

DAFTAR PUSTAKA

- Ahmad, M., & Vismara, L. (2021). The Psychological Impact of COVID-19 Pandemic on Women's Mental Health during Pregnancy: A Rapid Evidence Review. *Int J Environ Res Public Health*, *18*(13). doi:10.3390/ijerph18137112
- Anbesaw, T., Abebe, H., Kassaw, C., Bete, T., & Molla, A. (2021). Sleep quality and associated factors among pregnant women attending antenatal care at Jimma Medical Center, Jimma, Southwest Ethiopia, 2020: cross-sectional study. *BMC Psychiatry*, *21*(1), 469. doi:10.1186/s12888-021-03483-w
- Bao, C., Jin, D., Sun, S., Xu, L., Wang, C., Tang, W., . . . Zhao, K. (2022). Trajectories and Depressive Symptoms During the Perinatal Period: A Longitudinal Population-Based Study in China. *Front Psychiatry*, *13*, 762719. doi:10.3389/fpsy.2022.762719
- Buysse, D. J. (2014). Sleep health: can we define it? Does it matter? *Sleep*, *37*(1), 9-17. doi:10.5665/sleep.3298
- Buysse, D. J., Reynolds, C. F., Monk, T. H., Berman, S. R., & Kupfer, D. J. (1989). The Pittsburgh sleep quality index: A new instrument for psychiatric practice and research. *Psychiatry Research*, *28*(2), 193-213. doi:[https://doi.org/10.1016/0165-1781\(89\)90047-4](https://doi.org/10.1016/0165-1781(89)90047-4)
- Bystritsky, A., Khalsa, S. S., Cameron, M. E., & Schiffman, J. (2013). Current diagnosis and treatment of anxiety disorders. *P & T: a peer-reviewed journal for formulary management*, *38*(1), 30-57.
- Chand SP, M. R. (2021). Anxiety. In M. R. Chand SP (Ed.). <https://www.ncbi.nlm.nih.gov/books/NBK470361/>: StatPearls Publishing.
- Chen, K. W., & Chen, L. (2017). Epigenetic Regulation of BDNF Gene during Development and Diseases. *Int J Mol Sci*, *18*(3). doi:10.3390/ijms18030571
- Chen, S., Zhuang, J., Chen, Q., & Tan, X. (2020). Psychological Investigation on Pregnant Women during the Outbreak of COVID-19. doi:10.21203/rs.3.rs-28455/v1

- Christian, L. M., Mitchell, A. M., Gillespie, S. L., & Palettas, M. (2016). Serum brain-derived neurotrophic factor (BDNF) across pregnancy and postpartum: Associations with race, depressive symptoms, and low birth weight. *Psychoneuroendocrinology*, *74*, 69-76. doi:10.1016/j.psyneuen.2016.08.025
- D'Angelo, A., Ceccanti, M., Petrella, C., Greco, A., Tirassa, P., Rosso, P., . . . Messina, M. P. (2020). Role of neurotrophins in pregnancy, delivery and postpartum. *Eur J Obstet Gynecol Reprod Biol*, *247*, 32-41. doi:10.1016/j.ejogrb.2020.01.046
- D'Souza, V. A., Kilari, A. S., Joshi, A. A., Mehendale, S. S., Pisal, H. M., & Joshi, S. R. (2014). Differential regulation of brain-derived neurotrophic factor in term and preterm preeclampsia. *Reprod Sci*, *21*(2), 230-235. doi:10.1177/1933719113493512
- Dahlan, M. S. (2018). Membuat Protokol Penelitian Bidang kedokteran dan Kesehatan.
- De Vincenti, A. P., Ríos, A. S., Paratcha, G., & Ledda, F. (2019). Mechanisms That Modulate and Diversify BDNF Functions: Implications for Hippocampal Synaptic Plasticity. *Frontiers in Cellular Neuroscience*, *13*, 135.
- Deuschle, M., Schredl, M., Wisch, C., Schilling, C., Gilles, M., Geisel, O., & Hellweg, R. (2018). Serum brain-derived neurotrophic factor (BDNF) in sleep-disordered patients: relation to sleep stage N3 and rapid eye movement (REM) sleep across diagnostic entities. *J Sleep Res*, *27*(1), 73-77. doi:10.1111/jsr.12577
- Ding, W., Lu, J., Zhou, Y., Wei, W., Zhou, Z., & Chen, M. (2021). Knowledge, attitudes, practices, and influencing factors of anxiety among pregnant women in Wuhan during the outbreak of COVID-19: a cross-sectional study. *BMC Pregnancy Childbirth*, *21*(1), 80. doi:10.1186/s12884-021-03561-7
- Dingsdale, H., Nan, X., Garay, S. M., Mueller, A., Sumption, L. A., Chacon-Fernandez, P., . . . John, R. M. (2021). The placenta protects the fetal

circulation from anxiety-driven elevations in maternal serum levels of brain-derived neurotrophic factor. *Transl Psychiatry*, 11(1), 62. doi:10.1038/s41398-020-01176-8

Dunstan, D. A., & Scott, N. (2020). Norms for Zung's Self-rating Anxiety Scale. *BMC Psychiatry*, 20(1), 90. doi:10.1186/s12888-019-2427-6

Enomoto, S., Kato, T. A. (2022). Stress, Microglial Activation, and Mental Disorders. *IntechOpen*, in E. Ovuga (ed.) (Stress Related Disorders). doi:10.5772/intechopen.103784

Fairbrother, N., Young, A. H., Zhang, A., Janssen, P., & Antony, M. M. (2017). The prevalence and incidence of perinatal anxiety disorders among women experiencing a medically complicated pregnancy. *Arch Womens Ment Health*, 20(2), 311-319. doi:10.1007/s00737-016-0704-7

Fan, T. T., Chen, W. H., Shi, L., Lin, X., Tabarak, S., Chen, S. J., . . . Liu, J. J. (2019). Objective sleep duration is associated with cognitive deficits in primary insomnia: BDNF may play a role. *Sleep*, 42(1). doi:10.1093/sleep/zsy192

Farias, T. M., Cerqueira, R. A., Sousa, D. F., Freire, J. V. C., Lopes, A. C. T., & De Moura Cal, S. F. L. (2020). BDNF Protein and Anxiety Disorders. In *Neurological and Mental Disorders*: IntechOpen.

Flock, A., Weber, S. K., Ferrari, N., Fietz, C., Graf, C., Fimmers, R., . . . Merz, W. M. (2016). Determinants of brain-derived neurotrophic factor (BDNF) in umbilical cord and maternal serum. *Psychoneuroendocrinology*, 63, 191-197. doi:10.1016/j.psyneuen.2015.09.028

Fung, J., Gelaye, B., Zhong, Q. Y., Rondon, M. B., Sanchez, S. E., Barrios, Y. V., . . . Williams, M. A. (2015). Association of decreased serum brain-derived neurotrophic factor (BDNF) concentrations in early pregnancy with antepartum depression. *BMC Psychiatry*, 15, 43. doi:10.1186/s12888-015-0428-7

Ghassabian, A. (2017). Determinants of Neonatal Brain Derived Neurotrophic Factor and Association with Child Development. *HHS Public Access, Dev Psychopathol*. doi:10.1017/S0954579417000414

- Ghassabian, A., Sundaram, R., Chahal, N., McLain, A. C., Bell, E., Lawrence, D. A., & Yeung, E. H. (2017). Determinants of neonatal brain-derived neurotrophic factor and association with child development. *Development and Psychopathology*, 29(4), 1499-1511. doi:10.1017/S0954579417000414
- Giese, M., Unternaehrer, E., Brand, S., Calabrese, P., Holsboer-Trachsler, E., & Eckert, A. (2013). The interplay of stress and sleep impacts BDNF level. *PLoS One*, 8(10), e76050. doi:10.1371/journal.pone.0076050
- Hamzehgardeshi, Z., Omidvar, S., Amoli, A. A., & Firouzbakht, M. (2021). Pregnancy-related anxiety and its associated factors during COVID-19 pandemic in Iranian pregnant women: a web-based cross-sectional study. *BMC Pregnancy Childbirth*, 21(1), 208. doi:10.1186/s12884-021-03694-9
- Hardisman. (2021). *Tanya Jawab Metode Penelitian Kesehatan* (1 ed.). Yogyakarta: Gosyen Publishing.
- Herba, C. M., Glover, V., Ramchandani, P. G., & Rondon, M. B. (2016). Maternal depression and mental health in early childhood: an examination of underlying mechanisms in low-income and middle-income countries. *The Lancet Psychiatry*, 3(10), 983-992. doi:10.1016/s2215-0366(16)30148-1
- Huizink, A. C., Delforterie, M. J., Scheinin, N. M., Tolvanen, M., Karlsson, L., & Karlsson, H. (2016). Adaption of pregnancy anxiety questionnaire-revised for all pregnant women regardless of parity: PRAQ-R2. *Arch Womens Ment Health*, 19(1), 125-132. doi:10.1007/s00737-015-0531-2
- Jemere, T. (2021). Poor sleep quality and its associated factors among pregnant women in Northern Ethiopia, 2020: A cross sectional study. *PLoS One*, 16(5), e0250985. doi:10.1371/journal.pone.0250985
- Jin, Y., Sun, L. H., Yang, W., Cui, R. J., & Xu, S. B. (2019). The Role of BDNF in the Neuroimmune Axis Regulation of Mood Disorders. *Frontiers in neurology*, 10, 515-515. doi:10.3389/fneur.2019.00515
- Kadic, A. S., & Kurjak, A. (2018). Cognitive Functions of the Fetus. *Ultraschall Med*, 39(2), 181-189. doi:10.1055/s-0043-123469

- Kassotaki, I., Valsamakis, G., Mastorakos, G., & Grammatopoulos, D. K. (2021). Placental CRH as a Signal of Pregnancy Adversity and Impact on Fetal Neurodevelopment. *Front Endocrinol (Lausanne)*, *12*, 714214. doi:10.3389/fendo.2021.714214
- Kemenkes. (2016). *Pedoman Pelaksanaan Stimulasi, Deteksi dan Intervensi Dini Tumbuh Kembang Anak* Jakarta.
- Khoury, J. E., Atkinson, L., Bennett, T., Jack, S. M., & Gonzalez, A. (2021). COVID-19 and mental health during pregnancy: The importance of cognitive appraisal and social support. *J Affect Disord*, *282*, 1161-1169. doi:10.1016/j.jad.2021.01.027
- Kim, M. K., Lee, S. M., Bae, S. H., Kim, H. J., Lim, N. G., Yoon, S. J., . . . Jo, M. W. (2018). Socioeconomic status can affect pregnancy outcomes and complications, even with a universal healthcare system. *Int J Equity Health*, *17*(1), 2. doi:10.1186/s12939-017-0715-7
- Kodomari, I., Wada, E., Nakamura, S., & Wada, K. (2009). Maternal supply of BDNF to mouse fetal brain through the placenta. *Neurochem Int*, *54*(2), 95-98. doi:10.1016/j.neuint.2008.11.005
- Kolb, B., & Gibb, R. (2011). Brain plasticity and behaviour in the developing brain. *Journal of the Canadian Academy of Child and Adolescent Psychiatry = Journal de l'Academie canadienne de psychiatrie de l'enfant et de l'adolescent*, *20*(4), 265-276.
- Kowianski, P., Lietzau, G., Czuba, E., Waskow, M., Steliga, A., & Morys, J. (2018). BDNF: A Key Factor with Multipotent Impact on Brain Signaling and Synaptic Plasticity. *Cell Mol Neurobiol*, *38*(3), 579-593. doi:10.1007/s10571-017-0510-4
- Kriengtuntiwong, T., Zaw, Y. H., & Taneepanichskul, N. (2021). Brain-Derived Neurotrophic Factor (BDNF) Depression and Subjective Sleep Quality in the First Trimester of Pregnancy Among Migrant Workers in Thailand. *Journal of Multidisciplinary Healthcare*. doi:10.2147/JMDH.S322355

- Krueger, J. M., Frank, M. G., Wisor, J. P., & Roy, S. (2016). Sleep function: Toward elucidating an enigma. *Sleep Med Rev*, 28, 46-54. doi:10.1016/j.smr.2015.08.005
- Langgapin, S., Sirithongthaworn, S., Yang, Y., & Reddy, K. J. (2019). *Status Report on Children with Developmental Delay and Neurodevelopmental Disorders in South-East Asia*. Retrieved from
- Lautarescu, A., Craig, M. C., & Glover, V. (2020). Prenatal stress: Effects on fetal and child brain development. *Int Rev Neurobiol*, 150, 17-40. doi:10.1016/bs.irn.2019.11.002
- Leal, G., Bramham, C. R., & Duarte, C. B. (2017). BDNF and Hippocampal Synaptic Plasticity. *Vitam Horm*, 104, 153-195. doi:10.1016/bs.vh.2016.10.004
- Li, X., Gao, X., & Liu, J. (2019). Cross-Sectional Survey on the Relationship Between Occupational Stress, Hormone Levels, and the Sleep Quality of Oilfield Workers in Xinjiang, China. *Int J Environ Res Public Health*, 16(18). doi:10.3390/ijerph16183316
- Loprinzi, P. D., & Frith, E. (2019). A brief primer on the mediational role of BDNF in the exercise-memory link. *Clin Physiol Funct Imaging*, 39(1), 9-14. doi:10.1111/cpf.12522
- Luo, Y., Zhang, K., Huang, M., & Qiu, C. (2022). Risk factors for depression and anxiety in pregnant women during the COVID-19 pandemic: Evidence from meta-analysis. *PLoS One*, 17(3), e0265021. doi:10.1371/journal.pone.0265021
- Madhavanprabhakaran, G. K., D'Souza, M. S., & Nairy, K. S. (2015). Prevalence of pregnancy anxiety and associated factors. *International Journal of Africa Nursing Sciences*, 3, 1-7. doi:10.1016/j.ijans.2015.06.002
- Mardiah, A., Amir, A., Friadi, A., & Nasrul, E. (2018). Perbedaan Kadar Brain Derived Neurotropic Factor Neonatus Dari Ibu Hamil Normal Dan Anemia Defisiensi Besi. *Jurnal Endurance*, 3(3). doi:10.22216/jen.v3i3.3706

- Mary C Townsend. (2015). *Psychiatric Mental Health Nursing Concepts of Care in Evidence-Based Practice* Philadelphia: F.A Davis Company.
- Mateos-Aparicio, P., & Rodriguez-Moreno, A. (2019). The Impact of Studying Brain Plasticity. *Front Cell Neurosci*, *13*, 66. doi:10.3389/fncel.2019.00066
- McGowan, P. O., & Matthews, S. G. (2018). Prenatal Stress, Glucocorticoids, and Developmental Programming of the Stress Response. *Endocrinology*, *159*(1), 69-82. doi:10.1210/en.2017-00896
- Miguel, P. M., Pereira, L. O., Silveira, P. P., & Meaney, M. J. (2019). Early environmental influences on the development of children's brain structure and function. *Dev Med Child Neurol*, *61*(10), 1127-1133. doi:10.1111/dmcn.14182
- Miranda, M., Morici, J. F., Zanoni, M. B., & Bekinschtein, P. (2019). Brain-Derived Neurotrophic Factor: A Key Molecule for Memory in the Healthy and the Pathological Brain. *Front Cell Neurosci*, *13*, 363. doi:10.3389/fncel.2019.00363
- Monteiro, B. C., Monteiro, S., Candida, M., Adler, N., Paes, F., Rocha, N., . . . Machado, S. (2017). Relationship Between Brain-Derived Neurotrophic Factor (Bdnf) and Sleep on Depression: A Critical Review. *Clin Pract Epidemiol Ment Health*, *13*, 213-219. doi:10.2174/1745017901713010213
- Mortazavi, F., Mehrabadi, M., & KiaeeTabar, R. (2021). Pregnant women's well-being and worry during the COVID-19 pandemic: a cross-sectional study. *BMC Pregnancy Childbirth*, *21*(1), 59. doi:10.1186/s12884-021-03548-4
- Murawska-Cialowicz, E., Wiatr, M., Cialowicz, M., Gomes de Assis, G., Borowicz, W., Rocha-Rodrigues, S., . . . Marques, A. (2021). BDNF Impact on Biological Markers of Depression-Role of Physical Exercise and Training. *Int J Environ Res Public Health*, *18*(14). doi:10.3390/ijerph18147553
- Notoatmodjo, S. (2012). Metodologi penelitian kesehatan.
- Olusanya, B. O., Davis, A. C., Wertlieb, D., Boo, N.-Y., Nair, M. K. C., Halpern, R., . . . Kassebaum, N. J. (2018). Developmental disabilities among

children younger than 5 years in 195 countries and territories, 1990–2016: a systematic analysis for the Global Burden of Disease Study 2016. *The Lancet Global Health*, 6(10), e1100-e1121. doi:10.1016/s2214-109x(18)30309-7

Olusanya, B. O., Hadders-Algra, M., Breinbauer, C., Williams, A. N., Newton, C. R. J., & Davis, A. C. (2021). The conundrum of a global tool for early childhood development to monitor SDG indicator 4.2.1. *The Lancet Global Health*, 9(5), e586-e587. doi:10.1016/s2214-109x(21)00030-9

Pandit, M., Behl, T., Sachdeva, M., & Arora, S. (2020). Role of brain derived neurotrophic factor in obesity. *Obesity Medicine*, 17. doi:10.1016/j.obmed.2020.100189

Pitsillos, T., Wikstrom, A. K., Skalkidou, A., Derntl, B., Hallschmid, M., Lutz, N. D., . . . Wikman, A. (2021). Association Between Objectively Assessed Sleep and Depressive Symptoms During Pregnancy and Post-partum. *Front Glob Womens Health*, 2, 807817. doi:10.3389/fgwh.2021.807817

Porcher, C., Medina, I., & Gaiarsa, J. L. (2018). Mechanism of BDNF Modulation in GABAergic Synaptic Transmission in Healthy and Disease Brains. *Front Cell Neurosci*, 12, 273. doi:10.3389/fncel.2018.00273

Prowse, N., & Hayley, S. (2021). Microglia and BDNF at the crossroads of stressor related disorders: Towards a unique trophic phenotype. *Neurosci Biobehav Rev*, 131, 135-163. doi:10.1016/j.neubiorev.2021.09.018

Qiu, C., Gelaye, B., Zhong, Q. Y., Enquobahrie, D. A., Frederick, I. O., & Williams, M. A. (2016). Construct validity and factor structure of the Pittsburgh Sleep Quality Index among pregnant women in a Pacific-Northwest cohort. *Sleep Breath*, 20(1), 293-301. doi:10.1007/s11325-016-1313-4

Rahmani, M., Farzaneh, & Rezaei, N. (2019). The Brain-Derived Neurotrophic Factor: Missing Link Between Sleep Deprivation, Insomnia, and Depression. *Neurochemical Research*, 45(2), 221-231. doi:10.1007/s11064-019-02914-1

- Respir, A. J. (2018). Sleep and Performance. In *Patient Education* (Vol. 197, pp. 13-14). American: American Thoracic Society.
- Sadock Kaplan, B. J. J. T. v. P. (2016). Kaplan and sadock's synopsis of psychiatry. *Behavioral sciences/clinical psychiatry*. 58(1), 78-79.
- Sahay, A., Kale, A., & Joshi, S. (2020). Role of neurotrophins in pregnancy and offspring brain development. *Neuropeptides*, 83, 102075. doi:10.1016/j.npep.2020.102075
- Sahay, A. S., Sundrani, D. P., & Joshi, S. R. (2017). Neurotrophins: Role in Placental Growth and Development. (0083-6729 (Print)).
- Santomauro, D. F., Mantilla Herrera, A. M., Shadid, J., Zheng, P., Ashbaugh, C., Pigott, D. M., . . . Ferrari, A. J. (2021). Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic. *The Lancet*. doi:10.1016/s0140-6736(21)02143-7
- Scheinost, D., Spann, M. N., McDonough, L., Peterson, B. S., & Monk, C. (2020). Associations between different dimensions of prenatal distress, neonatal hippocampal connectivity, and infant memory. *Neuropsychopharmacology*, 45(8), 1272-1279. doi:10.1038/s41386-020-0677-0
- Schepanski, S., Buss, C., Hanganu-Opatz, I. L., & Arck, P. C. (2018). Prenatal Immune and Endocrine Modulators of Offspring's Brain Development and Cognitive Functions Later in Life. *Front Immunol*, 9, 2186. doi:10.3389/fimmu.2018.02186
- Schmitt, K., Holsboer-Trachsler, E., & Eckert, A. (2016). BDNF in sleep, insomnia, and sleep deprivation. *Ann Med*, 48(1-2), 42-51. doi:10.3109/07853890.2015.1131327
- Setyowati, A., Chung, M.-H., & Yusuf, A. (2019). Development of self-report assessment tool for anxiety among adolescents: Indonesian version of the Zung self-rating anxiety scale. *Journal of Public Health in Africa*. doi:10.4081/jphia.2019.1172

- Setyowati, A., & Chung, M. H. (2020). Validity and reliability of the Indonesian version of the Pittsburgh Sleep Quality Index in adolescents. *International Journal of Nursing Practice*, 27(5), e12856. doi:10.1111/ijn.12856
- Sinesi, A., Maxwell, M., O'Carroll, R., & Cheyne, H. (2019). Anxiety scales used in pregnancy: systematic review. *BJPsych Open*, 5(1), e5. doi:10.1192/bjo.2018.75
- Skogstrand, K., Hagen, C. M., Borbye-Lorenzen, N., Christiansen, M., Bybjerg-Grauholm, J., Baekvad-Hansen, M., . . . Hougaard, D. M. (2019). Reduced neonatal brain-derived neurotrophic factor is associated with autism spectrum disorders. *Transl Psychiatry*, 9(1), 252. doi:10.1038/s41398-019-0587-2
- Sonmez, E. O., Uguz, F., Sahingoz, M., Sonmez, G., Kaya, N., Camkurt, M. A., . . . Tasyurek, E. (2019). Effect of Maternal Depression on Brain-derived Neurotrophic Factor Levels in Fetal Cord Blood. *Clin Psychopharmacol Neurosci*, 17(2), 308-313. doi:10.9758/cpn.2019.17.2.308
- Sun, Y. F., Chang, Q., Wu, Q. J., Gao, S. Y., Zang, S. T., Liu, Y. S., & Zhao, Y. H. (2021). Association between maternal antenatal depression and neonatal Apgar score: A systematic review and meta-analysis of prospective cohort studies. *J Affect Disord*, 278, 264-275. doi:10.1016/j.jad.2020.09.054
- Videbeck, S., & Videbeck, S. (2013). *Psychiatric-mental health nursing: Lippincott Williams & Wilkins*.
- WHO. (2021). *Improving The Mental And Brain Health of Children and Adolescents*. Retrieved from <https://www.who.int/activities/improving-the-mental-and-brain-health-of-children-and-adolescents>
- Xu, X., Liu, D., Zhang, Z., Sharma, M., & Zhao, Y. (2017). Sleep Duration and Quality in Pregnant Women: A Cross-Sectional Survey in China. *Int J Environ Res Public Health*, 14(7). doi:10.3390/ijerph14070817
- Yang, Y., Li, W., Ma, T. J., Zhang, L., Hall, B. J., Ungvari, G. S., & Xiang, Y. T. (2020). Prevalence of Poor Sleep Quality in Perinatal and Postnatal

Women: A Comprehensive Meta-Analysis of Observational Studies. *Front Psychiatry, 11*, 161. doi:10.3389/fpsy.2020.00161

Yingchankul, N., Chattipakorn, S., & Gomutbutra, P. (2022). High Brain-Derived Neurotrophic Factor (BDNF) and Low Psychological Flexibility and associate with Fatigue symptoms. 2022.2003.2015.22271536. doi:10.1101/2022.03.15.22271536 %J medRxiv

Yusrawati, Rina, G., Indrawati, L. N., & Machmud, R. (2018). Differences in brain-derived neurotrophic factor between neonates born to mothers with normal and low ferritin. *Asia Pac J Clin Nutr, 27*(2), 389-392. doi:10.6133/apjcn.042017.18

Yusrawati, Y., Defrin, D., & Karmia, H. R. (2019). Neonatal Growth, Neurotrophine, Zinc, and Ferritin Concentration in Normal and Iron Deficiency Pregnancy: An Observational Analitic Study. *Open Access Maced J Med Sci, 7*(7), 1114-1118. doi:10.3889/oamjms.2019.202

Zhang, C., Zhang, H., Zhao, M., Li, Z., Cook, C. E., Buysse, D. J., . . . Yao, Y. (2020). Reliability, Validity, and Factor Structure of Pittsburgh Sleep Quality Index in Community-Based Centenarians. *Front Psychiatry, 11*, 573530. doi:10.3389/fpsy.2020.573530

