinct genes? *Psychol Med.* 2001;31:605-16. DOI: 10.1017/s0033291701003907.
36. Kendler KS, Gatz M, Gardner CO, Pedersen NL. A Swedish national twin study of lifetime major depression. *Am J Psychiatry.* 2006;163:109-14. DOI: 10.1176/appi.ajp.163.1.109.
 37. Roose SP, Glassman AH, Seidman SN. Relationship between depression and other medical illnesses. *JAMA.* 2001;286:1687-90. DOI: 10.1001/jama.286.14.1687.
 38. Busse G, Duman RS. Depression Overview. *MD Conf Express.* 2007;7:28–9.
 39. Paykel ES. The evolution of life events research in psychiatry. *J Affect Disord.* 2001;62:141-9. DOI: 10.1016/s0165-0327(00)00174-9.
 40. Paykel ES, Cooper Z, Ramana R, Hayhurst H. Life events, social support and marital relationships in the outcome of severe depression. *Psychol Med.* 1996;26:121-33. DOI: 10.1017/s0033291700033766.
 41. Kim YE, Lee B. The psychometric properties of the patient health questionnaire-9 in a sample of korean university students. *Psychiatry Investig.* 2019;16:904-10. DOI: 10.30773/pi.2019.0226.
 42. Lovibond PF, Lovibond SH. The structure of negative emotional states: comparison of the depression anxiety stress scales (DASS) with the beck depression and anxiety inventories. *Behav Res Ther.* 1995;33:335-43. DOI: 10.1016/0005-7967(94)00075-U.
 43. Afzali A, Delavar A, Borjali A, Mirzamani M. Psychometric properties of DASS-42 as assessed in a sample of Kermanshah High School students. *J Res Behav Sci.* 2007;5:81-92.
 44. Damanik ED. The measurement of reliability, validity, items analysis and normative data of depression anxiety stress scale (DASS) [thesis]. Fakultas Psikologi Universitas Indonesia; 2011.
 45. Munoz MA, Fito M, Marrugat J, Covas MI, Schroder H. Adherence to the Mediterranean diet is associated with better mental and physical health. *Br J Nutr.* 2009;101:1821-7. DOI: 10.1017/S0007114508143598.
 46. Sanchez-Villegas A, Delgado-Rodríguez M, Alonso A, Schlatter J, Lahortiga F, Serra-Majem L, et al. Association of the Mediterranean dietary pattern with the incidence of depression: the Seguimiento Universidad de Navarra/University of Navarra. *Arch Gen Psychiatry.* 2009;66:1090-8. DOI: 10.1001/archgenpsychiatry.2009.129.
 47. Mahan LK, Raymond JL. Krause's food & the nutrition care process. Elsevier; 2016. p. 132-43
 48. Skarupski KA, Tangney C, Li H, Ouyang B, Evans DA, Morris MC. Longitudinal

- association of vitamin B-6, folate, and vitamin B-12 with depressive symptoms among older adults over time. *Am J Clin Nutr.* 2010;92:330-5. DOI: 10.3945/ajcn.2010.29413.
49. Gilbody S, Lightfoot T, Sheldon T. Is low folate a risk factor for depression? A meta-analysis and exploration of heterogeneity. *J Epidemiol Community Health.* 2007;61:631-7. DOI: 10.1136/jech.2006.050385.
 50. Sanchez-Villegas A, Henríquez P, Bes-Rastrollo M, Doreste J. Mediterranean diet and depression. *Public Health Nutr.* 2006;9:1104-9. DOI: 10.1017/S1368980007668578.
 51. Lin PY, Su KP. A meta-analytic review of double-blind, placebo-controlled trials of antidepressant efficacy of omega-3 fatty acids. *J Clin Psychiatry.* 2007;68:1056-61. DOI: 10.4088/JCP.v68n0712.
 52. Peet M, Stokes C. Omega-3 fatty acids in the treatment of psychiatric disorders. *Drugs.* 2005;65:1051-9. DOI: 10.2165/00003495-200565080-00002.
 53. Kodydkova J, Vavrova L, Zeman M, Jirak R, Macásek J, Stankova B, et al. Antioxidative enzymes and increased oxidative stress in depressive women. *Clin Biochem.* 2009;42:1368-74. DOI: 10.1016/j.clinbiochem.2009.06.006.
 54. Hermsdorff HH, Barbosa KB, Volp AC, Puchau B, Bressan J, Zulet MÁ, et al. Vitamin C and fibre consumption from fruits and vegetables improves oxidative stress markers in healthy young adults. *Br J Nutr.* 2012;107:1119-27. DOI: 10.1017/S0007114511004235.
 55. McMartin SE, Jacka FN, Colman I. The association between fruit and vegetable consumption and mental health disorders: evidence from five waves of a national survey of Canadians. *Prev Med.* 2013;56:225-30. DOI: 10.1016/j.ypmed.2012.12.016.
 56. Arimond M, Wiesmann D, Becquey E, Carriquiry A, Daniels MC, Deitchler M, et al. Simple food group diversity indicators predict micronutrient adequacy of women's diets in 5 diverse, resource-poor settings. *J Nutr.* 2010;140:2059-69. DOI: 10.3945/jn.110.123414.
 57. Anggraeni WC, Mahkota R. Hubungan antara karakteristik individu, tingkat depresi, status kesehatan, serta asupan zat gizi makro terhadap status gizi lansia di Panti Sosial Tresna Werdha (PSTW) Budhi Mulia 1 dan 3 Jakarta tahun 2013 [thesis]. Fakultas Kesehatan Masyarakat Universitas Indonesia; 2013.
 58. Beezhold BL, Johnston CS, Daigle DR. Vegetarian diets are associated with healthy mood states: a cross-sectional study in seventh day adventist adults. *Nutr J.* 2010;9:26. DOI: 10.1186/1475-2891-9-26.
 59. Beezhold BL, Johnston CS. Restriction of meat, fish, and poultry in omnivores improves

- mood: A pilot randomized controlled trial. *J Nutr.* 2012;11:9-15. DOI: 10.1186/1475-2891-11-9.
60. Narmaki E, Siassi F, Koohdani F, Qorbani M, Shiraseb F, Ataie-Jafari A, et al. Dietary diversity as a proxy measure of blood antioxidant status in women. *Nutrition.* 2015;31:722-726. DOI: 10.1016/j.nut.2014.12.012.
61. Leigh GE. Emotional influences on food choice: sensory, physiological and psychological pathways. *Physiol Behav.* 2006;89:53-61. DOI: 10.1016/j.physbeh.2006.01.024.
62. Singh M. Mood, food and obesity. *Front Psychol.* 2014;5:925. DOI: 10.3389/fpsyg.2014.00925.

