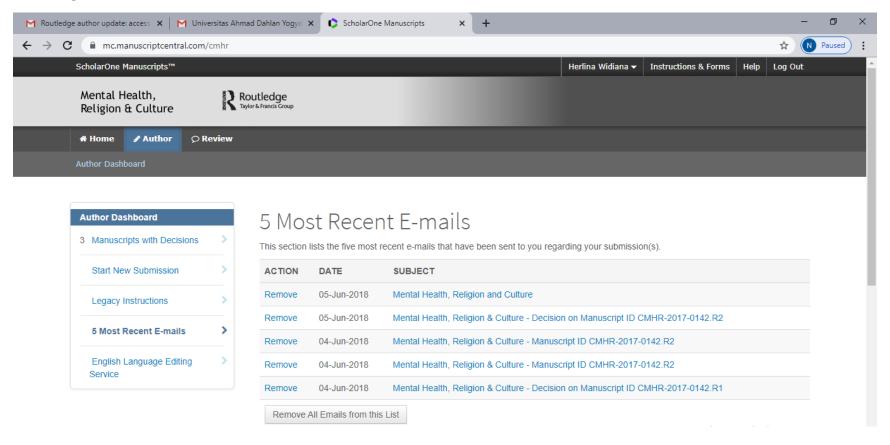
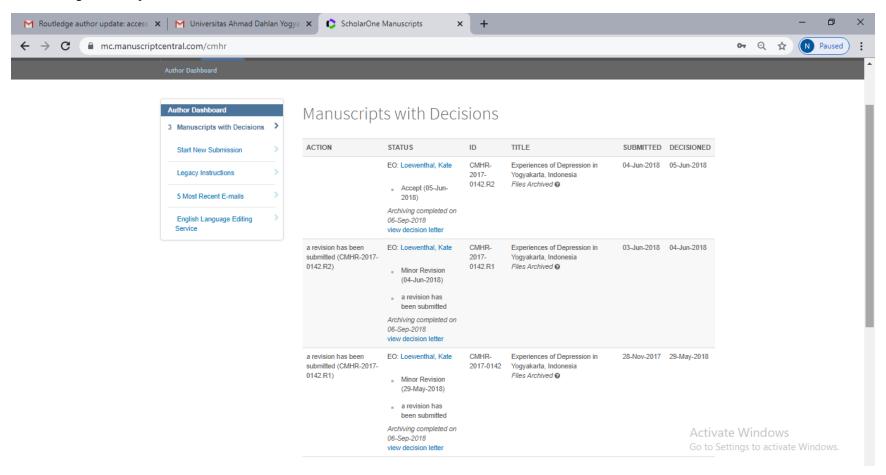
Journal	Mental Health Religion & Culture (Scopus Q4)	
Volume	Vol. 21(5) November 2018, page 470–483	
ISSN	1367-4676 (Print); 1469-9737 (Online)	
DOI	10.1080/13674676.2018.1486811	
Authors	Herlina Siwi Widiana, Lenore Manderson, Katrina Simpson	
Title	Experiences of depression in Yogyakarta, Indonesia	

## **Email log**



## **Manuscript History**



### **Submission initial version (29 November 2017)**



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AHMAD DAHLAN

HERLINA WIDIANA <herlina.widiana@psy.uad.ac.id>

Wed, Nov 29, 2017 at 8:09 AM

### Mental Health, Religion & Culture - Manuscript ID CMHR-2017-0142

1 message

Mental Health, Religion & Culture <onbehalfof@manuscriptcentral.com> Reply-To: c.loewenthal@rhul.ac.uk

To: herlina.widiana@psy.uad.ac.id, herlinawidiana@gmail.com

28-Nov-2017

Dear Mrs Herlina Widiana:

Your manuscript entitled "Experiences of Depression in Yogyakarta, Indonesia" has been successfully submitted online and is presently being given full consideration for publication in Mental Health, Religion & Culture.

Your manuscript ID is CMHR-2017-0142.

Please mention the above manuscript ID in all future correspondence or when calling the office for questions. If there are any changes in your street address or e-mail address, please log in to Manuscript Central at https://mc.manuscriptcentral.com/cmhr and edit your user information as appropriate.

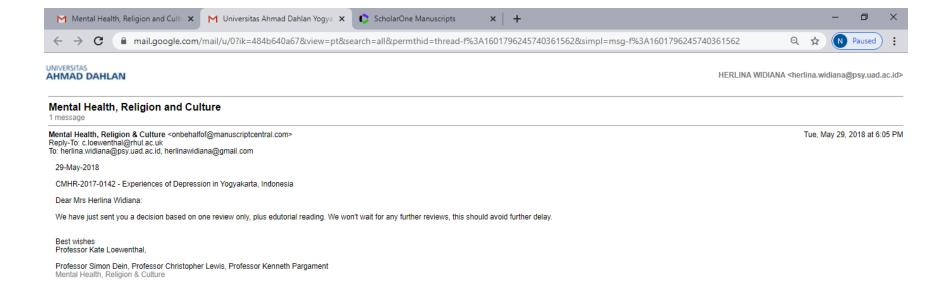
You can also view the status of your manuscript at any time by checking your Author Centre after logging in to https://mc.manuscriptcentral.com/cmhr.

Thank you for submitting your manuscript to Mental Health, Religion & Culture.

#### Sincerely

Professor Kate Loewenthal, Professor Simon Dein, Professor Christopher Lewis, Professor Kenneth Pargament Mental Health, Religion & Culture

### **Decision initial version (29 Mei 2018)**



### Reviewers' comments on initial manuscript (29 Mei 2018)

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Reviewer(s)' Comments to Author:

Reviewer: 1

Comments to the Author

Experiences of Depression in Yogyakarta, Indonesia

General Comments

The authors explore how the Javanese describe both their experiences of depression and the language they use to convey that experience, providing us with a better understanding of its presentation. They make a strong argument for the use of local language, terms, idioms, metaphors, proverbs, religious vocabulary, etc. I applaud their emphasis on using these terms to capture a "nuanced" understanding of MH in social context. This cultural sensitivity goes beyond a mere checklist assessment to see diagnosis as a process rather than a fixed category, adding the lived experience of the patient and what is at stake for them.

I think that most readers would want to know more about the social context of the researchers: the extent to which this focus could carry over from the researchers to the PCPs themselves. Could the PCPs also embrace the use of their patients' language in their diagnoses? If so, how could this be communicated by the psychologists to the PCPs?

The authors mention the move by the local government to integrate clinical psychology into primary care. Since there are many ways by which this might be achieved, the authors should more clearly describe their process of integration, e.g., whether it is a collaboration or a co-location within the primary care system. They should also describe the psychologists' relationships with the primary care doctors, and how diagnostic findings or those from this study might best be communicated to them and to the patients.

I also recommend that the findings and conclusions of this study (p.17) should stress that these psychologists are uniquely situated to take physical complaints into account, and thereby contribute to a more nuanced understanding of how health problems interact with mental health. A mention of this would greatly strengthen the argument in the conclusions, especially if they specify what kind of clinic, e.g., MH, health or 'integrated', they are targeting.

Specific comments

p.3 Methods: Clarify how the present study is connected to the larger study to develop a screening tool.

p.4: The reader would benefit from details of the interviewing style; was it ethnographic, more conversational throughout – more open-ended, following the language of the informant? Also, how were the patients invited to describe their

experience? The authors indicate that questions came from a Cultural Formulation Interview. Were these questions specifically about depression, mental health symptoms?

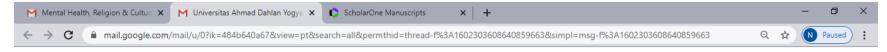
p.8 Emotion: The authors do a particularly good job of placing symptoms experienced in social context, moving beyond checklists to demonstrate how symptoms are tied to specific circumstances, and to religious and spiritual practice.

p.15 Discussion: The authors should make clear whether they are advocating for not relying on screening tools, which are not sufficient for Javanese, or whether this paper continues the focus on creating another screening tool.

p.24: What is the relationship with primary care? How would findings from the study be shared with them? In the process of collaboration? If so, how? What are the implications for psychologists in their unique role to share patient's local language of their experience?

Date Sent: 29-May-2018

### **Revision 1 (4 Juni 2018)**



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AHMAD DAHLAN

HERLINA WIDIANA <herlina.widiana@psy.uad.ac.id>

### Mental Health, Religion & Culture - Manuscript ID CMHR-2017-0142.R1

1 message

Mental Health, Religion & Culture <onbehalfof@manuscriptcentral.com> Reply-To: c.loewenthal@rhul.ac.uk

Mon, Jun 4, 2018 at 8:29 AM

To: herlina.widiana@psy.uad.ac.id, herlinawidiana@gmail.com

03-Jun-2018

Dear Dr Herlina Widiana:

Your manuscript entitled "Experiences of Depression in Yogyakarta, Indonesia" has been successfully submitted online and is presently being given full consideration for publication in Mental Health, Religion & Culture.

Your manuscript ID is CMHR-2017-0142.R1.

Please mention the above manuscript ID in all future correspondence or when calling the office for questions. If there are any changes in your street address or e-mail address, please log in to Manuscript Central at https://mc.manuscriptcentral.com/cmhr and edit your user information as appropriate.

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Thank you for submitting your manuscript to Mental Health, Religion & Culture.

#### Sincerely

Professor Kate Loewenthal, Professor Simon Dein, Professor Christopher Lewis, Professor Kenneth Pargament Mental Health, Religion & Culture

# Response to reviewers

COMMENTS	AMENDMENTS TO MANUSCRIPT
Comments from us	Thank you for your letter, the opportunity to amend the article, and
	extremely helpful comments provided to us by the reviewer. We address
	specific comments and recommendation below. In addition, as indicated in
	the version of the article with track changes, we have taken the opportunity
	when revising this paper to sharpen the writing.
<b>General Comments</b>	
The authors explore how the Javanese describe	Thank you.
both their experiences of depression and the	
language they use to convey that experience,	
providing us with a better understanding of its	
presentation. They make a strong argument for the	
use of local language, terms, idioms, metaphors,	
proverbs, religious vocabulary, etc. I applaud their	
emphasis on using these terms to capture a	
"nuanced" understanding of MH in social context.	
This cultural sensitivity goes beyond a mere	
checklist assessment to see diagnosis as a process	
rather than a fixed category, adding the lived	
experience of the patient and what is at stake for	
them.	
I think that most readers would want to know more	We added the following in the Discussion section:
about the social context of the researchers: the	
extent to which this focus could carry over from	Given the importance of religion to most Javanese, an integrated assessment
the researchers to the PCPs themselves. Could the	and treatment program incorporating cultural and religious aspects might be
PCPs also embrace the use of their patients'	better than an approach based on conventional psychology alone. An
language in their diagnoses? If so, how could this	interview guide to screen for depression, namely the Indonesian Depression
be communicated by the psychologists to the	Checklist (IDC), was developed to be used by CPs in PHC settings (Widiana,
PCPs?	Simpson, & Manderson, 2018). In the development of the IDC, a list of
	symptoms was developed from the ethnographic interviews, and these were
	confirmed by CPs, indicating CPs understanding of how their patients
	expressed depression.

The authors mention the move by the local government to integrate clinical psychology into primary care. Since there are many ways by which this might be achieved, the authors should more clearly describe their process of integration, e.g., whether it is a collaboration or a co-location within the primary care system. They should also describe the psychologists' relationships with the primary care doctors, and how diagnostic findings or those from this study might best be communicated to them and to the patients.

I also recommend that the findings and conclusions of this study (p.17) should stress that these psychologists are uniquely situated to take physical complaints into account, and thereby contribute to a more nuanced understanding of how health problems interact with mental health. A mention of this would greatly strengthen the argument in the conclusions, especially if they specify what kind of clinic, e.g., MH, health or 'integrated', they are targeting.

We have added the following text in the introduction:

The integration of clinical psychological and medical services in the PHCs includes their co-location in the PHCs. This co-location stimulates referral and encourages communication between the clinical psychologist and other medical staff, in particular the GPs (Widiana, Manderson, & Simpson, 2018a).

Thank you.

We have edited in Conclusion section as follows:

Participants' experiences and expressions of depression vary. These include emotional responses to mood, self-isolation, rumination, suicidal ideation, physical complaints, and a loss of interest in religious activities. Understanding physical symptoms of depression, as described by the participants, might enhance awareness of the possibility that people who present to the PHCs with physical complaints have depression. Physical symptoms reported in this study emphasize the relationship between bodily discomfort and disturbed mood and distress in PHC settings. We have highlighted tha while many symptoms of depression among presenting patients are common and universal, other features are distinctive, especially those related to loss of interest in religious activities. A depression screening tool that includes questions on religious activities might be used in screening. We suggest that an integrative approach combining religious support and counseling with psychological and medical treatments might work best for Javanese. In this study area, the co-location of psychological and medical services within the PHC provide an opportunity for CPs to communicate how patients describe and explain their depression, in the local term used by patients, to other health providers.

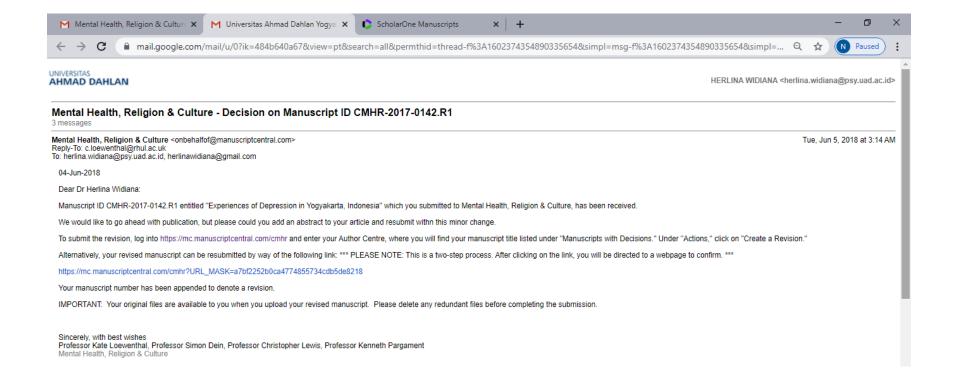
Specific comments	
p.3 Methods: Clarify how the present study is connected to the larger study to develop a	We added the following text in the Method section:
screening tool.	The research we report here was a component of a larger study designed to develop a locally appropriate screening tool. Ethnographic interviews were conducted in the first stage of the larger study, from September to November 2014 in the Yogyakarta City and the Sleman District, Special Region of Yogyakarta, Indonesia. Data on the experiences of depression, presented in this article, were used as the basis for the development of a depression measure.
p.4: The reader would benefit from details of the	We added as follows:
interviewing style; was it ethnographic, more conversational throughout — more open-ended, following the language of the informant? Also, how were the patients invited to describe their experience? The authors indicate that questions came from a Cultural Formulation Interview. Were these questions specifically about depression, mental health symptoms?	The ethnographic interviews started with a casual conversation related to the daily activities of the participant, conducted either in Javanese or Indonesian, or a mix of both, depending on participant's preference. Only two out of 20 participants chose the Javanese language.  Following this introductory phase, questions were asked which derived from the Cultural Formulation Interview (CFI) (APA, 2013), with probing to gain a deeper understanding of particular responses. The CFI is a tool that was developed by the DSM-5 cultural issues subgroup to assist in diagnosis of people who have mental health problems that may be impacted by cultural factors (Worcester, 2013). The CFI includes questions in four domains: cultural definition of the illness; cultural perception of cause, context, and support; cultural factors affecting previous help-seeking and coping; and cultural factors affecting current help-seeking (APA, 2013). Eight additional questions that allowed further insight into Javanese patients' explanatory models of illness were drawn from the supplementary module 1 of the CFI.
p.8 Emotion: The authors do a particularly good	Thank you.
job of placing symptoms experienced in social context, moving beyond checklists to demonstrate	
context, moving beyond checklists to demonstrate	

how symptoms are tied to specific circumstances, and to religious and spiritual practice. p.15 Discussion: The authors should make clear We are advocating the use of a modified Indonesian screen tool, as limits to whether they are advocating for not relying on patient-CP counseling time preclude reliance only on clinical interaction, and screening tools, which are not sufficient for we believe a screening tool to be useful. Javanese, or whether this paper continues the focus on creating another screening tool. We have added text in the penultimate and last paragraphs of the Discussion section as follows: The ways in which people speak about depression, including through their use of specific idioms and metaphors, could be used in counseling and therapy, with clinicians exploring these expressions and using them as a communication bridge (Tay, 2012). Moreover clinicians may create metaphors as a way for their clients to cope with distressing problems (McMullen et al., 2008). The common presentation with physical symptoms needs to be included in this context. Because of the limits to time in clinical encounters, and the utility of screening tools in general, we advocate the use of a modified Indonesian screen tool. Given the importance of religion to most Javanese, integrated assessment and treatment program incorporating cultural and religious aspects might be better than an approach based on conventional psychology alone. An interview guide to screen for depression, namely the Indonesian Depression Checklist (IDC), was developed to be used by CPs in PHC settings (Widiana, Simpson, & Manderson, 2018). In the development of the IDC, a list of symptoms was developed from the ethnographic interviews, and these were confirmed by CPs, indicating CPs' understanding of how their patients expressed depression. p.24: What is the relationship with primary care? We have addressed the relationship of psychologists with primary care in the How would findings from the study be shared with earlier section of the paper, when we describe the introduction of clinical them? In the process of collaboration? If so, how? psychologists into centers in the study area. Building on this, we have What are the implications for psychologists in amended the Conclusion section as follows:

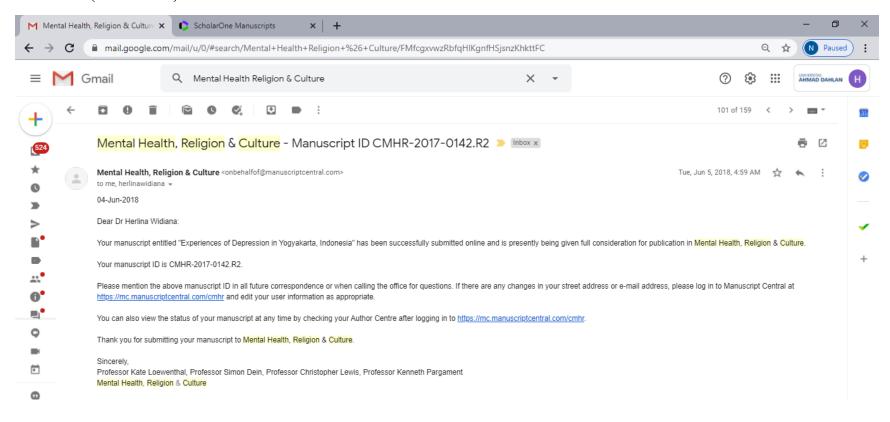
their unique role to share patient's local language of their experience?

Participants' experiences and expressions of depression vary. These include emotional responses to mood, self-isolation, rumination, suicidal ideation, physical complaints, and a loss of interest in religious activities. Understanding physical symptoms of depression, as described by the participants, might enhance awareness of the possibility that people who present to the PHCs with physical complaints have depression. Physical symptoms reported in this study emphasize the relationship between bodily discomfort and disturbed mood and distress in PHC settings. We have highlighted that while many symptoms are common and universal, other features are distinctive, especially those related to loss of interest in religious activities. A depression screening tool that includes question on religious activities might be used in screening. We suggest that an integrative approach combining religious support and counseling with psychological and medical treatments might work best for Javanese. In this study area, the co-location of psychological and medical services within the PHC provide an opportunity for CPs to communicate how patients describe and explain their depression, in the local terms used by patients, to other health providers.

### **Decision Revision 1 (5 Juni 2018)**



### Revision 2 (5 Juni 2018)



## Response to the editor (5 Juni 2018)

Below is the abstract of the manuscript

### **Abstract**

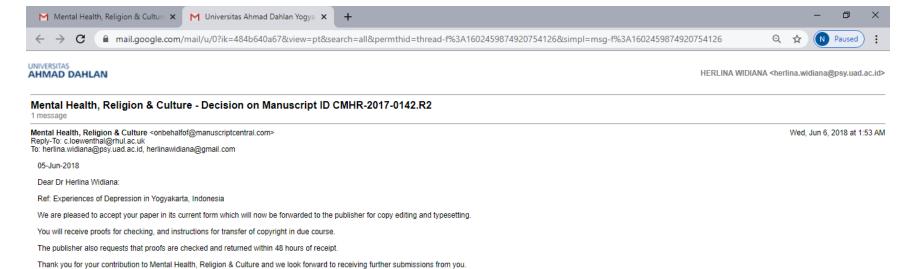
People from different cultural settings may differ in their presentation with depression. Exploration of experiences were assessed through interviews with Javanese adults aged from 18 to 55 years in Yogyakarta, Indonesia, who had mild to moderate depression. Five themes emerged from the interviews as characteristic of Javanese experiences of depression: internalized and externalized emotions, loss of interest in social and religious activities, disturbance in cognition, the presence of physical symptoms, and suicidal ideation. Javanese respondents used particular terms to explain their depression. Attending to how people's expression and experiences of their depression might enhance the capacity of clinicians to understand cultural variation, in order to respond appropriately to their clients.

### Final Decision (6 Juni 2018)

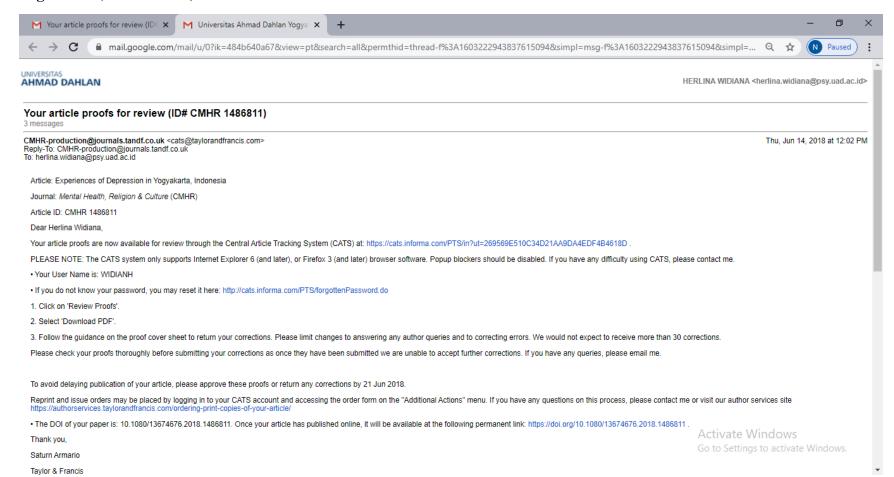
Sincerely, with our best wishes

Mental Health, Religion & Culture

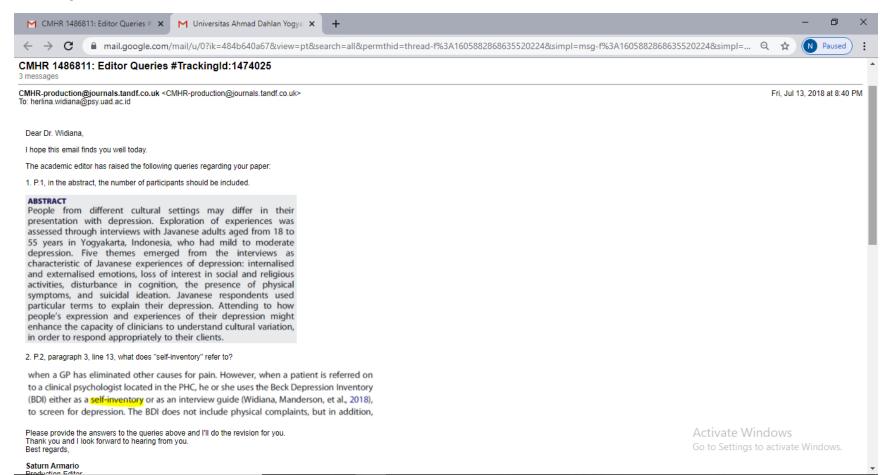
Professor Kate Loewenthal, Professor Simon Dein, Professor Christopher Lewis, Professor Kenneth Pargament



### Page Proof (14 Juni 2018)



### Editor Queries (13 Juli 2018)



### **Publication Notification (7 Desember 2018)**

