UGM PUBLIC HEALTH
• SYMPOSIUM •

Health Informatics

Subjective Usability Review of “Sehat Jiwa” App

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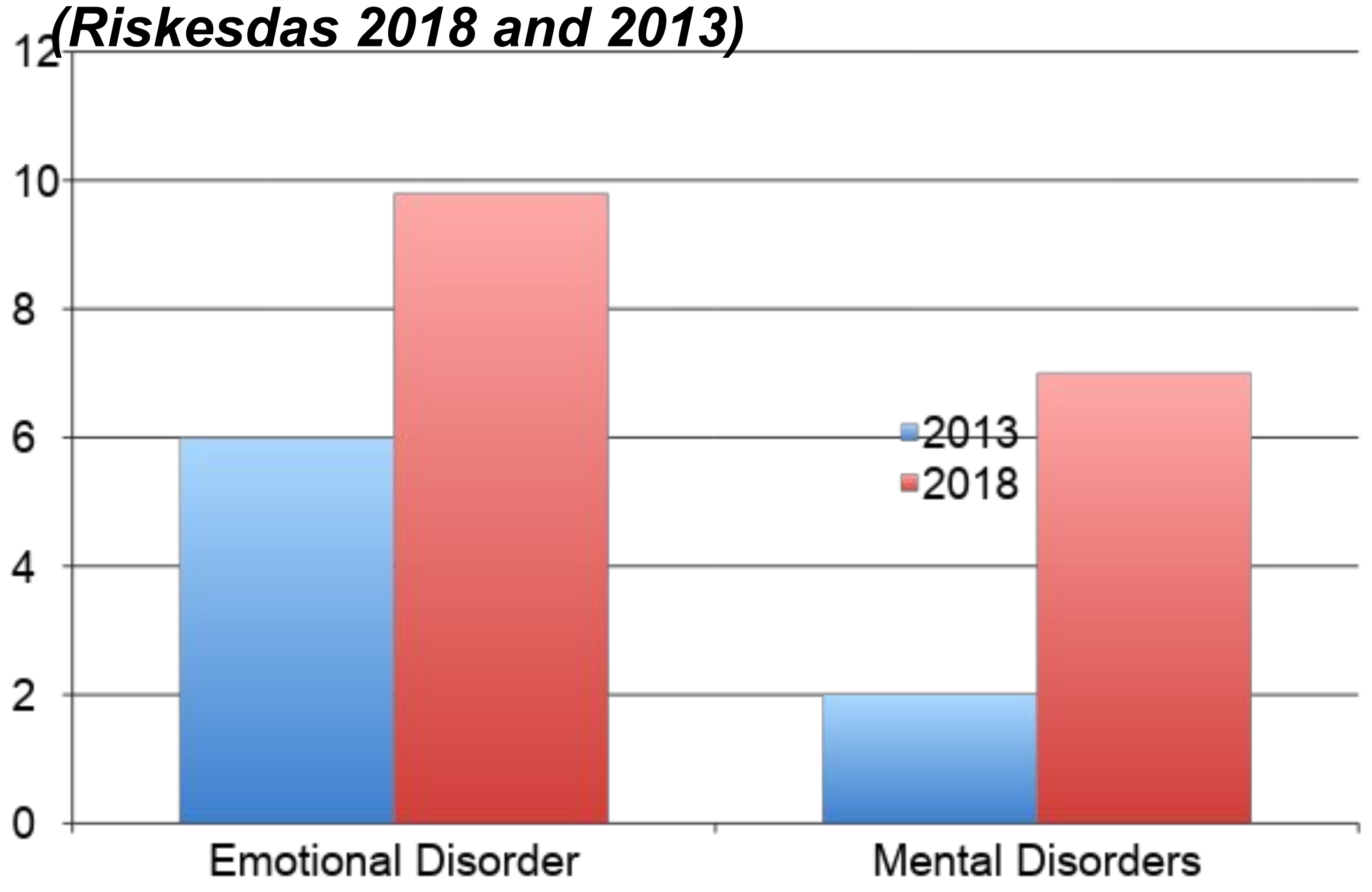
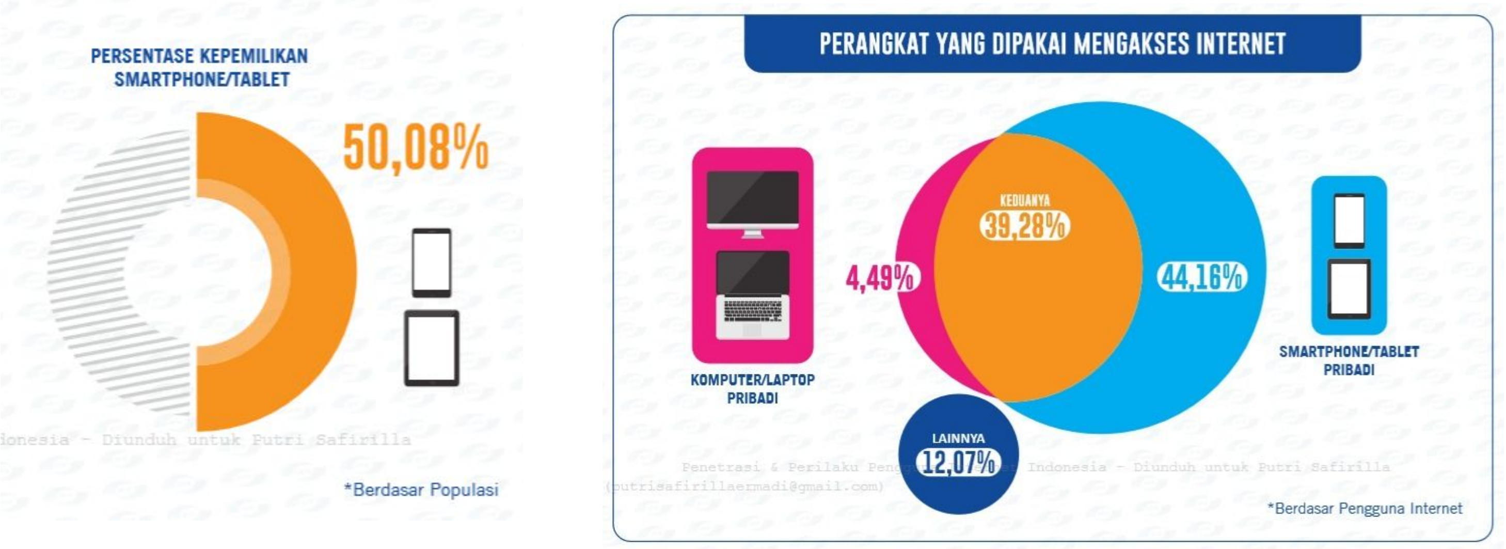
A. Background

Prevalence of Mental Health Problems

(Riskesdas 2018 and 2013)



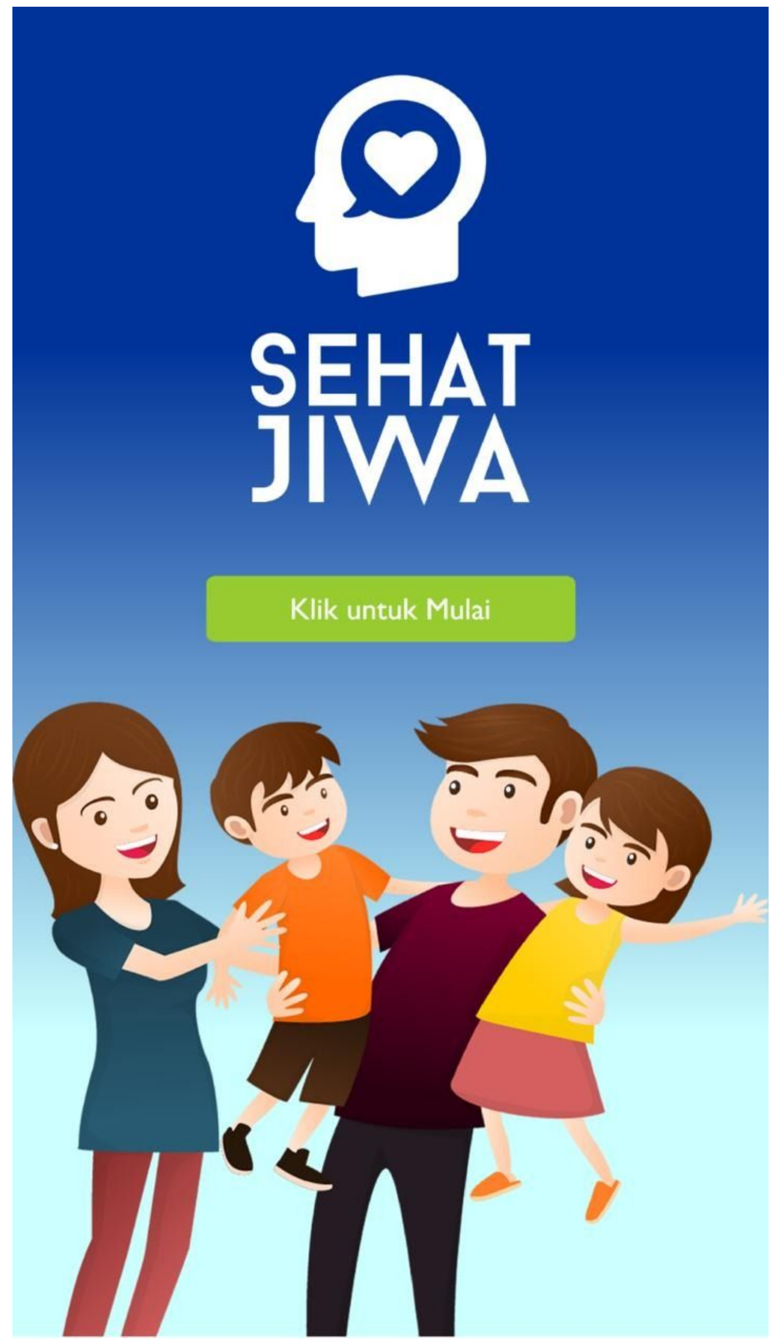
Smartphone penetration and use to access the Internet



APJII 2017 Survey (Indonesian Internet Service Provider Association)

Aims of the Study: To review “Sehat Jiwa” app using assessment framework by Zelmer J et al (2018) that proposed 15 criteria in assessing e-mental health apps.

KEMENTERIAN
KESEHATAN
REPUBLIK
INDONESIA



- **October 2015**
- **1000+ Download**
- **31 Reviews**

Supported Platform :

android

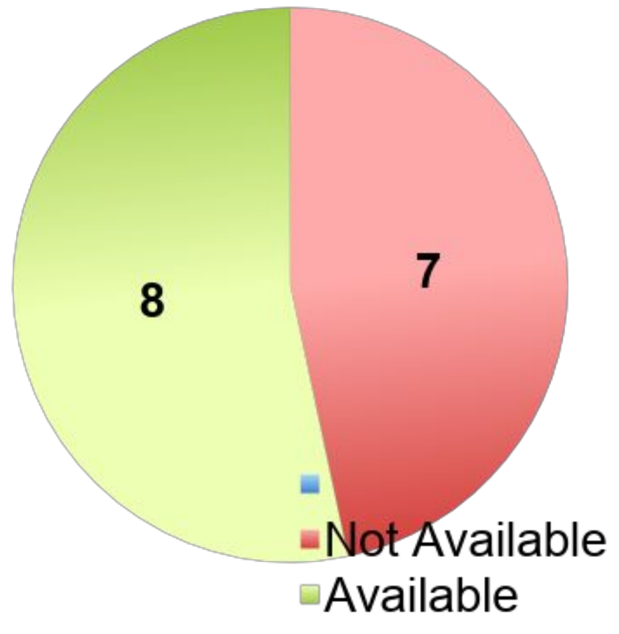
B. Methods

Assessment Framework by Zelmer J et al (2018)

15 Criteria in assessing e-mental health apps :

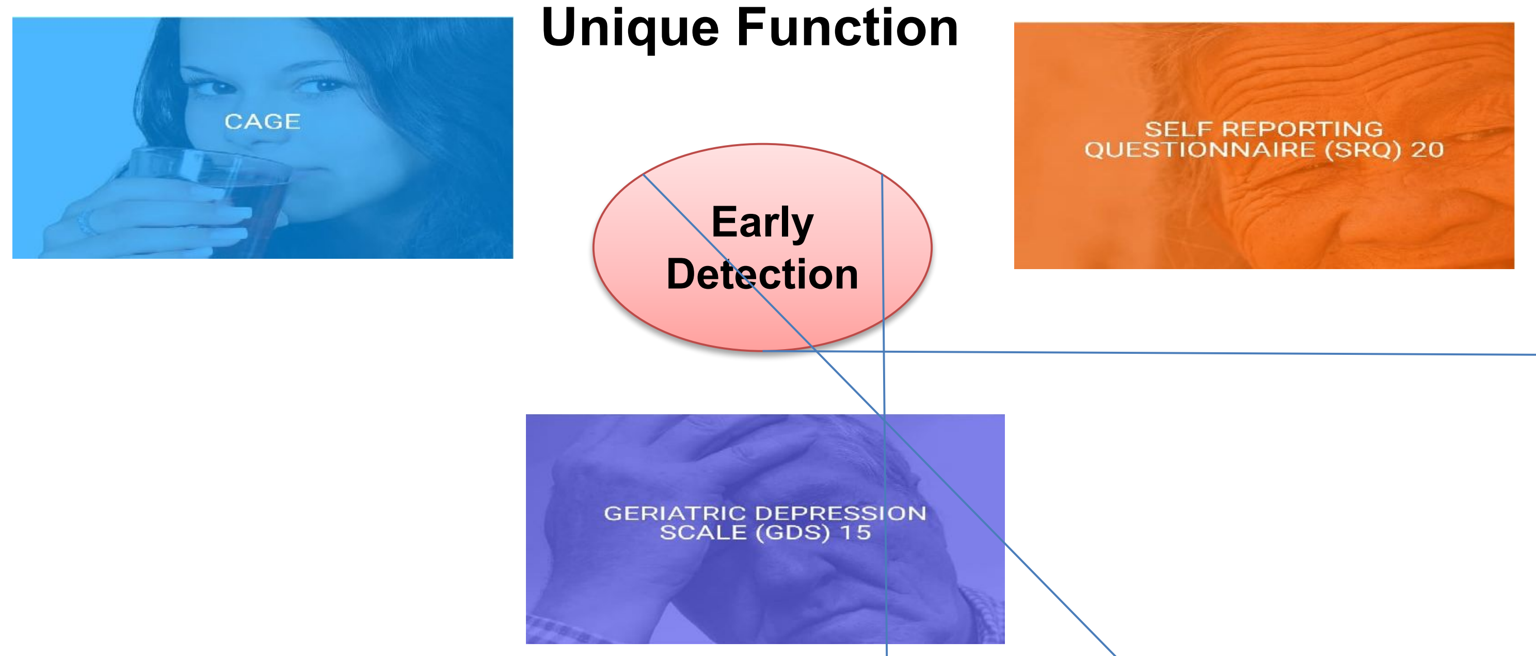
1. Effectiveness
2. Transparency of Information Security
3. Information Security
4. Functionality
5. Usability
6. Clinical Criteria
7. Developer Transparency
8. Funding Transparency
9. User Inclusion
10. User Desirability
11. Audience
12. Supported Platforms
13. App Price
14. Meaningful Inclusion
15. Interoperability

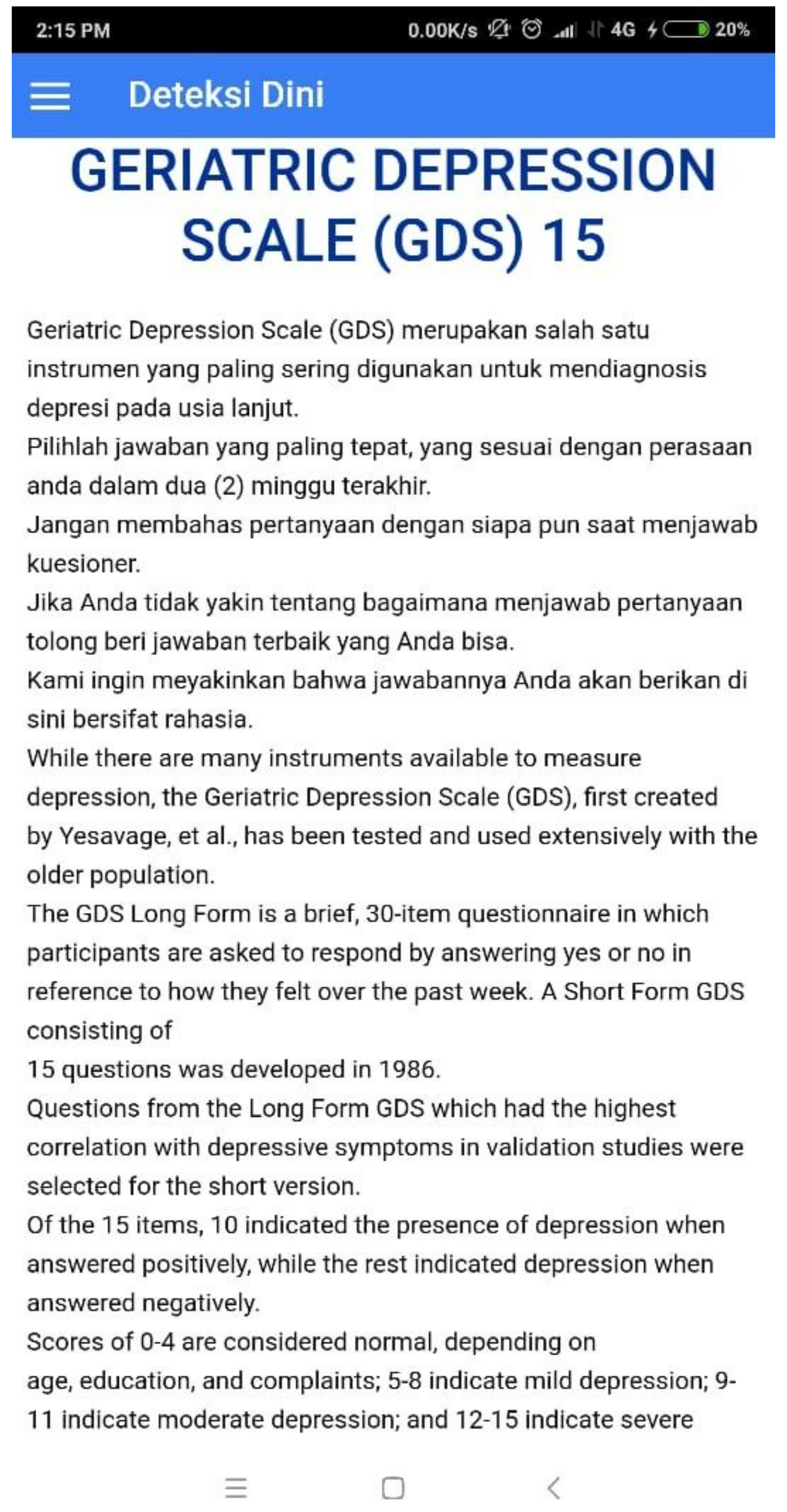
Assessment of “Sehat Jiwa” App



C. Results

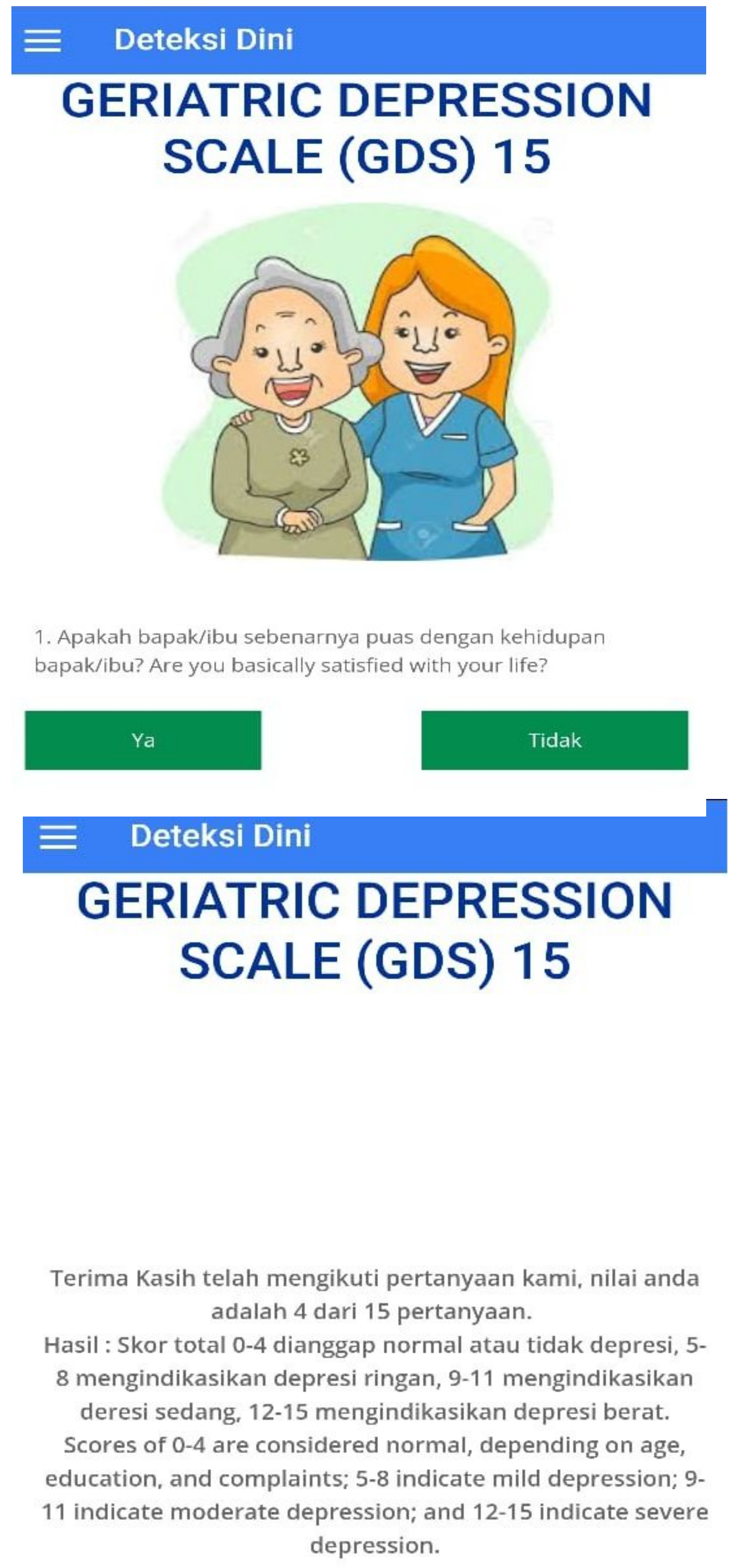
Unique Function


CAGE
Early Detection
SELF REPORTING QUESTIONNAIRE (SRQ) 20
GERIATRIC DEPRESSION SCALE (GDS) 15



GERIATRIC DEPRESSION SCALE (GDS) 15

Geriatric Depression Scale (GDS) merupakan salah satu instrumen yang paling sering digunakan untuk mendiagnosis depresi pada usia lanjut.
Pilihlah jawaban yang paling tepat, yang sesuai dengan perasaan anda dalam dua (2) minggu terakhir.
Jangan membahas pertanyaan dengan siapa pun saat menjawab kuesioner.
Jika Anda tidak yakin tentang bagaimana menjawab pertanyaan tolong beri jawaban terbaik yang Anda bisa.
Kami ingin meyakinkan bahwa jawabannya Anda akan berikan di sini bersifat rahasia.
While there are many instruments available to measure depression, the Geriatric Depression Scale (GDS), first created by Yesavage, et al., has been tested and used extensively with the older population.
The GDS Long Form is a brief, 30-item questionnaire in which participants are asked to respond by answering yes or no in reference to how they felt over the past week. A Short Form GDS consisting of
15 questions was developed in 1986.
Questions from the Long Form GDS which had the highest correlation with depressive symptoms in validation studies were selected for the short version.
Of the 15 items, 10 indicated the presence of depression when answered positively, while the rest indicated depression when answered negatively.
Scores of 0-4 are considered normal, depending on age, education, and complaints; 5-8 indicate mild depression; 9-11 indicate moderate depression; and 12-15 indicate severe



GERIATRIC DEPRESSION SCALE (GDS) 15

1. Apakah bapak/ibu sebenarnya puas dengan kehidupan bapak/ibu? Are you basically satisfied with your life?

GERIATRIC DEPRESSION SCALE (GDS) 15

Terima Kasih telah mengikuti pertanyaan kami, nilai anda adalah 4 dari 15 pertanyaan.
Hasil : Skor total 0-4 dianggap normal atau tidak depresi, 5-8 mengindikasikan depresi ringan, 9-11 mengindikasikan deresi sedang, 12-15 mengindikasikan depresi berat.
Scores of 0-4 are considered normal, depending on age, education, and complaints; 5-8 indicate mild depression; 9-11 indicate moderate depression; and 12-15 indicate severe depression.

D. Conclusion

- User-friendly
- Informative
- Suitable for adolescences and adults user.

Given to this subjective nature of the assessment, more rigorous evaluation is needed for generalization.