INPLASY PROTOCOL

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Review Stage at time of this submission: Preliminary searches.

Conflicts of interest: None declared.

A Systematic Review and Meta-analysis of the Effectiveness of Mental Health Literacy Intervention for Adolescents

Sun, GQ[1]; Zhang, S[2]; Zhang, JH[3].

Review question / Objective: To evaluate the effectiveness of the mental health literacy intervention plan on adolescents' mental health knowledge, help-seeking behavior, help-seeking attitude and stigmatization.

Eligibility criteria: (1) Children and adolescents under the age of 18; (2) Control experiments, including randomized controlled experiments and non randomized controlled experiments, examine the changes in the mental health literacy of the population before and after psychological intervention; (3) Outcome variables, outcome indicators of mental health literacy, include at least one of knowledge, stigma attitude, and help-seeking; (4) Intervention measures: education and contact interventions to improve mental health literacy; (5) The research included peer reviewed journal papers, master's and doctoral dissertations. Exclusion: (1) For studies involving patients with mental illness, the intervention situation for patients with mental illness is more complex and requires separate research; (2) Non Chinese and English Literature.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 25 March 2023 and was last updated on 25 March 2023 (registration number INPLASY202330098).

INTRODUCTION

Review question / Objective: To evaluate the effectiveness of the mental health literacy intervention plan on adolescents' mental health knowledge, help-seeking behavior, help-seeking attitude and stigmatization.

Condition being studied: Mental health literacy, such as mental health knowledge, help-seeking behavior, help-seeking attitude and the effectiveness of stigma.

METHODS

Search strategy: attitude OR knowledge OR discrimination OR stigma OR prejudice OR social distance OR social stigma OR stereotype OR public opinion OR recognition OR helping seeking OR help seek OR seek help OR seek care OR service seeking OR treatment seeking OR service use OR service utilization OR health care utilization OR help seeking behavior OR awareness OR belief OR ability OR mental health literacy OR identify OR shame OR literacy) AND TI= (health education OR health promotion OR curriculum OR educate OR intervention OR program OR train OR campaign OR management OR course OR psychoeducation OR education OR training) AND TI=(Adolescent OR Child OR Teen OR student) AND ALL= (mental health OR mental disorder OR mental illness OR mental disease OR psychotic disorder OR psycho disorders OR psychiatr OR psychosis OR psychiatry OR mentally ill person OR schizo OR depress OR somatoform dissociation OR neurotic disorders OR self injurious behavior OR anxiety OR paranoid OR bipolar disorder OR mood disorder OR obsessive compulsive disorder OR personality disorder OR eating disorder OR anorexia OR bulimia OR delusional disorder.

Participant or population: Adolescents.

Intervention: Intervention of mental health education curriculum, educational video, group counseling, interview.

Comparator: Adolescents who have not received intervention or routine intervention.

Study designs to be included: RCT and quasi-experimental studies.

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psychological intervention; (3) Outcome variables, outcome indicators of mental health literacy, include at least one of knowledge, stigma attitude, and help-seeking; (4) Intervention measures: education and contact interventions to improve mental health literacy; (5) The research included peer reviewed journal papers, master's and doctoral dissertations. Exclusion: (1) For studies involving patients with mental illness, the intervention situation for patients with mental illness is more complex and requires separate research; (2) Non Chinese and English Literature.

Information sources: Web of Science, PubMed , EBSCO , CNKI, Chongqing VIP and Wanfang database.

Main outcome(s): The primary outcome was represented by combined scores of mental health literacy s (ie, mental health knowledge, help-seeking behavior, help-seeking attitude and stigma) on any validated mental health literacy scale. When mental health knowledge, help-seeking behavior, help-seeking attitude and stigma scores were reported separately, they were pooled to obtain the overall effect size for the study; if only mental health knowledge OR help-seeking behavior OR help-seeking attitude OR stigma were reported, we used what available for the primary outcome.
The standardized mean difference Hedge's g, or Cohen's d, was used as the effect of psychological intervention. Hedge's g is directly calculated from CMA 3.3 by inputting Means,SD pre and post N,in each group ,Pre/Post Corr.

Additional outcome(s): Mental health knowledge, help-seeking behavior, help-seeking attitude and stigma.

Data management: Enter the required data into the coding table according to the article.

Quality assessment / Risk of bias analysis: The risk of bias of each study retained for the meta-analysis was independently

assessed by two authors using the Cochrane Risk of Bias (RoB).

Strategy of data synthesis: Using CMA software for data analysis, If $I^2 > 50\%$ and $P < 0.1$, it is considered that there is heterogeneity, there is a heterogeneity selection random effect model combining effect amount, and there is no heterogeneity selection fixed effect model combining effect amount.

Subgroup analysis: (1) the language in which studies were published:Chinese vs English; (2) Type of intervene: professional vs. non professional; (3) The forms of interaction between the intervene and the intervened: high interaction vs. low interaction; (4) Is there any interaction between the intervenes: Yes vs. No; (5) During the intervention process, whether the intervene contacted the patient: Yes vs. No; (6) In daily life, whether the intervene has contact with the patient: Yes vs. No; (7) Test Type: Randomized Controlled Trial (RCT) vs. Non Randomized Controlled Trial (Non RCT).

Sensitivity analysis: Sensitivity analysis is conducted in CMA software to reflect the sensitivity of an article by deleting one of the articles and the change in the amount of effect.

Country(ies) involved: China.

Keywords: Mental health literacy; Intervention effect; interaction; Contact.

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