

## 6.1 Referensi

- Abd Rahman, R., Idris, I. B., Md Isa, Z., & Abd Rahman, R. (2021). Development and Validation of a Questionnaire to Predict Intention to Comply to Iron Supplement during Pregnancy. *International Journal of Public Health Research*, 11(1). <https://spaj.ukm.my/ijphr/index.php/ijphr/article/view/306>
- Ajzen, I. (1991). The theory of planned behavior. *Organizational behavior and human decision processes*, 50(2), 179-211.
- Akomolafe, T. O., Hansen, A. R., & Rochani, H. (2025). Women's intention and factors associated with duration of use of Iron-folic acid supplement use in Karu, Nasarawa State, Nigeria: A cross-sectional study. *BMC pregnancy and childbirth*, 25(1), 499. <https://doi.org/10.1186/s12884-025-07627-8>
- Beressa, G., Whiting, S. J., & Belachew, T. (2024a). Effect of nutrition education integrating the health belief model and theory of planned behavior on dietary diversity of pregnant women in Southeast Ethiopia: a cluster randomized controlled trial. *Nutrition Journal*, 23(1), 3. <https://doi.org/10.1186/s12937-023-00907-z>
- Beressa, G., Whiting, S. J., & Belachew, T. (2024b). Effect of nutrition education on the nutritional status of pregnant women in Robe and Goba Towns, Southeast Ethiopia, using a cluster randomized controlled trial. *Scientific reports*, 14(1), 19706. <https://doi.org/10.1038/s41598-024-70861-1>
- Beressa, G., Whiting, S. J., & Belachew, T. (2025). Effect of nutrition education integrating the health belief model and theory of planned behavior during pregnancy on gestational weight gain and birth weight in Southeast Ethiopia using complex analyses. *BMC pregnancy and childbirth*, 25(1), 196. <https://doi.org/10.1186/s12884-025-07284-x>
- Brown, T. A. (2015). *Confirmatory factor analysis for applied research*. Guilford publications.
- Caniglia, E. C., Zash, R., Swanson, S. A., Smith, E., Sudfeld, C., Finkelstein, J. L., . . . Shapiro, R. L. (2022). Iron, folic acid, and multiple micronutrient supplementation strategies during pregnancy and adverse birth outcomes in Botswana. *The Lancet Global Health*, 10(6), e850-e861. [https://doi.org/10.1016/S2214-109X\(22\)00126-7](https://doi.org/10.1016/S2214-109X(22)00126-7)
- Carpenter, C. J. (2010). A meta-analysis of the effectiveness of health belief model variables in predicting behavior. *Health Communication*, 25(8), 661-669.
- Das, R. R., Sankar, J., Jaiswal, N., Dwivedi, B., Satapathy, A. K., Pradhan, P., & Sahu, P. (2024). Effect of preconception multiple micronutrients vs. iron-folic acid supplementation on maternal and birth outcomes among women from developing countries: a systematic review and meta-analysis. *Front Nutr*, 11, 1390661.
- Deci, E. L., & Ryan, R. M. (2013). *Intrinsic motivation and self-determination in human behavior*. Springer Science & Business Media.
- Dewidar, O., John, J., Baqar, A., Madani, M. T., Saad, A., Riddle, A., . . . Welch, V. (2023). Effectiveness of nutrition counseling for pregnant women in low- and middle-income countries to improve maternal and infant behavioral, nutritional, and health outcomes: A systematic review. *Campbell Syst Rev*, 19(4), e1361. <https://doi.org/10.1002/cl2.1361>

- DiStefano, C., & Hess, B. (2005). Using confirmatory factor analysis for construct validation: An empirical review. *Journal of Psychoeducational Assessment*, 23(3), 225-241.
- Ebinghaus, M., Agricola, C. J., Schmittinger, J., Makarova, N., & Zyriax, B.-C. (2024). Assessment of women's needs, wishes and preferences regarding interprofessional guidance on nutrition in pregnancy – a qualitative study. *BMC pregnancy and childbirth*, 24(1), 154. <https://doi.org/10.1186/s12884-024-06351-z>
- Faris, A., Abdullah, M. T., & Hadju, V. (2021). The Impact of Multiple Micronutrient Supplementation on Hemoglobin Concentration in Pregnant and Neonatal Birth Weight. *Open Access Macedonian Journal of Medical Sciences*, 9(F), 366-369.
- Fatima, A., & Sharma, M. (2025). Nutritional Behavior Change in Pregnancy: Mapping Evidence through a Scoping Review.
- Fornell, C., & Larcker, D. F. (1981). Evaluating structural equation models with unobservable variables and measurement error. *Journal of marketing research*, 18(1), 39-50.
- Gamboa, E., Broadbent, E., Quintana, N., Callaway, S., Donoso, P., Linehan, M., . . . Crookston, B. T. (2020). Interpersonal communication campaign promoting knowledge, attitude, intention, and consumption of iron folic acid tablets and iron rich foods among pregnant Indonesian women. *Asia Pac J Clin Nutr*, 29(3), 545-551. [https://doi.org/10.6133/apjcn.202009\\_29\(3\).0013](https://doi.org/10.6133/apjcn.202009_29(3).0013)
- Gebremichael, M. A., & Belachew Lema, T. (2023). The effect of nutrition and health behavior change communication through community-level actors on the nutritional status of pregnant women in the Ambo district, Ethiopia: A randomized controlled trial. *Food Sci Nutr*, 11(11), 7172-7187. <https://doi.org/10.1002/fsn3.3643>
- Gunabalasingam, S., De Almeida Lima Slizys, D., Quotah, O., Magee, L., White, S. L., Rigutto-Farebrother, J., . . . Flynn, A. C. (2023). Micronutrient supplementation interventions in preconception and pregnant women at increased risk of developing pre-eclampsia: a systematic review and meta-analysis. *European Journal of Clinical Nutrition*, 77(7), 710-730. <https://doi.org/10.1038/s41430-022-01232-0>
- Haider, B. A., & Bhutta, Z. A. (2017). Multiple-micronutrient supplementation for women during pregnancy. *Cochrane database of systematic reviews*(4).
- Haider, B. A., Yakoob, M. Y., & Bhutta, Z. A. (2011). Effect of multiple micronutrient supplementation during pregnancy on maternal and birth outcomes. *BMC Public Health*, 11(3), S19. <https://doi.org/10.1186/1471-2458-11-S3-S19>
- Hair, J., Anderson, R., Babin, B., & Black, W. (2013). *Multivariate Data Analysis*. Pearson Education.
- Herrero Jiménez, M. P., del Pozo de la Calle, S., Cuadrado Vives, C., & Escobar Sáez, D. (2025). Nutritional supplementation in pregnant, lactating women and young children following a plant-based diet: A narrative review of the evidence. *Nutrition*, 136, 112778. <https://doi.org/https://doi.org/10.1016/j.nut.2025.112778>
- Hett, A., & Smollich, M. (2025). Sources of dietary recommendations and adherence to clinical guidelines in pregnant women in Germany. *BMC pregnancy and childbirth*, 25(1), 1072. <https://doi.org/10.1186/s12884-025-08228-1>
- Holliday, R. B. (2011). *Anemia Prevention: Development of a Theory-Driven Nutrition Education Measurement Instrument* University of Connecticut]. Hillside Road.
- Hu, L. t., & Bentler, P. M. (1999). Cutoff criteria for fit indexes in covariance structure analysis: Conventional criteria versus new alternatives. *Structural equation modeling: a multidisciplinary journal*, 6(1), 1-55.

- Janz, N. K., & Becker, M. H. (1984). The health belief model: A decade later. *Health education quarterly*, 11(1), 1-47.
- Jhaveri, N. R., Poveda, N. E., Kachwaha, S., Comeau, D. L., Nguyen, P. H., & Young, M. F. (2023). Opportunities and barriers for maternal nutrition behavior change: an in-depth qualitative analysis of pregnant women and their families in Uttar Pradesh, India. *Front Nutr*, 10, 1185696.
- Keats, E. C., Akseer, N., Thurairajah, P., Cousens, S., & Bhutta, Z. A. (2022). Multiple-micronutrient supplementation in pregnant adolescents in low-and middle-income countries: a systematic review and a meta-analysis of individual participant data. *Nutrition Reviews*, 80(2), 141-156.
- Kianfard, L., Niknami, S., Shokravi, F. A., & Rakhshanderou, S. (2022). Design and validation of theory-based perceptions concerning the physical literacy questionnaire for pregnant women (P2LQ-PW). *BMC Public Health*, 22(1), 1955.
- Kline, R. B. (2016). *Principles and Practice of Structural Equation Modeling*. The Guilford Press.
- Li, Q., & Wang, J. (2025). Effectiveness of nutrition literacy intervention on pregnancy weight and eating behavior: a randomized controlled trial. *Scientific reports*, 15(1), 21858. <https://doi.org/10.1038/s41598-025-07979-3>
- Liu, J., Mantantzis, K., Kaufmann, L., Campos Goenaga, Z., Gromova, O., Kuroda, K., . . . Di Renzo, G. C. (2025). Clinical Benefits and Safety of Multiple Micronutrient Supplementation During Preconception, Pregnancy, and Lactation: A Review. *Nutrition Reviews*. <https://doi.org/10.1093/nutrit/nuaf079>
- Mabuza, G. N., Waits, A., Nkoka, O., & Chien, L.-Y. (2021). Prevalence of iron and folic acid supplements consumption and associated factors among pregnant women in Eswatini: a multicenter cross-sectional study. *BMC pregnancy and childbirth*, 21(1), 469.
- Mekonen, E. G., Zegeye, A. F., Workneh, B. S., Ali, M. S., Gonete, A. T., Alemu, T. G., . . . Kassie, A. T. (2024). Determinants of micronutrient supplementation during pregnancy among women in three sub-Saharan African countries: a multilevel logistic regression model. *Frontiers in Global Women's Health*, 5, 1449259.
- Mildon, A., Lopez de Romaña, D., Jeffers, M. E. D., Rogers, L. M., Golan, J. M., & Arabi, M. (2023). Integrating and coordinating programs for the management of anemia across the life course. *Annals of the New York Academy of Sciences*, 1525(1), 160-172.
- Montano, D. E., & Kasprzyk, D. (2015). Theory of reasoned action, theory of planned behavior, and the integrated behavioral model. *Health behavior: Theory, research and practice*, 70(4), 231.
- Nabizadeh, S. M., Taymoori, P., Hazhir, M. S., Shirazi, M., Roshani, D., & Shahmoradi, B. (2018). Predicting vitamin E and C consumption intentions and behaviors among factory workers based on protection motivation theory. *Environmental Health and Preventive Medicine*, 23(1), 51. <https://doi.org/10.1186/s12199-018-0742-z>
- Polit, D. F., Beck, C. T., & Owen, S. V. (2007). Is the CVI an acceptable indicator of content validity? Appraisal and recommendations. *Research in nursing & health*, 30(4), 459-467.
- Prudon, P. (2015). Confirmatory factor analysis as a tool in research using questionnaires: a critique. *Comprehensive Psychology*, 4, 03. CP. 04.10.
- Rosenstock, I. M., Strecher, V. J., & Becker, M. H. (1988). Social learning theory and the health belief model. *Health education quarterly*, 15(2), 175-183.
- Sarkis, L. B. d. S., Teruel-Camargo, J., Gibbs, H. D., Nakano, E. Y., Ginani, V. C., de Aguiar, A. S., . . . Bastos, M. G. (2022). The nutrition literacy assessment

- instrument for Brazilians, NLit-Br: an exploratory cross-cultural validity study. *Nutrients*, *14*(22), 4914.
- Say, L., Chou, D., Gemmill, A., Tunçalp, Ö., Moller, A.-B., Daniels, J., . . . Alkema, L. (2014). Global causes of maternal death: a WHO systematic analysis. *The Lancet Global Health*, *2*(6), e323-e333.
- Sudfeld, C. R., & Smith, E. R. (2019). New Evidence Should Inform WHO Guidelines on Multiple Micronutrient Supplementation in Pregnancy. *The Journal of nutrition*, *149*(3), 359-361. <https://doi.org/https://doi.org/10.1093/jn/nxy279>
- Sun, C., Ye, R., Akhtar, M., Dill, S.-E., Yuan, P., Zhou, H., & Rozelle, S. (2022). Adherence to micronutrient powder for home fortification of foods among infants and toddlers in rural China: a structural equation modeling approach. *BMC Public Health*, *22*(1), 2250. <https://doi.org/10.1186/s12889-022-14731-3>
- Tavakol, M., & Wetzell, A. (2020). Factor Analysis: a means for theory and instrument development in support of construct validity. *Int J Med Educ*, *11*, 245.
- Townsley, D. M. (2013). Hematologic complications of pregnancy. *Seminars in Hematology*,
- Wakwoya, E. B., Belachew, T., & Girma, T. (2023). Effect of intensive nutrition education and counseling on hemoglobin level of pregnant women in East Shoa zone, Ethiopia: randomized controlled trial. *BMC pregnancy and childbirth*, *23*(1), 676. <https://doi.org/10.1186/s12884-023-05992-w>
- WHO. (2023a). *Global Anaemia Estimates 2023*. W. H. Organization.
- WHO. (2023b). *Multiple micronutrient supplementation during pregnancy*. World Health Organization. Retrieved October 20 from <https://www.who.int/tools/elena/interventions/micronutrients-pregnancy>
- WHO. (2025). *Maternal mortality*. World Health Organization. Retrieved August 28 from <https://www.who.int/news-room/fact-sheets/detail/maternal-mortality>
- Williams, B., Onsmann, A., & Brown, T. (2010). Exploratory factor analysis: A five-step guide for novices. *Australasian journal of paramedicine*, *8*, 1-13.