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**PSYCHOEDUCATION TO IMPROVE MENTAL HEALTH: SYSTEMATIC
LITERATURE REVIEW**

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ABSTRACT

Psychoeducation is special education designed as a preventive measure and directed at clients and their families to help prevent relapse. Currently, many cases show an increase in mental health disorders from various ages and groups. In this regard, clients who experience mental health disorders experience difficulties in dealing with stress, an inability to adapt, how to relate to other people, and relating to decision making. This case was motivated by the lack of psychoeducation provided by professional staff to the public regarding the importance of maintaining mental health, resulting in an increase in the number of cases of mental health disorders. The Systematic Review Evaluation will use the PRISMA checklist to determine the selection of studies that have been found. The databases used in this research, namely Google Scholar and ResearchGate, are limited to publications in the last 5 years from 2020 to 2024, interventions regarding psychoeducation to improve mental health. This systematic review used 10 articles that met the inclusion criteria. The results of providing psychoeducation have proven to be important in improving mental health. Psychoeducational activities can be carried out using quantitative, qualitative approaches, and untreated control group design with pretest and posttest samples. With primary data collection methods (interviews, Google form distribution, lectures, e-learning zoom, questionnaires, observations) experimental, experiential, and ANOVA (analysis of variance). The conclusion of this research is that psychoeducation can increase understanding of the importance of maintaining mental health in individuals.

Keywords: Psychoeducation, mental health, mental disorders

Psychoeducation To Improve Mental Health: Systematic Literature Review

INTRODUCTION

People who experience frequent trauma may also need psychoeducation that addresses their current needs for safety and self-care. It is possible to provide clients with information about how past violence increases the likelihood of being victimized again and the importance of safety planning in the context of trauma rehabilitation. Additionally, clients should be taught alternative coping mechanisms and self-monitoring techniques to deal with high-risk behaviors such as drug addiction, eating disorders, and self-mutilation. Before engaging in more intense trauma treatment, it is important to build stability in the client's life by increasing awareness of how trauma reminders can trigger self-destructive behavior and practicing the use of adaptive coping techniques. Mental disorders are becoming more common and complex in almost all age groups. The World Health Organization (2017) provides statistical data showing that more than 450 million people worldwide suffer from mental illness, including schizophrenia. Meanwhile, mental disorders are the main cause of death in Indonesia according to (IHME, 2017). Psychological intervention is very important during the maintenance period. Additionally, the content and delivery of psychological therapy has a significant impact on its effectiveness. These interventions can be broken down into simple and advanced therapies. Simple therapy does not require a highly developed theoretical foundation, complex training, or a highly experienced therapist. Instead, they target very precise and limited therapeutic goals and are easy to apply in clinical situations. On the other hand, complex therapies usually require advanced training, have a strong theoretical basis, and have their own model of understanding the condition that needs to be treated .

People of all ages may suffer from mental disorders. According to (RISKESDAS, 2018), many mental illnesses, including eating disorders, bipolar disorder, schizophrenia, anxiety, depression, behavioral problems, autism and intellectual disabilities, affect Indonesian society. Mental disorders must be understood, just like physical illnesses. In Indonesia, people with mental disorders are often treated badly and labeled as "crazy" or "mentally disturbed". Nicknames and titles given socially can cause people with mental disorders to feel guilty, hopeless, and even unwilling to ask for and receive help. Increasing stigma in society may have a negative impact and make things worse for individuals who are given that label. According to (Girma et al., 2013), people who experience social stigmatization have difficulty interacting with others and, in the worst situations, may even consider suicide as a result.

Mental health is not a single event. Total health is defined as the absence of disease, an organism in a state that allows it to fulfill all its activities, or a state of balance within oneself as well as between oneself and one's external physical and social environment. This is an important part of overall health. Any of these three criteria may be used, depending on how effectively the basic health conditions are met. These essentials include things like food, shelter, safety, protection, community, social support, and escape from suffering, unnecessary stress, the environment, and all forms of exploitation. A person's mental health is determined by their ideas and sentiments about life and themselves, which in turn influences how they respond to and manage adversity. A person's ability to function, take advantage of opportunities, and interact fully with family, friends, and coworkers is thought to be affected by their mental health. Because they influence each other directly and indirectly, physical and mental health are closely linked. There are several studies that are relevant to this research, including research according to (Sumi Lestari and Martomo Wahyudianto, 2022) with the title "Psychoeducation on Mental Health Literacy: Strategies for Maintaining Mental Health in Tourism Villages" and according to (Vania et al., 2023) with the title "Mental Health Alert Village: Psychoeducation on the Importance of Mental Health for Banyubiru Village Community", from the research the focus

Psychoeducation To Improve Mental Health: Systematic Literature Review

is to provide support and positive contributions regarding psychoeducation with the aim of providing knowledge about maintaining and maintaining the stability of mental and physical health. Apart from that, the two studies also stated that they would continue to provide literacy and maintain and improve people's mental health by providing psychoeducation and free consultation facilities.

In addition, these stigmas are the result of society's discrimination against individuals suffering from mental illness. Individuals who frequently stigmatize others who suffer from mental illness often take actions that make their situation worse. Everyone should have knowledge about mental health. Increasing knowledge can be done through psychological intervention. Psychoeducation is a method of psychological intervention that can be used with everyone. Because psychoeducation tries to improve mental health and reduce the risk of mental disorders in humans, psychoeducation is a more suitable type of psychoeducational intervention. It is also an effort to implement coping mechanisms to stop problems developing in people who are vulnerable to mental health conditions. This intervention is needed to provide alternative coping mechanisms needed to deal with problems that pose a risk to their mental health. According to data from the Center for Reproductive Health (2022, et al), anxiety is the most common mental health problem among teenagers in Indonesia, namely 26.7% of all mental health problems in teenagers aged 10 to 17 years. However, compared to male adolescents (4.0%), female adolescents (6.7%) showed higher levels of depression. Meanwhile, Populix Survey findings (2022) show that up to 52% of Indonesians aged between 18 and 24 years believe that they have mental health problems. A number of mental health symptoms were also reported by survey participants, including mood swings (26%), adjustments in sleep patterns and eating habits (19%), extreme fear or worry (18%), extreme fatigue (10%), and feeling confused, forgetful, grumpy (8%).

Based on clinical research, psychoeducation is a teaching method that provides families with mental illness with the information and skills they need to work together with mental health professionals to create a comprehensive clinical treatment plan. Psychoeducation has been shown to benefit people with schizophrenia and other severe mental illnesses and behavioral problems. With an emphasis on social and professional functioning, psychoeducation seeks to ensure that patients with serious mental disorders take their medications as prescribed, prevent the return of their condition, and facilitate their reintegration into society. (Prashant Srivastava and Rishi Panday, 2016). Teenagers and young people often experience mental disorders which are often associated with stigma and bullying. By prioritizing healthy behavior and cultivating a good attitude towards mental disorders, you can play an important role in preventing mental disorders. Providing mental health promotion programs in schools can provide great benefits. Additional psychoeducation can benefit patients with mental disorders in several ways, including improving treatment compliance—which remains one of the most important factors determining the course of the disease—helping better stabilize symptoms, preventing relapse, reducing inter-episode symptoms by improving the patient's condition. stress management skills, and, finally, assisting in the patient's rehabilitation to the highest possible level of functioning. Psychoeducation aids in improving compliance with long-term treatment regimens frequently prescribed for mental health conditions.

According to (Covarrubias and Han, 2011), there are other consequences such as not seeking treatment, lower quality of life, fewer job opportunities, lower chances of getting accommodation, lower standards of health services, and lower levels of self-esteem. . - pride. This is all due to the stigmatization of mental disorders. Whether their condition falls into the category of severe or even moderate mental disorders, almost all victims have experienced stigma. Low knowledge about mental health problems contributes to the negative stigma associated with mental disorders. It is important to compare the defining characteristics of psychoeducation and health education to determine

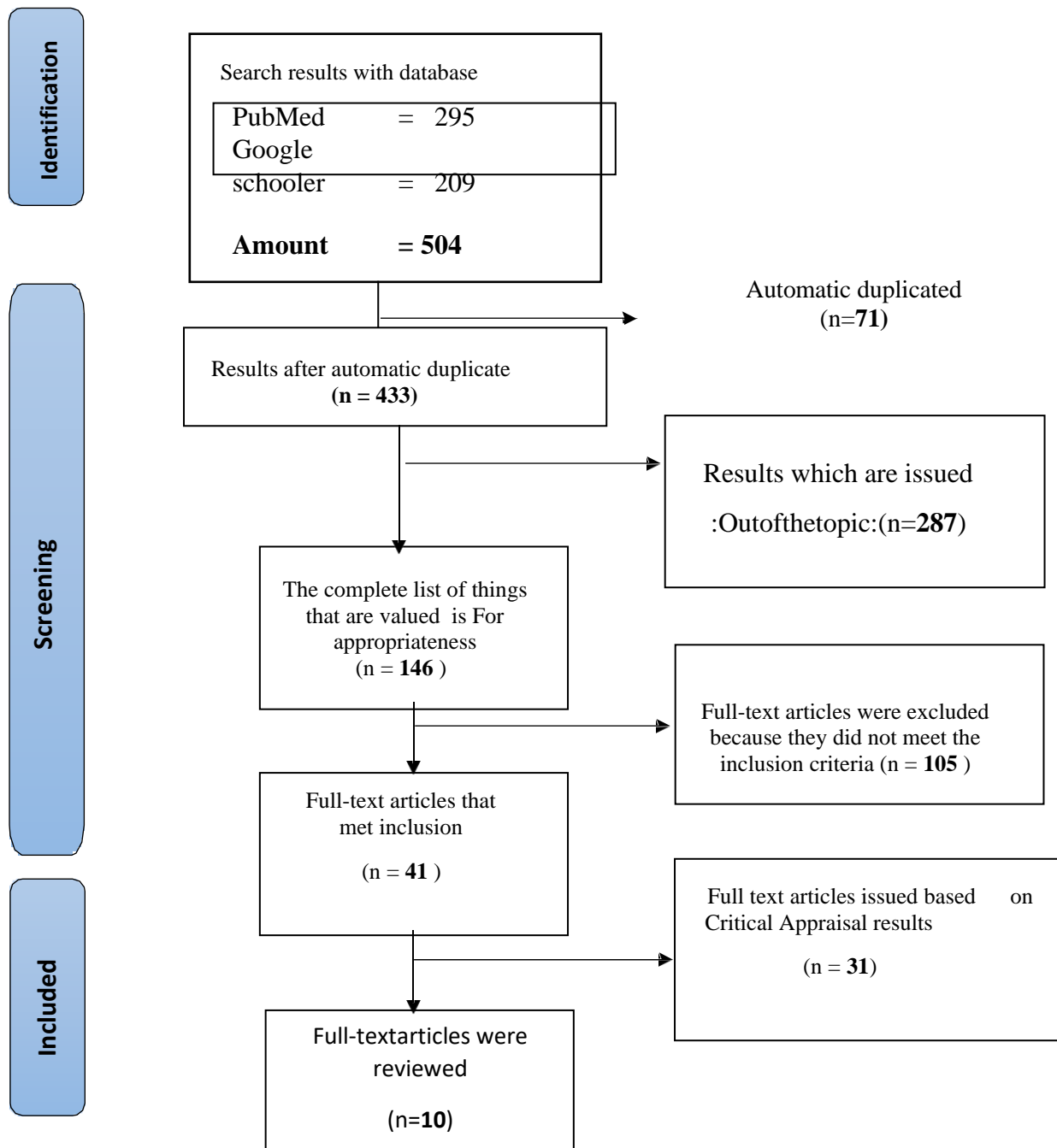
Psychoeducation To Improve Mental Health: Systematic Literature Review

whether psychoeducation should be included as part of health education or not. Health education is described as “a combination of learning experiences designed to facilitate behavioral adaptations conducive to health.” There are reasonable arguments for why psychoeducation meets all the requirements in this definition and more. The three main components of this standard definition are health-promoting behavior, voluntary adaptation, and learning experiences. All three components can be found in psychoeducation. Learning the physiological basis of psychological phenomena, such as mood instability, flashbacks, memory problems, and depression, helps people who suffer from persistent symptoms due to exposure to more severe and prolonged trauma to view these as symptoms, not personal shortcomings. This makes survivors feel less crazy and more compassionate towards themselves when they realize that symptoms such as dissociation or anger developed as an adaptive response in an abusive relationship environment.

METHOD

This research is a systematic review that locates, evaluates and discusses each research finding related to a particular problem. Researchers conducted a general search of journals related to psychoeducation to improve mental health, filtered the results, and selected those that were suitable for study using PRISMA. PRISMA is a tool and guide used to assess a systematic review and/or meta analysis . PRISMA helps writers and researchers in compiling quality systematic reviews and meta-analyses. Utilize and repeat the filtering process to find appropriate journals for the variables discussed. Mental health, psychoeducation, and mental disorders are the three main keywords in this literature survey.

RESULT AND DISCUSSION



Picture 1: PRISMA Flow Diagram

Psychoeducation To Improve Mental Health: Systematic Literature Review

The initial literature search yielded 504 articles, of which 295 were obtained from PubMed and 209 from Google Scholar. After reviewing the abstracts for relevance and suitability to the inclusion criteria, 10 articles were selected for full-text review.

| Title | Writer | Research Purpose | Types Of Research | Research Methods | Research Results |
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| Mental Health Psychoeducation for Tjut Nyak Dhien University Psychoeducation Students | Cut Rafyqa Fadhillah, Indah Sari Liza Lubis, Reny Khaerany Nisfiary, Syiva Fitria, Cut Sarah | Can contribute to society, especially students, regarding the importance of mental health and reducing the number of mental health problems and disorders experienced by Indonesian society, especially the city of Medan | Quantitative | Experiential Method | The results of Mental Health Psychoeducation Activities for Psychology Students at Tjut Nyak Dhien University, it was found that 37 out of 40 Psychology Student Participants gained knowledge and information about Mental Health, and were able to change negative stigma into healthier behavior for themselves and others. |
| Effectiveness of Online Psychoeducation to Improve Mental Health Literacy | Eka Sufartianingsih to Jafar and Rezki Wahyuni Nr | Understanding how the effectiveness of implementing online psychoeducation can increase literacy regarding mental health. | Quantitative | Experimental Method | The Wilcoxon test output was used to do the analysis with the aid of the IBM SPSS version 21 application. According to the spss results above, there is a significant difference between the pre- and post-tests, as indicated by the asymptotic significance level (2-tailed) of 0.000 < 0.05. This demonstrates that each variable's treatment varies due to a significant/meaningful influence. |
| Mental Health Socialization and Psychoeducation in Surabaya City Communities | Novensia Wongpy and Stefani Virlia | To increase public knowledge regarding mental health in order to reduce negative stigma, increase positive attitudes towards mental health and have awareness of the importance of maintaining a healthy mentality. | Quantitative | Primary data collection (Google form) | From the results of the evaluation of participants' life satisfaction and emotions, it can be seen that providing interventions in the form of mental health psychoeducation and meditation is quite effective in improving participants' mental health conditions. This can be seen from an increase in the |

Psychoeducation To Improve Mental Health: Systematic Literature Review

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| | | | | | quality of life satisfaction as well as an increase in positive emotions felt by participants |
| School-Based Psychoeducation to Improve Teacher Mental Health Literacy in the Prevention of Adolescent Mental Health | Wahyi Sholeha Erdah, Zidni Nuris Yuhbaba and M. Elyas Arif Budiman. | Train teachers' abilities to recognize and understand mental health problems in their students and be able to provide appropriate solutions if there are students who have mental health problems. | Quantitative | Primary data collection (lecture method) | The results showed an increase in the average mental health literacy score for teachers before and after being given psychoeducation from 68 points to 81 points. |
| Psychoeducation to Improve Mental Health Literacy in Teachers and Students at Junior High School "A" Yogyakarta | Erlina Listyant i Widuri and Baiq Fira Dwiyani | Improving mental health and as a preventive measure to reduce the risk of mental disorders in individuals. | Posttest samples and untreated control group design with pretest | Interviews regarding knowledge assessments on mental health and the stigma associated with it. | The research results showed that there were differences in pretest and posttest scores regarding mental health knowledge and Negative stigma after providing psychoeducation to students and teachers at SMPN "A" Yogyakarta. This can be seen from the results of the analysis using the <i>Wilcoxon Signed Rank Test</i> which produces a Z of (- 6.970) with p=(0.000). |
| Mental Health Psychoeducation for Adolescents Through Social Media | Mulia Marita Lasutri Tama and Marisa Anggraeni | Teenagers can Increase their knowledge about mental health and apply it in everyday life. | Qualitative | Primary data collection (Questionnaire and Google form) | The results also demonstrate that psychoeducation has a good effect on raising participants' awareness of mental health, as indicated by the teens' GHQ-30 scores. By using social media to deliver psychoeducation about mental health to fourteen teenagers, it can also increase participants' insight and self-awareness as seen from the active responses and evaluation questionnaires given to participants after the activity ends. |

Psychoeducation To Improve Mental Health: Systematic Literature Review

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| Psychoeducation to Maintain the Mental Health of East Cangerang Residents | King Oloan Tumanggor | Overcoming all forms of anxiety and restlessness that can damage mental Health through psychological consultation. | educational methods (psychoeducation) | Primary data collection (interviews) | Carolus Boromeus Cengkareng residents gain a comprehensive understanding of mental health Maintenance and how to apply it in their daily lives. |
| Psychoeducation about mental health and psychopathology in society | Puspita Puji Rahayu, Auliya Ulil Irsyadiyah | Initiatives to support the maintenance of mental health in daily life, comprehend mood disorders, and stop suicide. | Qualitative | Primary data collection (E-learning zoom) | Community service activities were held with the theme of mental health and psychopathology with the material presented being in accordance with the topics desired by the participants. This activity provides knowledge benefits for the community, to implement tips and solutions in problems related to mental health in the scope of life as well as mood disorders and suicide. Some of the participants were students with an average age of at most 17-25 years |
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Psychoeducation To Improve Mental Health: Systematic Literature Review

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| Application of "M - Health" Psychoeducation to Improve Mental Health Literacy of Pattimura University Fkip Students | Jeanete Ophilia Papilaya and Paul Arianto | building protective factors to reduce the vulnerability of mental health illnesses in individuals. | participatory observation | anova (analysis of variance) | The results of this research prove that although there is no significant increase in mental health literacy among Pattimura University FKIP students, it is not significant. The results of analysis using analysis of variance showed that there was no significant interaction between m-health psychoeducation and increased mental health |
| Psychoeducation Maintains Mental Health during the Covid-19 Pandemic | Ishaq Rahman and Rezky Nurul Fatihah | Public education, particularly in the area of mental health during the COVID-19 pandemic, was necessary due to the public's ignorance of psychiatric disorders, which also had a significant impact on the epidemic. | Qualitative | Primary data collection (Observation) | The distribution of flyers to the community, which is an individual work program, has a positive impact on society and can change people's Behavior to maintain physical and mental health during the Covid-19 pandemic by implementing several tips that have been explained in the flyers that have been distributed. |

Figure 1: Flow diagram and article selection.

10 articles publications were found by applying the PRISMA checklist to identify reporting items for systematic reviews and meta-analyses. Based on these standards, ten articles were chosen from this list. Every chosen article focuses on the same thing: offering psychoeducation-based interventions to enhance mental health across all populations. The goal of psychoeducation is to raise people's understanding and consciousness of the value of mental health through education. Anyone with specialized training and experience in mental health can perform this intervention anywhere, in different social circles. Psychoeducation's main objective is to inform and assist persons in need in the hopes of enhancing care and creating the support systems required to enhance mental health.

Recently, adolescent mental health has attracted the public spotlight. In line with the last 2021 survey carried out by the Indonesia-National Adolescent Mental Health Survey (I-NAMS) it was found that one in three teenagers (34.9%), equivalent to 15.5 million teenagers in Indonesia had one mental health problem in the last 12 months . Then, one in twenty teenagers (5.5%) which is equivalent to 2.45 million teenagers in Indonesia has had a mental disorder in the last 12 months. Only 2.6% of young people with mental health problems have ever accessed services that provide support or counselling. Psychoeducation

Psychoeducation To Improve Mental Health: Systematic Literature Review

is an educational method given to a group or community with the aim of providing information related to mental or psychological problems so that it can increase understanding. This psychoeducation can not only be used for individuals who experience psychological problems, but can also be used as a social movement that aims to educate about mental disorders (Natasubagyo & Kusrohmaniah, 2019). Facts about the internet and other social media also state that 9 out of 10 internet users choose to seek information through social media. Delivering psychoeducation through articles, pamphlets/posters, social media and websites will be more effective. Therefore, mental health psychoeducation through social media is expected to be able to provide information about mental health related to symptoms, causes/factors and others and realize the importance of mental health, increase individual willingness to seek help, reduce stigma towards individuals who experience psychological disorders and can also provide knowledge on how to respond appropriately to individuals experiencing psychological disorders. It is also hoped that the education provided will be useful in helping oneself understand and deal with psychological problems that occur.

CONCLUSION

From the results of research using the PRISMA checklist, 10 articles were selected that focused on psychoeducational interventions to improve mental health in various populations. Psychoeducation aims to increase public understanding and awareness of the importance of mental health through education. Anyone with specialized training and experience in the field of mental health can carry out these interventions in a variety of social settings. Through psychoeducation, it is hoped that the support system needed to improve mental health care will be formed.

Recent surveys show that many teenagers in Indonesia experience mental health problems, but few seek help or counselling. Therefore, psychoeducation through social media is important to increase awareness of mental health. By spreading information about the symptoms, causes and importance of mental health through social media, it is hoped that it can reduce stigma and help individuals overcome the psychological problems they experience. In conclusion, psychoeducation through social media can be an effective tool in helping to improve the mental health of society at large. Psychoeducation services can have a big influence in improving mental health in all groups, because many people from all walks of life, from children to adults, still have mental health problems. Therefore, it is important to provide education regarding improving mental health through psychoeducation services.

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Psychoeducation To Improve Mental Health: Systematic Literature Review

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Psychoeducation To Improve Mental Health: Systematic Literature Review

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