

## DAFTAR PUSTAKA

1. WHO | Obesity and overweight. WHO [Internet]. 2017 [dikutip 24 Oktober 2017]; Tersedia pada: <http://www.who.int/mediacentre/factsheets/fs311/en/>
2. Rachmi CN, Li M, Alison Baur L. Overweight and obesity in Indonesia: prevalence and risk factors—a literature review. Public Health [Internet]. Juni 2017 [dikutip 10 September 2017];147:20–9. Tersedia pada: <http://linkinghub.elsevier.com/retrieve/pii/S0033350617300434>
3. WHO SA region. Noncommunicable Diseases in the South-East Asia Region [Internet]. 2011. 104 hal. Tersedia pada: [http://www.searo.who.int/entity/noncommunicable\\_diseases/documents/9789290224136/en/](http://www.searo.who.int/entity/noncommunicable_diseases/documents/9789290224136/en/)
4. Badan Penelitian dan Pengembangan Kesehatan. Riset Kesehatan Dasar (RISKESDAS) 2013. Lap Nas 2013. 2013;1:384.
5. Bystritsky A, Khalsa SS, Cameron ME, Schiffman J. Current diagnosis and treatment of anxiety disorders. P T [Internet]. Januari 2013 [dikutip 31 Oktober 2017];38(1):30–57. Tersedia pada: <http://www.ncbi.nlm.nih.gov/pubmed/23599668>
6. Hillman JB, Dorn LD, Bin Huang B. Association of anxiety and depressive symptoms and adiposity among adolescent females, using dual energy X-ray absorptiometry. Clin Pediatr (Phila) [Internet]. Juli 2010 [dikutip 10 September 2017];49(7):671–7. Tersedia pada: <http://www.ncbi.nlm.nih.gov/pubmed/20356924>
7. Brumpton B, Langhammer A, Romundstad P, Chen Y, Mai X-M. The associations of anxiety and depression symptoms with weight change and incident obesity: The HUNT Study. Int J Obes [Internet]. 2013;37(9):1268–74. Tersedia pada: <http://www.nature.com/doifinder/10.1038/ijo.2012.204>
8. Ejike CE. Association between anxiety and obesity: A study of a young-adult Nigerian population. J Neurosci Rural Pract [Internet]. Agustus 2013 [dikutip 10 September 2017];4(Suppl 1):S13-8. Tersedia pada: <http://www.ncbi.nlm.nih.gov/pubmed/24174782>
9. Masdar H, Saputri PA, Rosdiana D, Chandra F. Depresi , ansietas , dan stres serta hubungannya dengan obesitas pada remaja. 2016;12(4):138–43.
10. Iqbal S, Gupta S, Venkatarao E. Stress , anxiety & depression among medical undergraduate students & their socio- demographic correlates. Indian J Med Res. 2015;(March):72–5.
11. Barlow D. Anxiety and its disorders: The nature and treatment of anxiety and panic [Internet]. 2004 [dikutip 13 September 2017]. Tersedia pada: <https://www.google.com/books?hl=en&lr=&id=Lx9hf-3ZJCQC&oi=fnd&pg=PA1&dq=7.%09Barlow+DH.+Anxiety+and+its+disorders:+The+nature+and+treatment+of+anxiety+and+panic.+Guilford+press%3B+2004.&ots=WhspDvhL7d&sig=JK4NeZOuYnW8uCU7waZPIEBJlbk>
12. Graeff FG, Junior HZ. The hypothalamic-pituitary-adrenal axis in anxiety and panic. Psychol Neurosci. 2010;3(1):3–8.

13. Sadock BJ, Sadock VA, Ruiz P. Kaplan and Sadock's Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry. 11 ed. Wolters Kluwer -- Medknow Publications; 2015.
14. Roth WT, Doberenz S, Dietel A, Conrad A, Mueller A, Wollburg E, et al. Sympathetic activation in broadly defined generalized anxiety disorder. *J Psychiatr Res*. 2008;42(3):205–12.
15. Bandelow B. Comparison of the DSM-5 and ICD-10: Panic and other anxiety disorders. *CNS Spectr*. 2017;22(5):404–6.
16. Craske MG, Rauch SL, Ursano R, Prenoveau J, Pine DS, Zinbarg RE. What is an anxiety disorder? *Depress Anxiety*. 2009;26(12):1066–85.
17. Mineka S. A Contemporary Learning Theory Perspective on the Etiology of Anxiety Disorders. 2006;61(1):10–26.
18. Nemeroff CB. The role of GABA in the pathophysiology and treatment of anxiety disorders. *Psychopharmacol Bull [Internet]*. 2003 [dikutip 25 September 2017];37(4):133–46. Tersedia pada: <http://www.ncbi.nlm.nih.gov/pubmed/15131523>
19. Martin EI, Ressler KJ, Binder E, Nemeroff CB. The neurobiology of anxiety disorders: brain imaging, genetics, and psychoneuroendocrinology. *Psychiatr Clin North Am [Internet]*. September 2009 [dikutip 25 September 2017];32(3):549–75. Tersedia pada: <http://www.ncbi.nlm.nih.gov/pubmed/19716990>
20. Bandelow B, Boerner J R, Kasper S, Linden M, Wittchen H-U, Möller H-J. The diagnosis and treatment of generalized anxiety disorder. *Dtsch Arztebl Int [Internet]*. April 2013 [dikutip 20 Oktober 2017];110(17):300–9; quiz 310. Tersedia pada: <http://www.ncbi.nlm.nih.gov/pubmed/23671484>
21. Ojio Y, Nishida A, Shimodera S, Togo F, Sasaki T. Sleep Duration Associated with the Lowest Risk of Depression/Anxiety in Adolescents. *Sleep [Internet]*. 1 Agustus 2016 [dikutip 24 November 2017];39(8):1555–62. Tersedia pada: <http://www.ncbi.nlm.nih.gov/pubmed/27306271>
22. Anderson E, Shivakumar G. Effects of exercise and physical activity on anxiety. *Front psychiatry [Internet]*. 2013 [dikutip 20 November 2017];4:27. Tersedia pada: <http://www.ncbi.nlm.nih.gov/pubmed/23630504>
23. Hope V, Henderson M. Medical student depression, anxiety and distress outside North America: a systematic review. *Med Educ*. 2014;48(10):963–79.
24. Beck AT, Epstein N, Brown G, Steer RA. An inventory for measuring clinical anxiety: psychometric properties. *J Consult Clin Psychol [Internet]*. Desember 1988 [dikutip 22 Oktober 2017];56(6):893–7. Tersedia pada: <http://www.ncbi.nlm.nih.gov/pubmed/3204199>
25. Julian LJ. Measures of anxiety: State-Trait Anxiety Inventory (STAI), Beck Anxiety Inventory (BAI), and Hospital Anxiety and Depression Scale-Anxiety (HADS-A). *Arthritis Care Res (Hoboken) [Internet]*. November 2011 [dikutip 10 September 2017];63 Suppl 1(0 11):S467-72. Tersedia pada: <http://www.ncbi.nlm.nih.gov/pubmed/22588767>
26. Kementerian Kesehatan RI. PE No 41 Tahun 2014 Tentang Pedoman Gizi Seimbang. 2014;129.

27. Kopelman P. Health risks associated with overweight and obesity. *Obes Rev.* 2007;8 Suppl 1(11):13–7.
28. Ali AT, Crowther NJ. Health risks associated with obesity. *J Endocrinol Metab Diabetes South Africa.* 2005;10(2):56–61.
29. Lenz M, Richter T, Mühlhauser I. The Morbidity and Mortality Associated With Overweight and Obesity in Adulthood. *Dtsch Arztbl Int* [Internet]. 2009;106(40):641–8. Tersedia pada: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2770228/>&tool=pmcentrez&rendertype=abstract
30. Hebebrand J, Hinney A. Environmental and Genetic Risk Factors in Obesity. *Child Adolesc Psychiatr Clin N Am* [Internet]. 2009;18(1):83–94. Tersedia pada: <http://dx.doi.org/10.1016/j.chc.2008.07.006>
31. Wu Y, Zhai L, Zhang D. Sleep duration and obesity among adults: A meta-analysis of prospective studies. *Sleep Med* [Internet]. 2014;15(12):1456–62. Tersedia pada: <http://dx.doi.org/10.1016/j.sleep.2014.07.018>
32. Bose M, Oliván B, Laferrère B. Stress and obesity: the role of the hypothalamic-pituitary-adrenal axis in metabolic disease. *Curr Opin Endocrinol Diabetes Obes* [Internet]. Oktober 2009 [dikutip 24 September 2017];16(5):340–6. Tersedia pada: <http://www.ncbi.nlm.nih.gov/pubmed/19584720>
33. Björntorp P, Rosmond R. Obesity and cortisol. *Nutrition.* 2000;16(10):924–36.
34. Sunwoo YK, Bae JN, Hahm BJ, Lee DW, Park JI, Cho SJ, et al. Relationships of mental disorders and weight status in the korean adult population. *J Korean Med Sci.* 2011;26(1):108–15.
35. Rosenberg N, Bloch M, Ben Avi I, Rouach V, Schreiber S, Stern N, et al. Cortisol response and desire to binge following psychological stress: Comparison between obese subjects with and without binge eating disorder. *Psychiatry Res* [Internet]. 30 Juli 2013 [dikutip 11 Juli 2018];208(2):156–61. Tersedia pada: <https://www.sciencedirect.com/science/article/pii/S0165178112005513>
36. Rosenbaum DL, White KS. The Role of Anxiety in Binge Eating Behavior: A Critical Examination of Theory and Empirical Literature. *Heal Psychol Res* [Internet]. 18 April 2013 [dikutip 5 Agustus 2018];1(2):e19. Tersedia pada: <http://www.ncbi.nlm.nih.gov/pubmed/26973904>
37. Organization WH. The Asia-Pacific perspective: redefining obesity and its treatment. 2000 [dikutip 14 September 2017]; Tersedia pada: [http://apps.who.int/iris/bitstream/10665/206936/1/0957708211\\_eng.pdf](http://apps.who.int/iris/bitstream/10665/206936/1/0957708211_eng.pdf)
38. WHO | Physical activity. WHO [Internet]. 2017 [dikutip 22 Oktober 2017]; Tersedia pada: <http://www.who.int/mediacentre/factsheets/fs385/en/>
39. International Physical Activity Questionnaire Group. International Physical Activity Questionnaire Short Last 7 days self-administered format for use with young and middle aged adults. 2002;71(August):3. Tersedia pada: [www.ipaq.ki.se](http://www.ipaq.ki.se)