

DAFTAR PUSTAKA

1. Karnavian MT. Instruksi Menteri Dalam Negeri Nomor 15 Tahun 2021.
2. Mattioli A V., Sciomer S, Cocchi C, Maffei S, Gallina S. Quarantine during COVID-19 outbreak: Changes in diet and physical activity increase the risk of cardiovascular disease. *Nutr Metab Cardiovasc Dis*. 2020 Aug 28;30(9):1409–17.
3. Nurmidin M, Fatimawali, Posangi J. Pengaruh Pandemi Covid-19 Terhadap Aktivitas Fisik dan Penerapan Prinsip Gizi Seimbang pada Mahasiswa Pascasarjana. *J Public Heal Community Med [Internet]*. 2020;1(4):28–32. Available from: <https://ejournal.unsrat.ac.id/index.php/ijphcm/article/view/31169>
4. Shaphe MA, Chahal A. Relation of Physical Activity with the Depression: A Short Review. *J Lifestyle Med [Internet]*. 2020 Jan 31 [cited 2022 Jan 2];10(1):1. Available from: [/pmc/articles/PMC7171062/](https://pubmed.ncbi.nlm.nih.gov/347171062/)
5. Chand SP, Arif H. Depression. *StatPearls [Internet]*. 2021 Jul 26 [cited 2022 Jan 2]; Available from: <https://www.ncbi.nlm.nih.gov/books/NBK430847/>
6. American Psychiatric Association. American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders [Internet]. Fifth Edit. Arlington, VA: American Psychiatric Publishing; 2013. 947 p. Available from: <http://www.psych.org/>
7. National Eating Disorders Association. Binge Eating Disorder | National Eating Disorders Association [Internet]. 2021 [cited 2021 Sep 9]. Available from: <https://www.nationaleatingdisorders.org/learn/by-eating-disorder/bed>
8. Smith DE, Marcus MD, Lewis CE, Fitzgibbon M, Schreiner P. Prevalence of binge eating disorder, obesity, and depression in a biracial cohort of young adults. *Ann Behav Med [Internet]*. 1998 Sep 1 [cited 2021 Sep 23];20(3):227–32. Available from: <https://academic.oup.com/abm/article/20/3/227/4631433>
9. Meneghini LF, Spadola J, Florez H. Prevalence and Associations of Binge Eating Disorder in a Multiethnic Population With Type 2 Diabetes. *Diabetes Care [Internet]*. 2006 Dec 1 [cited 2021 Sep 23];29(12):2760–2760. Available from: <https://care.diabetesjournals.org/content/29/12/2760.2>
10. Goutama IL, Chris A. Prevalensi dan faktor-faktor yang memengaruhi terjadinya binge eating disorder pada mahasiswa Fakultas Kedokteran Universitas Tarumanagara angkatan 2014. *Tarumanagara Med J [Internet]*. 2021 Apr 30 [cited 2021 Sep 23];3(2):323–7. Available from: <https://journal.untar.ac.id/index.php/tmj/article/view/11748>
11. Kurniawan AN. Hubungan Stres Psikologis Dengan Binge Eating Disorder Pada Mahasiswa Fakultas Kedokteran Universitas Pelita Harapan [Internet]. [Tangerang Selatan]: Universitas Pelita Harapan; 2021. Available from: <http://repository.uph.edu/id/eprint/41341>
12. Jill Nesbitt. The Association Between Physical Activity and Binge Eating. 2019;9–25.

13. Physical activity [Internet]. [cited 2021 Sep 9]. Available from: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
14. Physical activity [Internet]. [cited 2021 Sep 23]. Available from: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
15. Manfaat aktivitas fisik - Direktorat P2PTM [Internet]. [cited 2021 Sep 21]. Available from: <http://p2ptm.kemkes.go.id/infographic-p2ptm/hipertensi/manfaat-aktivitas-fisik>
16. Apa saja akibat dari kurang melakukan aktivitas fisik ? - Direktorat P2PTM [Internet]. [cited 2021 Oct 26]. Available from: <http://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/apa-saja-akibat-dari-kurang-melakukan-aktivitas-fisik>
17. Risks of Physical Inactivity | Johns Hopkins Medicine [Internet]. [cited 2021 Oct 26]. Available from: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/risks-of-physical-inactivity>
18. Stikes S, Lampung AP. Aktivitas Fisik Dengan Sindrom Premenstruasi Pada Siswa SMP.
19. Aktivitas Fisik Ringan - Direktorat P2PTM [Internet]. [cited 2021 Dec 20]. Available from: <http://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/aktivitas-fisik-ringan>
20. Aktivitas Fisik Sedang - Direktorat P2PTM [Internet]. [cited 2021 Dec 20]. Available from: <http://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/aktivitas-fisik-sedang>
21. Aktivitas Fisik Berat - Direktorat P2PTM [Internet]. [cited 2021 Dec 20]. Available from: <http://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/page/39/aktivitas-fisik-berat>
22. IPAQ Research Committee. Guidelines for Data Processing and Analysis of the International Physical Activity Questionnaire (IPAQ)-Short Form. 2004 [cited 2021 Oct 14]; Available from: www.ipaq.ki.se.
23. Definition & Facts for Binge Eating Disorder | NIDDK [Internet]. [cited 2022 Jan 1]. Available from: <https://www.niddk.nih.gov/health-information/weight-management/binge-eating-disorder/definition-facts>
24. del Barrio V. Diagnostic and Statistical Manual of Mental Disorders. Encyclopedia of Applied Psychology, Three-Volume Set. 2004. 607–614 p.
25. Binge eating disorder (BED) [Internet]. [cited 2021 Dec 5]. Available from: <https://nedc.com.au/eating-disorders/eating-disorders-explained/types/binge-eating-disorder/>
26. Hudson JI, Hiripi E, Pope HG, Kessler RC. The Prevalence and Correlates of Eating Disorders in the National Comorbidity Survey Replication. *Biol Psychiatry*. 2007 Feb 1;61(3):348–58.
27. Greeno CG, Wing RR. Stress-Induced Eating. *Psychol Bull*. 1994;115(3):444–64.
28. Iqbal A, Rehman A. Binge Eating Disorder. *StatPearls* [Internet]. 2021 Jul 25 [cited 2021 Dec 8]; Available from: <https://www.ncbi.nlm.nih.gov/books/NBK551700/>
29. Mustelin L, Kärkkäinen U, Kaprio J, Keski-Rahkonen A. The Eating

- Disorder Inventory in the screening for DSM-5 binge eating disorder. *Eat Behav.* 2016 Aug 1;22:145–8.
30. Eating Disorder Examination Questionnaire (EDE-Q) [Internet]. [cited 2021 Dec 17]. Available from: <https://www.corc.uk.net/outcome-experience-measures/eating-disorder-examination-questionnaire-edeq/>
 31. Segura-García C, Aloï M, Rania M, Ciambrone P, Palmieri A, Pugliese V, et al. Ability of EDI-2 and EDI-3 to correctly identify patients and subjects at risk for eating disorders. *Eat Behav.* 2015 Dec 1;19:20–3.
 32. Clausen L, Rosenvinge JH, Friberg O, Rokkedal K. Validating the Eating Disorder Inventory-3 (EDI-3): A Comparison Between 561 Female Eating Disorders Patients and 878 Females from the General Population. *J Psychopathol Behav Assess* [Internet]. 2011 Mar [cited 2021 Dec 17];33(1):101. Available from: </pmc/articles/PMC3044826/>
 33. Duarte C, Pinto-Gouveia J, Ferreira C. Expanding binge eating assessment: Validity and screening value of the Binge Eating Scale in women from the general population. *Eat Behav* [Internet]. 2015 Aug 1 [cited 2021 Dec 17];18:41–7. Available from: <https://pubmed.ncbi.nlm.nih.gov/25880043/>
 34. Yanovski SZ, Marcus MD, Wadden TA, Walsh BT. The Questionnaire on Eating and Weight Patterns-5 (QEWP-5): An Updated Screening Instrument for Binge Eating Disorder. *Int J Eat Disord* [Internet]. 2015 Apr 1 [cited 2021 Dec 17];48(3):259. Available from: </pmc/articles/PMC4374019/>
 35. Ferrari Borges MB, Morgan CM, Claudino AM, Da Silveira DX. Validation of the Portuguese version of the Questionnaire on Eating and Weight Patterns - Revised (QEWP-R) for the screening of binge eating disorder. *Rev Bras Psiquiatr.* 2005;27(4):319–22.
 36. Yanovski SZ, Marcus MD, Wadden TA, Walsh BT. The Questionnaire on Eating and Weight Patterns-5 (QEWP-5). 2015;5:1–11.
 37. Dingemans A, Danner U, Parks M. Emotion Regulation in Binge Eating Disorder: A Review. *Nutrients* [Internet]. 2017 Nov 22 [cited 2021 Dec 8];9(11). Available from: </pmc/articles/PMC5707746/>
 38. Himmerich H, Bentley J, Kan C, Treasure J. Genetic risk factors for eating disorders: an update and insights into pathophysiology. *Ther Adv Psychopharmacol* [Internet]. 2019 Jan [cited 2021 Dec 8];9:204512531881473. Available from: </pmc/articles/PMC6378634/>
 39. J L, TD W, X de la PG, L B. The efficacy of cognitive-behavioral therapy for eating disorders: A systematic review and meta-analysis. *J Consult Clin Psychol* [Internet]. 2017 Nov 1 [cited 2021 Oct 14];85(11):1080–94. Available from: <https://pubmed.ncbi.nlm.nih.gov/29083223/>
 40. Palavras MA, Hay P, Filho CA dos S, Claudino A. The efficacy of psychological therapies in reducing weight and binge eating in people with bulimia nervosa and binge eating disorder who are overweight or obese—A critical synthesis and meta-analyses. *Nutrients.* 2017 Mar 17;9(3).
 41. VR P, GK G, WS P, RS R, JP F. Exercise augments the effects of cognitive-behavioral therapy in the treatment of binge eating. *Int J Eat Disord* [Internet]. 2002 [cited 2021 Oct 24];31(2):172–84. Available from:

- <https://pubmed.ncbi.nlm.nih.gov/11920978/>
42. Kriz K-LM. The Efficacy of Overeaters Anonymous in Fostering Abstinence in Binge-Eating Disorder and Bulimia Nervosa. 2002 May 9 [cited 2021 Oct 24]; Available from: <https://vtechworks.lib.vt.edu/handle/10919/11044>
 43. Gudzone KA, Doshi RS, Mehta AK, Chaudhry ZW, Jacobs DK, Vakil RM, et al. Efficacy of commercial weight loss programs: an updated systematic review. *Ann Intern Med* [Internet]. 2015 Apr 7 [cited 2021 Oct 26];162(7):501. Available from: [/pmc/articles/PMC4446719/](https://pubmed.ncbi.nlm.nih.gov/24446719/)
 44. Kruger S, Kennedy S. Psychopharmacotherapy of anorexia nervosa, bulimia nervosa and binge-eating disorder. *J Psychiatry Neurosci* [Internet]. 2000 [cited 2021 Oct 26];25(5):497. Available from: [/pmc/articles/PMC1408011/?report=abstract](https://pubmed.ncbi.nlm.nih.gov/1408011/)
 45. Hofmann SG, Sawyer AT, Korte KJ, Smits JAJ. Is it Beneficial to Add Pharmacotherapy to Cognitive-Behavioral Therapy when Treating Anxiety Disorders? A Meta-Analytic Review. *Int J Cogn Ther* [Internet]. 2009 Jan 1 [cited 2021 Oct 26];2(2):160. Available from: [/pmc/articles/PMC2732196/](https://pubmed.ncbi.nlm.nih.gov/2732196/)
 46. Dharmansyah D, Budiana D. Indonesian Adaptation of The International Physical Activity Questionnaire (IPAQ): Psychometric Properties. *J Pendidik KEPERAWATAN Indones* [Internet]. 2021 Dec 29 [cited 2022 Jan 3];7(2):159–63. Available from: <https://ejournal.upi.edu/index.php/JPKI/article/view/39351>
 47. Audah N. Uji Validitas Konstruk Pada Instrumen The Binge Eating Scale Dengan Metode Confirmatory Factor Analysis (CFA). *J Pengukuran Psikol dan Pendidik Indones*. 2019 Jul 30;7(2):71–7.
 48. Timmerman GM. Binge eating scale: Further assessment of validity and reliability. *J Appl Biobehav Res*. 1999;4(1):1–12.
 49. Vancampfort D, De Herdt A, Vanderlinden J, Lannoo M, Soundy A, Pieters G, et al. Health related quality of life, physical fitness and physical activity participation in treatment-seeking obese persons with and without binge eating disorder. *Psychiatry Res* [Internet]. 2014;216(1):97–102. Available from: <http://dx.doi.org/10.1016/j.psychres.2014.01.015>
 50. Aryanti D. Hubungan Kebugaran Jasmani Dengan Perilaku Emotional Eating Pada Mahasiswa Poltekkes Kemenkes Tasikmalaya. *Media Inf*. 2021;16(1):60–5.
 51. Harris N, Gee D, D'Acquisto D, Ogan D, Pritchett K. Eating disorder risk, exercise dependence, and body weight dissatisfaction among female nutrition and exercise science university majors. *J Behav Addict*. 2015;4(3):206–9.
 52. Fossati M, Amati F, Painot D, Reiner M, Haenni C, Golay A. Cognitive-behavioral therapy with simultaneous nutritional and physical activity education in obese patients with binge eating disorder. *Eat Weight Disord - Stud Anorexia, Bulim Obes* 2004 92 [Internet]. 2013 Jul 26 [cited 2022 Aug 14];9(2):134–8. Available from: <https://link.springer.com/article/10.1007/BF03325057>