

BAB 5

KESIMPULAN DAN SARAN

5.1 Kesimpulan

Berdasarkan kajian pustaka yang dilakukan pada 6 artikel ilmiah maka dapat disimpulkan bahwa kepatuhan pasien dalam penggunaan terapi pengobatan golongan antidepresan lini pertama dan lini kedua dapat menurunkan tingkat kecemasan dengan rentang waktu kurang lebih selama 8 minggu pengobatan, dimana penurunan gejala dari tingkat kecemasan berat menjadi kecemasan ringan.

5.2 Saran

1. Perlu dilakukan penelitian lebih lanjut sehingga dapat mengetahui dan mengevaluasi kepatuhan minum obat pasien yang dapat menurunkan tingkat kecemasan pada pasien penerima antidepresan.
2. Perlu dilakukan penelitian lebih lanjut berkaitan dengan kejadian efek samping dan pencegahan kekambuhan untuk meminimalisir kemungkinan terjadinya peningkatan gejala pada pasien gangguan kecemasan.

DAFTAR PUSTAKA

- Abreu Costa, M., Gonçalves, F. G., Tatton-Ramos, T., da Fonseca, N. D., Schwinn, J. K., Alves, S. G. and Manfro, G. G. 2020, A Three-Arm Randomized Clinical Trial Comparing the Efficacy of a Mindfulness-Based Intervention with an Active Comparison Group and Fluoxetine Treatment for Adults with Generalized Anxiety Disorder, *Karger Publishers*, 1-11.
- Annas, dan Wibowo, K. 2019, Efektivitas Teknik Progesive *Muscle Relaxation*, dengan *Progesive Muscle Relaxation* dan Dzikir Anfas terhadap Kecemasan, *Indonesia Journal of Learning Education and Counseling*, **1(2)**: 144-150.
- Adriansyah, M. A., Rahayu, D. dan Prastika, N. D. 2015, Pengaruh Terapi Berpikir Positif dan *Cognitive Behavior Therapy* (CBT) terhadap Penurunan Kecemasan pada Mahasiswa Universitas Mulawarman, *Jurnal Psikotudia Universitas Mulawarman*, **4(2)**: 105-125.
- Azzahra, F., Oktarlina, R. Z. dan Hutasoid, H. K. 2020, Farmakoterapi Gangguan Anxietas dan Pengaruh Jenis Kelamin terhadap Efikasi Antianxietas, *Jurnal Ilmiah Mahasiswa Kedokteran Indonesia*, **8(1)**: 96-103.
- Baldwin, D. S., Waldman. S. and Allgulander, C. 2011, Evedince-based Pharmacological Treatmeant of Generalized Anxiety Disorder, *International Journal of Neuropsychopharmacology*, **12**: 697-710.
- Bandelow, B. and Michaelis, S. 2015, Epidemiology of Anxiety Disorders in the 21st Century, *Journal NCBI, Dialogues in Clinical Neuroscience*, **17(3)**: 327-335.
- Basith, A. and Ichwanto, M. A. 2019, Differences in Anxiety on the New Student of STKIP Singkawang, *Journal of Education and Practice*, **10(15)**: 54-57.
- Brown, M. T. and Bussell, J. K. 2011, Medication Adherence: WHO Cares, *Mayo Clin Proceedings*, **86(4)**: 304-311.
- Bystritsky, A., Khalsa, S. S., Cameron, M. E. and Schiffman, J. 2013, Current Diagnosis and Treatment of Anxiety Disoreder, *Pharmacy and Therapeutic Journal (P&T)*, **38(1)**: 30-44.

- Capitao, L., Chapman, R., Filippini, N., Wright, L., Murphy, S., James, A. and Harmer, C. 2020, Neural Effects of a Single Dose of Fluoxetine on Resting-state Functional Connectivity in Adolescent Depression, *Psychopharm Journal*, **34 (12)**: 1461-1465.
- Charrois, E. M. 2015, Anxiety Disorders Self Studi Module, *Journal: Information, Evaluation and Professional Practice*, 1-14.
- Christensen, M. C., Loft, H., Florea, I. and McIntyre, S. R. 2017, Efficacy of Vortioxetine in Working Patients with Generalized Anxiety Disorder, *Cambridge University Press*, 249- 257.
- Durgam, S., Gammoll, C., Forero, G., Nunez, R., Tang, X., Mathews, M. and David V, S. 2016, Efficacy and Safety of Vilanzodone in Patient with Generalized Anxiety Disorder: A Randomized, Double-Blind, Placebo-Controlled, Flexible-Dose Trial, *Jurnal Clinic Psychiatry*, **77(22)**: 1687-1694.
- Diferiansyah, O., Septa, T. dan Lisiswanti, R. 2016. Gangguan Cemas Menyeluruh. *Journal Medula Unila*, **5(2)**: 63-68.
- DiPiro, J.T., Wells, B.G., Schwinghammer, T.L. and DiPiro, C.V. 2015, *Pharmacotherapy Handbook*, 9th, McGraw-Hill Education Companies, New York.
- Dogaheh, E.R. 2013, Psychometric Properties of Farsi Version of the Social Phobia Inventory (SPIN), *Social and Behavioral Science*, **84**: 763-768.
- Edi, I. M. 2015, Faktor-faktor yang Mempengaruhi Kepatuhan Pasien pada Pengobatan: Telaah Sistematis, *Jurnal Ilmiah Medicamento*, **1(1)**: 1-8.
- Eriksen, M. B. and Frandsen, T. F. 2018, The Impact of Patient, Intervention, Comparison, Outcome (PICO) as a Search Strategy tool on Literature Search Quality: A Systematic Review, *Journal of the Medical Library Association*, **106(4)**: 420-431.
- Fauziah, N., Imas, R. dan Tetti, S. 2018, Parent's Anxiety Towards Juvenile Delinquency Phenomenon in Bandung Indonesia, *NurseLine Journal*, **3(2)**: 52-59.
- Gani, R. and Bhat, Z. A. 2018, Anxiety Disorder and Herbal Medicine, *International Journal of Pharmaceutical Sciences and Research*, **9(3)**: 844-853.

- Kardas, P., Lewek, P. and Matyjaszczyk, M. 2013, Determinants of Patient Adherence: A Review of Systematic Reviews, *Frontiers in Pharmacology*, **(4)**: 91.
- Kampfe, C.K., Gloster, A.T., Wittchen, H.U. and Lang, S.H. 2012, Experimental Avoidance and Anxiety Sensitivity in Patient with Panic Disorder and Agoraphobia, *International Journal of Clinical and Health Psychology*, **12(1)**: 5-22.
- Kendall, P. C. 2012, *Child and Adolescent Therapy: Cognitive-Behavior Procedures*, 4th, New York: The Guilford Press.
- Kiteley, R. and Stogdon, C. 2014, *Literature reviews in social work*, SAGE Publications, Los Angeles.
- Kumbara, H., Metra, Y. dan Ilham, Z. 2018, Analisis Tingkat Kecemasan (Anxiety) dalam Menghadapi Pertandingan Sepak Bola Kabupaten Banyuasin pada Porprov 2017, *Jurnal Ilmu Keolahragaan*, **17(2)**: 28-35.
- Khan, A., Durgam, S., Tang, X., Ruth, A., Mathews, M. and Gammoll, C. 2016, Post Hoc Analyses of Anxiety Measures in Adult Patients with Generalized Anxiety Disorder Treated with Vilazodone. *The Primary Care Companion for CNS Disorders*, **(18)2**: 1-1.
- Jiang, K., Li, J., Wang, X., Fang, M., Shi, J. and Cao, Q Hu, C. 2017, Efficacy and Tolerability of Escitalopram in Treatment of Major Depressive Disorder with Anxiety Symptoms: a 24- week, Open-label, Prospective Study in Chinese Population, *Dovepress*, **(13)**: 515-526.
- Loche, C., Koechlin, H., Zion, S. R., Werner, C., Pine, D. S., Kirsch, I. and Kossowsky, J. 2017, Efficacy and Safety of Selective Serotonin Reuptake Inhibitors, Serotonin-Norepinephrine Reuptake Inhibitors and Place for Common Psychiatric Disorders Among Children and Adolescent, *Journal of the American Medical Association*, **74(10)**: 1011-1020.
- Lochman, D. and Richardson, T. 2018 Selective Serotonin Reuptake Inhibitors, in Holsboer, F. and Andreas, S. 2005, *Handbook of Experimental Pharmacology: Anxiety and Anxiolytic Drugs*, 1th, Heidelberg.
- Lowe, B., Decker, O., Muller, S. and Brahler, E. 2008, Validation and Standardization of the Generalized Anxiety Disorder Screener (GAD-7) in the General Population, *Medical Care*, **46(3)**: 266- 274.

- Meng, X. and Arcy, C. 2012, Common and Unique Risk Factors and Comorbidity for 12-Month Mood and Anxiety Disorders Among Canadians, *The Canadian Journal of Psychiatry*, **57**: 479-87.
- Naffi, A. M., Perwitasari, D. A. dan Darmawan, E. 2016, Kepatuhan Minum Obat Pasien Rawat Jalan Skizofrenia di RSJ Prof. Dr. Soerojo Magelang, *Jurnal Ilmiah Farmasi- Kartika*, **4(2)**: 7-12.
- Osterberg, L. and Blaschke, T. 2005, Adherence to Medication, *The new England Journal of Medicine*, **353(5)**: 487-497
- Periodical, W., 2015, A Double-Blind, Randomized, Placebo-controlled, Fixed-dose Phase III Study of Vilazodone in Patient with Generalized Anxiety Disorder, *Jurnal Depression and Anxiety*, 451-459.
- Picton, J. D., Marino, A. B. and Nealy, K. L. 2018, Benzodiazepine Use and Cognitive Decline in the Elderly, *Journal Clinical Review*, **75(1)**: 6-12.
- Platt, L. M., Whitburn, A. I., Platt-Koch, G. A. and Koch, R. L. 2016, Nonpharmacological Alternatives to Benzodiazepine Drugs for the Treatment of Anxiety in Outpatient Populations, *Journal of Psychosocial Nursing*, **54(8)**: 35-42.
- Purnamasari, I. 2014, Hubungan Persepsi Mahasiswa Keperawatan dengan Kecemasan selama Mengikuti Pembelajaran Klinik di Rumah Sakit, *Jurnal Keperawatan Widya Gantari*, **1(1)**:130-135.
- Putra, D. E., PH, L. dan Susanti, Y. 2018, Hubungan Karakteristik Keluarga dengan Tingkat Anxsietas saat Menghadapi Kekambuhan Pasien Gangguan Jiwa, *Indonesian Journal for Health Sciences*, **2(1)**: 46-57.
- Plenge, P., Yang, D., Salomon, K., Laursen, L., E. Kalenderoglou, I., Newman, A. and Loland, C. 2021, The Antidepressant Drug Vilazodone is an Allosteric Inhibitor of the Serotonin Transporter, *Nature Communications*, 1-12.
- Qin, B., Huang, G., Yang, Q., Zhao, M., Chen, H., Gao, W. and Yang, M. 2019, Vortioxetine Treatment for Generalised Anxiety Disorder: A Meta-Analysis of Anxiety Quality of Life and Safety Outcomes, *British Medical Journal*, **(9)**: 1-9.
- Rosyida, L., Priyandani, Y., Sulistyarini, A. dan Nita, Y. 2015, Kepatuhan Pasien pada Penggunaan Obat Antidiabetes dengan Metode Pill-

- count dan MMAs-8 di Puskesmas Kudurus Surabata, *Jurnal Farmasi Komunitas*, **2(2)**: 36-41.
- Sari, M. and Asmendri. 2020, Penelitian Kepustakaan (Library Research) dalam Penelitian Pendidikan IPA, *Jurnal Penelitian Bidang IPA dan Pendidikan IPA*, **6(1)**: 41-53.
- Schwarz, T., Siddiqui, U. and Stahl, S. 2011, Vilazodone: A Brief Pharmacologic and Clinical Review of the Novel Serotonin Partial Agonist and Reuptake Inhibitor, *Sage Publications*, 1-7.
- Shalev, A., Liberzon, I. and Marmar, C. 2017, Post-Traumatic Stress Disorder, *The New England Journal of Medicine*, **376(25)**: 2459-2469.
- Shelton, R.C. 2018, Serotonin and Norepinephrine Reuptake Inhibitors, In: Macaluso M., Preskorn S. 2019, *Handbook of Experimental Pharmacology: Antidepressant*, 1th, Kindle Edition, Heidelberg.
- Stamenkovic, D. M., Rancic, N. K., Latas, M. B., Neskovic, V., Rondovic, G. M., Wu, J. D. and Cattano, D. 2018, Preoperative Anxiety and Implications on Postoperative Recovery: What Can we do to Change Our History, *Edizioni Minerva Medica*, **84(11)**: 1307-1317.
- Stuart, G.W. and Sundenen, S.J.. 2013, Buku Saku Keperawatan jiwa, 6th, *Mosby Year Book*, St. Louis.
- Shri, R. 2010, Anxiety: Causes and Management, *Jurnal of Behavioral Science*, **5(1)**: 100-118.
- Soodan, S. and Arya, A. 2015, Understanding the Pathophysiology and Management of the Anxiety Disorders, *International Journal of Pharmacy and Pharmaceutical Research*, **4(3)**: 251-278.
- Stahl, S., 2014. Mechanism of Action of the SPARI Vilazodone: Serotonin 1A Partial Agonist and Reuptake Inhibitor, *Journal Cambridge Brainstorms*, **(29)**: 105-109.
- Tulloch, I. and Rubin, J. S., 2019, Assessment and Management of Preoperative Anxiety, *Journal of Voice*, **33(5)**: 691-696.
- Vildayanti, H., Puspitasari, I. M. dan Sinuraya, R. K., 2018, Farmakoterapi Gangguan Anxietas, *Jurnal: Farmaka Suplemen*, **16(1)**: 196-213.

- Vrijens, et al. 2012, A New Taxonomy for Describing and Defining Adherence to Medications, *British Journal of Clinical Pharmacology*, **73(5)**: 691–705.
- Whiteford, H.A., Degenhardt, L., Rehm, J., *et al.* 2013, Global Burden of Disease Attributable to Mental and Substance Use Disorders: Findings from the Global Burden of Disease Study 2010, *Journal National Centre Biotechnology Information*, **382(9904)**: 1575-86.
- Zed, M. 2014, Metode Penelitian Kepustakaan, Jakarta: Yayasan Obor Indonesia.
- Zeber, J. E., Manias, E., Williams, A. F., Hutchins, D., Udezi, W. A., Roberts, C. S. and Peterson, A. M. 2013, A Systematic Literature Review of Psychosocial and Behavioral Factors Associated with Initial Medication Adherence: A Report of the ISPOR Medication Adherence and Persistence Special Interest Group, *Value in Health: The Journal of the International Society for Pharmacoeconomics and Outcomes Research*, **16(5)**: 891–900.