

INPLASY PROTOCOL

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The implementation process of interventions for youth depression in primary healthcare – a systematic review

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Review Stage at time of this submission: Formal screening of search results against eligibility criteria.

Review question / Objective: In the context of therapeutic interventions used in primary healthcare to prevent or treat depressive symptoms, the systematic review aims to answer the following questions: 1. What are the methods used in preparation for the implementation of psychosocial interventions? 2. What are the procedures used in disseminating interventions? 3. What stages and factors are important for the successful implementation of interventions?

Condition being studied: This systematic review focuses on the planning (selection and adaptation of the intervention) and implementation/dissemination processes of psychotherapeutic interventions used in primary healthcare for depressive symptoms and depression in young people.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 02 May 2023 and was last updated on 02 May 2023 (registration number INPLASY202350009).

INTRODUCTION

Review question / Objective: In the context of therapeutic interventions used in primary healthcare to prevent or treat depressive symptoms, the systematic review aims to answer the following questions: 1. What are the methods used in preparation for the

implementation of psychosocial interventions? 2. What are the procedures used in disseminating interventions? 3. What stages and factors are important for the successful implementation of interventions?

Rationale: Mental distress of young people has increased globally due to climate

change, pandemic, and increased tensions. In parallel, specialized mental health services have been increasingly overloaded. The solutions proposed include access to low threshold mental health services, and training professionals who provide psychosocial interventions in primary care, especially in prevention and early treatment of the most common mental health problems. Depression is the most common target of short psychotherapeutic interventions. However, the knowledge on implementation processes of short psychotherapeutic interventions for young people in primary care has not been summarized.

Condition being studied: This systematic review focuses on the planning (selection and adaptation of the intervention) and implementation/dissemination processes of psychotherapeutic interventions used in primary healthcare for depressive symptoms and depression in young people.

METHODS

Search strategy: POPULATION, CONCEPT, CONTEXT (PCC)- STRATEGY:

Population, Concept, Context (PCC) -strategy:

Population: Young people, adolescents, young adults

Concept: Intervention, Prevention, rehabilitation and treatment of depression. Implementation, feasibility, evaluation, assessment.

Context: Public health, primary health care, school health services, student health services, adolescent health services

WORDS RELATED TO THE SEARCH ASPECTS:

controlled words (MeSH):

1. words related to adolescents and young people: Adolescent, Young Adults, Students

2.1. words related to depression :
exp Depression/dt, pc, rh, th [Prevention & Control, Rehabilitation, Therapy]

Depressive Disorder/pc, rh, th [Prevention & Control, Rehabilitation, Therapy]

2.2. words related to implementation, evaluation, assessment, feasibility and utility:

Implementation Science, Program Evaluation, Evaluation Studies as Topic , Treatment Outcome, Outcome Assessment, Health Care, Feasibility Studies

3. words related to context:

Primary Health Care [Methods, Organization & Administration, Supply & Distribution]

Public Health [Methods, Organization & Administration, Supply & Distribution]

School Health Services [Methods, Organization & Administration, Supply & Distribution]

Student Health Services [Methods, Organization & Administration, Supply & Distribution]

Adolescent Health Services [Methods, Organization & Administration, Supply & Distribution]

Free keywords from title & abstract

1. words related to adolescents and young people: adolescent adolescents, adolescence, young, youth, youths, youngster , youngsters, juvenile, juveniles, teen, teens, teenager, teenagers, boy , boys, girl, girls

2.1. words related to depression : (depression* OR depressive*) NEAR (intervention OR interventions OR prevention OR preventions OR preventive OR program or programs or programme or programmes or therapy OR rehabilitation OR *therapy OR therapies OR therapeutic OR therapeutics OR treatment OR treatments)

2.2. words related to implementation, evaluation, assessment, feasibility and utility: (effectiveness or efficacy or evaluation or feasibility or impact or implementation or outcome or outcomes or utility) NEAR (intervention* or practice* or program* or programme* or prevention* or preventive or rehabilitation or therapy or therapies or psychotherapy or therapeutic* or treatment*)

3. words related to context:

“primary care”, “public health care”, school-based , school health, “student health”, “educational settings”, “adolescent health services”

1. Ovid MEDLINE(R) 946 to December 06, 2022 Search date December 08, 2022

Limiters: all from 1946 to December 06, 2022

2. Cochrane Library/Systematic Reviews, Search date February 8, 2023

3. CINAHL via EBSCOhost Search date January 30, 2023

Search Screen – Advanced Search, Database – CONAHL, Expanders: Apply equivalent subjects

Limiters: Source Typers: Academic Journals, Dissertations, 1990-present

4. PsycINFO via OVID, Search date January 31, 2023

Limiters: 1990-present, Peer reviewed journals

5. Scopus Search Date February 3, 2023

6. SocIndexFullText via EBSCOhost, Search date January 30, 2023

Interface - EBSCOhost Research Databases

Search Screen - Advanced Search Database - SocINDEX with Full Text

7. Web of Science (Core Collection: Science Citation Index Expanded (SCI-EXPANDED), Search date January 30, 2023

Science Citation Index (SCI), Limiters: 1975 - present

Social Sciences Citation Index (SSCI), Limiters: 1975 - present

Arts & Humanities Citation Index (AHCI), Limiters: 1975 - present

Emerging Sources Citation Index (ESCI) Limiters: 2015 - present.

Participant or population: Interventions for the youth with depression or depressive symptoms. Adolescents with other than depression as the primary symptoms (e.g. anxiety, substance abuse, behavioral problems, missing school) will be excluded. The review will include studies in which the majority of the target group is aged 13–25 and exclude studies in which the majority of the target group is under 13 or over 25 years old.

Intervention: The review will focus on interventions with a psychotherapeutic framework, with a structured, or otherwise described content. The review will exclude interventions based on exercise or lifestyle as the main content, or interventions where a specific psychotherapeutic framework is not described. The interventions can be

aimed at those with depressive symptoms or mild/moderate major depressive disorder. This may include preventive interventions aimed at young persons with a risk for depression. However, interventions targeted at non-specific risk factors for depression, such as trauma exposure or a primary somatic illness, will be excluded. Only interventions that require specific training are included in the review. The provider of the intervention should be a trained professional (social, educational, healthcare), but implementation processes where the intervention is based solely on the professional's basic professional training and skills are excluded. Patient contact with a professional (reception-based or remote) is a requirement for inclusion, and interventions with no contact, based on peer support or primary self-management programmes are excluded. Protocols or mere treatment trials, where no steps related to implementation are described are excluded. The review will also exclude studies in which a position is taken on the necessity of implementation at a general level.

Comparator: If we identify an appropriate intervention fulfilling other inclusion criteria, the control group does not affect inclusion.

Study designs to be included: Original scientific, peer-reviewed publications will be included. The review will exclude conference abstracts, posters, research protocols, non-peer-reviewed reports and publications, discussion articles (reviews, systematic reviews, meta-analyses, focus reviews, narrative reviews), books, book chapters and doctoral theses.

Eligibility criteria: The interventions included should be developed for use in public or private primary healthcare, school health and welfare services, student health services, third sector or adolescent health services. Specialised health services are excluded.

Information sources: Original scientific, peer-reviewed publications will be

included. The review will exclude conference abstracts, posters, research protocols, non-peer-reviewed reports and publications, discussion articles (reviews, systematic reviews, meta-analyses, focus reviews, narrative reviews), books, book chapters and doctoral theses.

Main outcome(s): Using thematic text analysis, the review will describe practices, frameworks and theories used in planning the implementation (selection and adaptation of interventions) and disseminating/implementing interventions. The review also aims to identify barriers and facilitators to successful implementation.

The outcome description will be narrative, thematic and partly numeric (e.g. a proportion of reports with a specific approach).

Additional outcome(s): Methods for monitoring the implementation and spread of interventions.

Use of participatory methods in planning the implementation or in the dissemination process (young people, patients, parents, professionals, other informants).

Data management: The search was conducted on 8 Feb 2022. The search strategy was developed in collaboration with an informatics expert from the THL. Potential keywords were identified based on example papers focusing on the implementation process, primary health care and interventions for youth depression symptoms. The search was done by using the PCC (population, concept, context) strategy.

Screening

After removing the duplicates, the titles and abstracts will be evaluated blindly in duplicate, eliminating articles not of interest, using Covidense software.

The nine authors will evaluate in duplicate the full texts of the studies included in the first phase to make the final decision on inclusion. In addition, reference lists from relevant articles may be screened to find potentially relevant articles (i.e. snowball search), to be screened similar to the original articles.

Two reviewers will discuss conflicting decisions to reach a consensus about the final inclusion or exclusion in the case of conflicts in the abstract and full-text phase. Data extraction

The following descriptive information from the included studies will be charted: (a) authors, (b) year of publication, (c) journal, (d) country of origin, (e) aim of the study, (f) study design, (g) method of data collection, (h) setting, (i) name of the intervention, (j) description of the intervention, (k) target age groups for the intervention, (l) mental health challenge of the intervention target group (m) collaboration partners/professionals involved in conducting the intervention.

Quality assessment / Risk of bias analysis: NA.

Strategy of data synthesis:

Thematic analysis

A thematic analysis of implementation data will be started deductively by dividing selected data extractions into implementation phases, such as exploring the context or readiness of implementation, preparation of the uptake of the intervention, active implementation and the sustainment. The analysis will continue inductively.

We will use the ATLAS software for the analysis. The EPIS (Exploration, Preparation, Implementation, Sustainment) framework will be used for qualitative data synthesis.

The aspects of interest include selecting the intervention, adapting the intervention to improve feasibility for the target group or setting, planning the implementation, collecting data to support the planning phase, disseminating the intervention, confirming intervention fidelity, follow-up of implementation, facilitators and barriers to implementation and frameworks that have been used to analyse the results.

Subgroup analysis: Since this is a qualitative study, the results will be data-driven. The subgroups of the themes are likely to follow the EPIS framework, including inner context (i.e. leadership and organizational characteristics), outer

context (i.e. service environment, policies and funding) and bridging factors (i.e. research-community partnerships, evidence based practice fit; procedures, intensity, training)

Sensitivity analysis: NA.

Language restriction: All languages, no limits.

Country(ies) involved: Finland.

Other relevant information: NA remarks processes that are unnecessary due to the qualitative nature of the data analysis.

Keywords: young; adolescent; prevention; treatment; primary health care; mental health; depression; services; intervention; psychotherapy; implementation; feasibility.

Dissemination plans: We will publish the review as a peer-reviewed article in a scientific journal.

Contributions of each author:

Author 1 - Emma Salusjärvi - Author 1 drafted the manuscript, will coordinate the evaluations of abstracts and full texts, participate in the evaluation and resolving conflicts, collect data on implementation, analyze the data, and participate in writing the first draft of the article.

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Author 2 - Riikka Lämsä - A senior researcher in response for funding, design of research questions and search strategy; evaluation of abstracts and full texts, supervision of data extraction, analysis and conclusions; writing of the first draft of the article and approval of the final manuscript.

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Author 5 - Mauri Marttunen - A senior researcher in response for funding, design of research questions and search strategy; evaluation of abstracts and full texts, supervision of data extraction, analysis and conclusions; writing of the first draft of the article and approval of the final manuscript.

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Author 10 - Outi Linnaranta - A senior researcher/PI in response for funding and project coordination, design of research questions and search strategy; evaluation of abstracts and full texts, supervision of data extraction, analysis and conclusions; writing of the first draft of the article and approval of the final manuscript.

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Author 11 - Petra Kouvonon - A senior researcher in response for funding, expert in implementation theory, design of research questions and search strategy; supervision of data extraction, analysis and conclusions; approval of the final manuscript.

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Conflicts of interest: One of the author (Dr.Sc.Soc Petra Kouvonon) has, in the position of Director of Development been responsible for the establishment of the Early intervention -resource Kasvun tuki (kasvuntuki.fi), in Finland since 2014 onwards. Kasvun tuki (Early Interventions) is a topical resource for professionals striving to promote wellbeing of children, adolescents and families. The publicly available resource is part of Itla Children's

foundation services. Currently, Dr. Kouvonen is in charge of the implementation work package in the research project IMAGINE (<https://stnimage.fi/>) funded by The Strategic Research Council (SRC) and the Ministry of Social Affairs and Health. SRC is an independent body established within the Academy of Finland. Dr. Kouvonen is further in charge of a national implementation project funded by the Ministry of Social Affairs and Health, with the aim of improving the uptake, implementation and sustainment of evidence based interventions in social- and health services.