

REFERENCES

- Abdullah, A. Y. (2022, April 20). *Tips Design Pattern MVVM pada Pengembangan Aplikasi Android*. Dicoding. <https://www.dicoding.com/blog/tips-design-pattern-mvvm/>
- Alslaity, A., Suruliraj, B., Oyebode, O., Fowles, J., Steeves, D., & Orji, R. (2022). Mobile Applications for Health and Wellness: A Systematic Review. *Proceedings of the ACM on Human-Computer Interaction*, 6(EICS). <https://doi.org/10.1145/3534525>
- Andulmalik, H. I. (2024, May 15). *Unit Testing: Apa Itu dan Mengapa Kita Memerlukannya?* Dicoding. <https://www.dicoding.com/blog/unit-testing-apa-itu-dan-mengapa-kita-memerlukannya/>
- Anjania Rifani, D., & Rianto Rahadi, D. (2021). Ketidakstabilan Emosi dan Mood Masyarakat Dimasa Pandemi Covid-19. *Jurnal Manajemen Bisnis*, 18(1), 22–34. <https://doi.org/10.38043/jmb.v18i1.2747>
- Badan Pusat Statistik. (2021, February 24). *Jumlah Penduduk Menurut Kelompok Umur dan Jenis Kelamin, 2020*. Badan Pusat Statistik. <https://www.bps.go.id/id/statistics-table/3/WVc0MGEyMXBkVFUxY25KeE9HdDZkbTQzWkVkb1p6MDkjMw==/jumlah-penduduk-menurut-kelompok-umur-dan-jenis-kelamin--2023.html?year=2020>
- Bostanciklioglu, A. (2023, August 26). *Repository Pattern*. Medium. <https://medium.com/@ahmetbostanciklioglu/repository-pattern-2bcd99cd8a8b>
- Brooke, J. (1995). *SUS: A quick and dirty usability scale*. <https://www.researchgate.net/publication/228593520>
- BuildWithAngga. (2024, February 1). *Rekomendasi 10 Font Terbaik Untuk UI/UX Aplikasi Keuangan*. BuildWithAngga. <https://buildwithangga.com/tips/rekomendasi-10-font-terbaik-untuk-uiux-aplikasi-keuangan>
- Cahyadi, K. W., Indradewi, I. G. A. A. D., & Pratiwi, P. Y. (2023). UI/UX Design for Mobile-based Sports Instructor Search Application “Befind” using Design Thinking. *SISTEMASI: Jurnal Sistem Informasi*, 12(3), 835–850. <https://doi.org/10.32520/stmsi.v12i3.2986>
- Caldeira, C., Chen, Y., Chan, L., Pham, V., Chen, Y., & Zheng, K. (2018). Mobile apps for mood tracking: an analysis of features and user reviews. *AMIA Annual*

Symposium *Proceedings*, 495–504.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC5977660/>

- Cavalcante, M. G., & Sales, J. I. (2019, June). The Behavior Driven Development Applied to the Software Quality Test: A Case study Applied to the Promotion of Sports Financing in Brazil. *14th Iberian Conference on Information Systems and Technologies (CISTI)*. <https://doi.org/10.23919/CISTI.2019.8760965>
- Center for Reproductive Health, University of Queensland, & Johns Bloomberg Hopkins School of Public Health. (2022). *I-NAMHS: Indonesia-National Adolescent Mental Health Survey*. <https://qcmhr.org/outputs/reports/12-i-namhs-report-bahasa-indonesia>
- Dai, X., Spasić, I., Meyer, B., Chapman, S., & Andres, F. (2019). Machine Learning on Mobile: An On-device Inference App for Skin Cancer Detection. *Fourth International Conference on Fog and Mobile Edge Computing (FMEC)*, 301–305. <https://doi.org/10.1109/FMEC.2019.8795362>
- Datasans. (2023, April 6). *Introduction to Artificial Neural Network*. Medium. <https://datasans.medium.com/introduction-to-neural-network-8f7b93f827da>
- Day, S. L., Atilgan, N., Giroux, A. E., & Sawyer, B. D. (2024). The Influence of Format Readability on Children's Reading Speed and Comprehension. *Education Sciences*, 14(8). <https://doi.org/10.3390/educsci14080854>
- Diansyah, A. F., Rahman, M. R., Handayani, R., Nur Cahyo, D. D., & Utami, E. (2023). Comparative Analysis of Software Development Lifecycle Methods in Software Development: A Systematic Literature Review. *International Journal of Advances in Data and Information Systems*, 4(2), 97–106. <https://doi.org/10.25008/ijadis.v4i2.1295>
- Dicoding. (2021, May 12). *Apa itu UML? Beserta Pengertian dan Contohnya*. Dicoding. <https://www.dicoding.com/blog/apa-itu-uml/>
- Dicoding Indonesia. (2025). *Teori Clean Architecture | Menjadi Android Developer Expert*. Dicoding. <https://www.dicoding.com/academies/165/tutorials/10289?from=10284>
- Dicoding Intern. (2020, July 22). *Apa Itu Kotlin? Kenapa Kita Harus Mempelajari Kotlin?* Dicoding. <https://www.dicoding.com/blog/apa-itu-kotlin-kenapa-kita-harus-mempelajari-kotlin/>
- Faizin, A. A. (2023, September 23). *Tutorial Menggunakan Machine Learning di Android dengan TFLite*. Dicoding. <https://www.dicoding.com/blog/tutorial-menggunakan-machine-learning-di-android-dengan-tflite/>

- GeeksforGeeks. (2024a, June 10). *Complete Guide to Clean Architecture*. GeeksforGeeks. <https://www.geeksforgeeks.org/complete-guide-to-clean-architecture/>
- GeeksforGeeks. (2024b, November 1). *Repository Design Pattern*. GeeksforGeeks. <https://www.geeksforgeeks.org/repository-design-pattern/>
- GeeksforGeeks. (2025a, February 18). *MVVM (Model View ViewModel) Architecture Pattern in Android*. GeeksforGeeks. <https://www.geeksforgeeks.org/mvvm-model-view-viewmodel-architecture-pattern-in-android/>
- GeeksforGeeks. (2025b, April 21). *Unit Testing - Software Testing*. GeeksforGeeks. <https://www.geeksforgeeks.org/unit-testing-software-testing/>
- Ghiassi, M., Olschimke, M., Moon, B., & Arnaudo, P. (2012). Automated text classification using a dynamic artificial neural network model. *Expert Systems with Applications*, 39(12), 10967–10976. <https://doi.org/10.1016/j.eswa.2012.03.027>
- Google Android Developers. (2023, March 1). *Kotlin overview*. Android Developers. <https://developer.android.com/kotlin/overview>
- Google for Developers. (2025, February 26). *Save data in a local database using Room*. Android Developers. <https://developer.android.com/training/data-storage/room>
- Hardani, Auliya, N. H., Andriani, H., Fardani, R. A., Ustiawaty, J., Juliana Sukmana, D., & Istiqomah, R. R. (2020). *Buku Metode Penelitian Kualitatif & Kuantitatif* (H. Abadi, Ed.). CV. Pustaka Ilmu. <https://www.researchgate.net/publication/340021548>
- Hossain, M. I. (2023). Software Development Life Cycle (SDLC) Methodologies for Information Systems Project Management. *International Journal for Multidisciplinary Research (IJFMR)*, 5(5). <https://doi.org/10.36948/ijfmr.2023.v05i05.6223>
- Jiang, Y. (2024). Research on Brand Cognition and Emotional Connection Based on Color Driving. *Clausius Scientific Press*, 5(1), 180–187. <https://doi.org/10.23977/artpl.2024.050124>
- Junaidi, & Sumarni. (2024). Konsep Mood Disorders: Gangguan Bunuh Diri dan Penyebabnya. *ATTENDING: Jurnal Bimbingan Dan Konseling*, 1(1), 82–91. <https://journal.iainlangsa.ac.id/index.php/attending/article/view/9213>
- Kurnia Sari, W., & Saladin Azhar, I. B. (2023). Perbandingan Kinerja Neural Network dengan Metode Klasifikasi Tradisional dalam Mendiagnosis

- Penyakit Jantung: Sebuah Studi Komparatif. *JSI: Jurnal Sistem Informasi (E-Journal)*, 15(1), 3111–3117. <https://doi.org/10.18495/jsi.v15i1.112>
- Lestari, B., Rifiani, P. I., & Gati, A. B. (2021). The Use of the Usability Scale System as an Evaluation of the Kampung Heritage Kajoetangan Guide Ebook Application. *European Journal of Business and Management Research*, 6(6), 156–161. <https://doi.org/10.24018/ejbmr.2021.6.6.1113>
- Lin, M. H., Li, J. J., Hung, P. Y., & Huang, H. W. (2014). Blogging a journal: Changing students' writing skills and perceptions. *ELT Journal*, 68(4), 422–431. <https://doi.org/10.1093/elt/ccu032>
- Magomedova, A., & Fatima, G. (2025). Mental Health and Well-Being in the Modern Era: A Comprehensive Review of Challenges and Interventions. *Cureus*, 17(1), e77683. <https://doi.org/10.7759/cureus.77683>
- Mahendra, G. S., & Asmarajaya, I. K. A. (2022). Evaluation Using Black Box Testing and System Usability Scale in the Kidung Sekar Madya Application. *Sinkron: Jurnal Dan Penelitian Teknik Informatika*, 7(4), 2292–2302. <https://doi.org/10.33395/sinkron.v7i4.11755>
- Mazhar, S. A., Anjum, R., Anwar, A. I., & Khan, A. A. (2021). Methods of Data Collection: A Fundamental Tool of Research. *Journal of Integrated Community Health*, 10(01), 6–10. <https://doi.org/10.24321/2319.9113.202101>
- Nascimento, N., Santos, A. R., Sales, A., & Chanin, R. (2020). Behavior-Driven Development: A case study on its impacts on agile development teams. *IEEE/ACM 42nd International Conference on Software Engineering Workshops (ICSEW'2020)*, 109–116. <https://doi.org/10.1145/3387940.3391480>
- National Institute of Mental Health. (2021). *Understanding the Link Between Chronic Disease and Depression*. National Institute of Mental Health. <https://www.nimh.nih.gov/health/publications/chronic-illness-mental-health>
- National Institute of Mental Health. (2024, December). *Caring for Your Mental Health*. National Institute of Mental Health. <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>
- Nazir, M., Amin, A., Ahmad, O., Yaseen, A., & Sabah, A. (2020). Software Quality Assurance and Android Application Development: A Comparison among Traditional and Agile Methodology. *LGU Research Journal for Computer Science and IT*, 4(4). <https://doi.org/10.54692/lgurjcsit.2020.0404105>
- Paramartha, A. A. G. Y., Seputra, K. A., Azima, F., Putra, D. P., Dwi, E., & Aryanto, K. Y. E. (2022). Usability Evaluation of an Interactive Educational Mobile

- Application. *24th International Conference on Advanced Communication Technology (ICACT)*, 491–495. <https://doi.org/10.23919/CISTI.2019.8760965>
- Paramartha, A. A. G. Y., Sindu, I. G. P., & Permana, A. A. J. (2018). Usability Testing pada Office Add-Ins dalam Mengintegrasikan Sistem Rekonstruksi Materi dan Sistem Manajemen Pembelajaran. *Jurnal Teknologi Informasi Dan Komputer*, 4(2), 174–183. <https://doi.org/10.36002/jutik.v4i2.550>
- Permana, A. A. J. (2019). Menggunakan Metode System Usability Scale (Sus) (Studi Kasus : umkmbuleleng.com). *Jurnal Sains & Teknologi*, 8(2), 149–158. <https://doi.org/10.23887/jstundiksha.v8i2.22858>
- Pratiwi, P. Y., & Suchahyani, N. P. S. (2024). Implementation of Design Thinking Method and Usability Testing in the Design of a Scholarship Information System. *Jurnal Pendidikan Teknologi Dan Kejuruan*, 21(2), 133–144. <https://doi.org/10.23887/jptkundiksha.v21i2.81688>
- Qamar, R., & Zardari, B. A. (2023). Artificial Neural Networks: An Overview. *Mesopotamian Journal of Computer Science*, 2023(5), 124–133. <https://doi.org/10.58496/mjcs/2023/015>
- Reza, Y. A. (2025). Psikologi Bentuk Dalam Desain Grafis: Bagaimana Bentuk Mempengaruhi Persepsi dan Makna. *Communication & Design Journal*, 2(1). <https://ojs.sains.ac.id/index.php/commdes/article/view/89>
- Rionov, A., Ramadhan, F., Kusuma, P. D., & Prasasti, A. L. (2024). Implementasi Arsitektur MVVM dalam Pengembangan Aplikasi Rekomendasi Makanan Sehat Berbasis Mobile. *EProceedings of Engineering*, 11(4). <https://openlibrarypublications.telkomuniversity.ac.id/index.php/engineering/article/view/24247>
- Russel, C., Waworuntu, A., Surya, D., Zebua, J. N., & Sandy, R. (2023). Development of an android-based journaling and mood tracking mobile application for improving mental health using firebase application programming interface. *International Journal of Scientific Reports*, 9(4), 107–112. <https://doi.org/10.18203/issn.2454-2156.intjsci20230716>
- Saeed, S., Jhanjhi, N. Z., Naqvi, M., & Humayun, M. (2019). Analysis of software development methodologies. *International Journal of Computing and Digital Systems*, 8(5), 445–460. <https://doi.org/10.12785/ijcds/080502>
- Salah Alaloul, W., & Hannan Qureshi, A. (2020). Data Processing Using Artificial Neural Networks. In D. Harkut (Ed.), *Dynamic Data Assimilation - Beating the Uncertainties*. IntechOpen. <https://doi.org/10.5772/intechopen.91935>
- Samhsa. (2013). *Community Conversations About Mental Health: Information Brief*. <https://www.mentalhealth.org/talk/community-conversation/>

- Saraswati, E., Umaidah, Y., & Voutama, A. (2021). Penerapan Algoritma Artificial Neural Network untuk Klasifikasi Opini Publik Terhadap Covid-19. *Generation Journal*, 5(2), 109–118. <https://doi.org/10.29407/gj.v5i2.16125>
- Sauro, J. (2018, September 19). *5 Ways to Interpret a SUS Score*. Measuringu. <https://measuringu.com/interpret-sus-score/>
- Schueller, S. M., Neary, M., Lai, J., & Epstein, D. A. (2021). Understanding People's Use of and Perspectives on Mood-Tracking Apps: Interview Study. *JMIR Mental Health*, 8(8). <https://doi.org/10.2196/29368>
- Singh, A. (2024, February 20). *Kotlin Unit Testing Guide for Android Developers: Best Practices & Techniques*. Bugfender. <https://bugfender.com/blog/kotlin-unit-testing/>
- Six, S. G., Byrne, K. A., Tibbett, T. P., & Pericot-Valverde, I. (2021). Examining the effectiveness of gamification in mental health apps for depression: Systematic review and meta-analysis. *JMIR Mental Health*, 8(11). <https://doi.org/10.2196/32199>
- Suhr, M., Risch, A. K., & Wilz, G. (2017). Maintaining Mental Health Through Positive Writing: Effects of a Resource Diary on Depression and Emotion Regulation. *Journal of Clinical Psychology*, 73(12), 1586–1598. <https://doi.org/10.1002/jclp.22463>
- Team. (2023, October 24). *Black Box Testing Adalah: Teknik Dan Contoh Pengujiannya*. Coding Studio. <https://codingstudio.id/blog/black-box-testing-adalah/>
- TensorFlow. (2019). *Introduction to TensorFlow*. TensorFlow. <https://www.tensorflow.org/learn>
- Tripathi, K., Vyas, R. G., & Gupta, A. K. (2019). Document Classification Using Artificial Neural Network. *Asian Journal of Computer Science and Technology*, 8(2), 55–58. <https://doi.org/10.51983/ajcst-2019.8.2.2140>
- Verma, A., Khatana, A., & Chaudhary, S. (2017). A Comparative Study of Black Box Testing and White Box Testing. *International Journal of Computer Sciences and Engineering*, 5(12), 301–304. <https://doi.org/10.26438/ijcse/v5i12.301304>
- Visual Paradigm. (2025). *What is Use Case Diagram?* Visual Paradigm. <https://www.visual-paradigm.com/guide/uml-unified-modeling-language/what-is-use-case-diagram/>
- Wibawa, M. S., & Maysanjaya, I. Md. D. (2018). Multi Layer Perceptron Dan Principal Component Analysis Untuk Diagnosa Kanker Payudara. *Jurnal*

- Nasional Pendidikan Teknik Informatika: JANAPATI*, 7(1), 90–99.
<https://doi.org/10.23887/janapati.v7i1.12909>
- Widnall, E., Grant, C. E., Wang, T., Cross, L., Velupillai, S., Roberts, A., Stewart, R., Simonoff, E., & Downs, J. (2020). User perspectives of mood-monitoring apps available to young people: Qualitative content analysis. *JMIR MHealth and UHealth*, 8(10). <https://doi.org/10.2196/18140>
- Widyasari, N. P. A. M., Arthana, I. K. R., & Yudia Pratiwi, P. (2024). Perbaikan Pengalaman Pengguna Sistem Pendaftaran Kembali Undiksha Menggunakan Metode Design Thinking. *Techno.COM*, 23(1), 149–162.
<https://doi.org/10.62411/tc.v23i1.9352>
- Wiguna, K., & Mahdiana, D. (2023). Analysis of Information Systems Development Methods: A Literature Review. *Jurnal INOVTEK Polbeng*, 8(2), 2023. <https://doi.org/10.35314/isi.v8i2.3753>
- World Health Organization. (2021, October 7). *6 ways to take care of your mental health and well-being this World Mental Health Day*. World Health Organization. <https://www.who.int/westernpacific/about/how-we-work/pacific-support/news/detail/07-10-2021-6-ways-to-take-care-of-your-mental-health-and-well-being-this-world-mental-health-day#:~:text=Look%20after%20your%20physical%20health,sure%20to%20get%20enough%20sleep.>
- World Health Organization. (2022a, June 8). *Mental disorders*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/mental-disorders>
- World Health Organization. (2022b, June 17). *Mental Health*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>
- Zahira Fitriani, A., & Anggara, A. (2024). Pembuatan Aplikasi Edukasi Kesehatan Mental “Up Mind” Berbasis Android. *KONSTELASI: Konvergensi Teknologi Dan Sistem Informasi*, 4(2). <https://doi.org/10.24002/konstelasi.v4i2.10199>
- Zahra, N., & Mansoor, A. Z. (2024). Warna dan Emosi untuk Media Desain Interaktif: Literature Review Color and Emotion for Interactive Design Media: A Literature Review. *Gorga: Jurnal Seni Rupa*, 13(1), 340–345.
<https://doi.org/10.24114/gr.v13i01.57946>