ABSTRACT

Numbers of suffer from Anxiety Disorders continue to increase each year. Research result from Riset Kesehatan Dasar 2018, shows that 9,8% of Indonesian aged 15 or above suffers from mental health disorders, including anxiety disorders. Feelings of excessive anxiety in college students can cause distortions in information processing Psychologist reveal that the Cognitive Behavioral Therapy (CBT) method can be used to regulate students' anxiety levels. There have been many implementations of CBT mobile applications which have been proven to reduce anxiety. However, there is nothing that suits the needs of students in Telkom University. This study designed a CBT application interface to accommodate student needs, and characteristics using the Patient-Centered Design method involving psychologist to provide insight, and validation on design solution. The interface model was then evaluated using the System Usability Scale (SUS) method. In the testing session, a score of 70.5 was obtained, which is in the good and marginally acceptable category, which means that the solution offered is good and can be accepted by the majority of users. This score shows that the solution can be used to solve the problem of student anxiety levels.

Keywords: *Anxiety Disorders, College Students, Cognitive Behavioral Therapy, User Interface, Patient-Centered Design, System Usability Scale*