

# Uji Validitas dan Reliabilitas instrumen CESD-R (Center for Epidemiologic Studies Depression - Revised) versi Bahasa Indonesia di Rumah Sakit Cipto Mangunkusumo = Validity and Reliability Test of Center for Epidemiologic Studies Depression - Revised (CESD-R) Instrument Indonesian Version in Cipto Mangunkusumo Hospital

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## Abstrak

### <b>ABSTRAK</b><br>

Pendahuluan: Gejala dan gangguan depresi merupakan salah satu penyebab terjadinya hendaya dan kecacatan pada remaja, terutama remaja yang menjalani perawatan di rumah sakit. Untuk itu, diperlukan alat ukur uji tapis yang digunakan pada populasi remaja yang sedang menjalani perawatan di rumah sakit.

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Metode: Uji validitas dan reliabilitas dilakukan pada kuesioner CESD-R versi bahasa Indonesia. Instrumen ini sudah terbukti sahih dan andal untuk digunakan pada populasi remaja di komunitas. Sebanyak 100 pasien remaja yang menjalani perawatan di RSUPN Dr. Cipto Mangunkusumo berpartisipasi dalam penelitian ini dan mengisi kuesioner secara mandiri. Selain itu, mereka juga diwawancara dengan MINI Kid untuk menentukan diagnosis gangguan depresi. Uji validitas kriteria dan uji reliabilitas dengan menilai konsistensi internal dan test-retest dilakukan dengan bantuan program SPSS versi 20.00. Uji reliabilitas test-retest dilakukan dengan melibatkan 20 remaja setelah 2-4 minggu setelah pengisian kuesioner pertama.

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Hasil: Subjek penelitian memiliki nilai tengah usia 13,50 tahun dengan usia tertinggi 18 tahun. Mereka memiliki latar belakang pendidikan, SD (30%), SMP (39%), dan SMA/SMK (31%). Sebanyak 68% memiliki kondisi medis umum dengan komorbiditas tertinggi adalah systemic lupus erithematosus (12%). CESD-R dalam studi ini memiliki nilai tengah 13,5 tahun. Nilai Cut-off optimal yang diperoleh adalah 9 dengan nilai Youden's index 0,671. Berdasarkan kurva AUC 0,92 (95% CI: 0.86-0.97), instrumen ini memberikan sensitivitas 93,9%, spesifisitas 73,1%, positive likelihood ratio 3,5, dan negative likelihood ratio 0,08. CESD-R memiliki Cronbach's Alpha 0,88 (95% CI: 0,84-0,91) dan hasil test-retest adalah 0,91.

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Kesimpulan: CESD-R versi bahasa Indonesia memiliki validitas dan reliabilitas yang baik untuk populasi remaja yang dirawat di RSCM dalam mendeteksi depresi. CESD-R pada populasi remaja di rumah sakit memiliki nilai cut-off yang lebih rendah daripada populasi umum.

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### <b>ABSTRACT</b><br>

Background: Symptoms and diagnosis depression is one of the causes of many impairment and disability among adolescents. Adolescents in inpatient care may be consulted for psychiatric problems, including depression. A screening instrument should be used upon a specific population to detect expected disorders. Currently, there is no screening instruments to early detect depression among adolescence that could be used by other departments in a hospital.

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Method: Validity and reliability test were done to CESD-R, Indonesian version. This instrument has been tested upon the general population, resulting in good validity and reliability. A hundred adolescent patients in RSUPNCM were recruited in the study to self-rate the questionnaire. Interview using MINI Kid was done to test criterion validity. Internal consistency and test-retest reliability were assessed to determine the instrument's reliability with using SPSS 20.00 version. Twenty people were re-tested in the next 2-4 weeks to assess reliability.

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Result: The median age of this study's subject was 13.5 years old, the oldest age was 18 years old. The sample had a varied education, elementary school (30%), junior high school (39%), and senior high school (31%). 68% of the sample had general medical comorbidity, with systemic lupus erythematosus as the most prevalent comorbidity. CESD-R in this study had a median score of 11.71. The optimal cut-off was 9 with the Youden's indexes of 0.671. With the AUC curve of 0.92 (95%CI: 0.86-0.97), this instrument had a sensitivity of 93.9%, specificity 73.1%, positive likelihood ratio 3.5, and negative likelihood ratio 0.08. CESD-R had a Cronbach's Alpha of 0.88 (95%CI: 0,84-0,91) and test-retest result of 0.91.

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Conclusion: The Indonesian version of CESD-R showed satisfactory validity and reliability to detect depression among adolescence that was treated in RSCM. CESD-R in adolescence had a lower cut-off than a general population.