ABSTRAK

Gangguan depresi merupakan salah satu masalah kesehatan mental dengan prevalensi tinggi pada Generasi Z dan berdampak signifikan terhadap kualitas hidup. Terapi antidepresan golongan *Selective Serotonin Reuptake Inhibitors* (SSRI) seperti fluoxetine dan sertraline sering digunakan pada pasien rawat jalan, namun pemilihan obat perlu mempertimbangkan efektivitas klinis sekaligus efisiensi biaya. Penelitian ini bertujuan untuk menganalisis efektivitas biaya terapi fluoxetine dan sertraline pada pasien depresi Gen Z rawat jalan di RSUD Karawang tahun 2024 dengan menggunakan pendekatan farmakoekonomi. Penelitian dilakukan secara observasional deskriptif dengan metode retrospektif menggunakan data rekam medis pasien. Sampel berjumlah 21 pasien yang memenuhi kriteria inklusi dan eksklusi. Data yang dianalisis meliputi karakteristik pasien, jenis terapi, biaya medis langsung, serta efektivitas terapi berdasarkan penurunan dosis (*tapering off*). Analisis efektivitas biaya dilakukan dengan menghitung *Average Cost-Effectiveness* Ratio (ACER) dan *Incremental Cost-Effectiveness* Ratio (ICER). Hasil penelitian menunjukkan bahwa biaya rata-rata fluoxetine sebesar Rp32.320 dengan nilai ACER Rp 5,440 per unit efektivitas, sedangkan sertraline memiliki biaya rata-rata Rp. 69,170 dengan ACER Rp. 5,440 per unit efektivitas. Dari sisi efektivitas, sertraline menunjukkan penurunan dosis lebih tinggi (12,71/mg) dibanding fluoxetine (12,5/mg). Namun, dari segi efisiensi biaya, fluoxetine terbukti lebih *cost-saving* dibandingkan sertraline.

Kata Kunci : Depresi, Gen Z, Fluoxetine, *Cost-Effectiveness*, Farmakoekonomi

ABSTRACT

Depression is one of the most common mental health disorders among Generation Z and has a significant impact on quality of life. Selective Serotonin Reuptake Inhibitors (SSRIs) such as fluoxetine and sertraline are frequently prescribed for outpatients; however, treatment selection should consider both clinical effectiveness and cost efficiency. This study aims to analyze the cost-effectiveness of fluoxetine and sertraline therapy in Generation Z outpatients with depression at Karawang Regional General Hospital in 2024 using a pharmacoeconomic approach. This research employed a descriptive observational design with a retrospective method based on medical record data. A total of 21 patients met the inclusion and exclusion criteria. The data analyzed included patient characteristics, type of antidepressant therapy, direct medical costs, and therapy effectiveness measured through dose reduction (tapering off). Cost-effectiveness was evaluated using the Average Cost-Effectiveness Ratio (ACER) and Incremental Cost-Effectiveness Ratio (ICER). The results showed that fluoxetine had an average cost of Rp. 32,320 with an ACER value of Rp. 5,440 per unit of effectiveness, while sertraline had an average cost of Rp. 69,170 with an ACER value of Rp. 5,440. In terms of effectiveness, sertraline achieved a higher dose reduction (12,71/mg) compared to fluoxetine (12,5/mg). However, from a cost-efficiency perspective, fluoxetine was found to be more cost-effective than sertraline. Therefore, fluoxetine can be recommended as the primary treatment option for Generation Z outpatients with depression at Karawang Regional General Hospital, particularly in the context of limited healthcare resources. These findings are expected to provide valuable insights for both clinical decision-making and drug procurement planning in hospitals.

Keywords*: Depression, Generation Z, Fluoxetine, Cost-Effectiveness, Pharmacoeconomics*