

INPLASY

Effects of mental health disorders on quality of life of African adolescents: a scoping review protocol

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ADMINISTRATIVE INFORMATION

Support - Visiting Scholar, Alberta.

Review Stage at time of this submission - The review has not yet started.

Conflicts of interest - None declared.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 14 July 2023 and was last updated on 14 July 2023.

INTRODUCTION

Review question / Objective This study seeks to answer the following questions: (a) What are the available evidences on correlates of QoL in adolescents with mental health problems in Africa? (b) What are the interventions employed to promote/improve adolescents' mental health in Africa? (c) To identify and analyse the knowledge gaps on QoL of adolescents with mental health problems in Africa?

Background Mental health symptoms in adolescents have a high impact on Quality of Life (QoL) with effects persisting into adulthood (Salum et al, 2016). Mental health disorders are common public health issues globally and among the leading causes of disease burden associated with 125.3 million Disability- Adjusted Life Years (DALY's) in 2019 (Global Burden of Disease Study, 2019). In sub-Saharan Africa, 23% of the population of people living with mental illness comprise of adolescents, making up the greatest

proportion of the population (UNICEF, 2019 in Jo'ns-Presentati et al 2021).

The World Health Organization described QoL as " individuals' perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns" (Mierau,2020). According to Gyori et al(2021) QoL is a multidimensional concept that is used to assess an individual's subjective perception of well-being across all domains of life, including the physical, psychological, social, and emotional contexts. QoL is an established outcome in patient care and clinical research. Many studies had linked depression, anxiety, and stress with poor QoL with emphasis on lower social wellbeing, as negative emotions can produce negative effects on QoL (Arraras et al., 2019; Pakpour et al., 2019, Wersebe et al., 2018).

Living with a mental disorder has an adverse impact on adolescents and families particularly in relation to health related quality of life (HRQoL) (Farhangi, 2018). Adolescents with mental health conditions are particularly vulnerable to social

exclusion, discrimination, stigma (affecting readiness to seek help), educational difficulties, risk-taking behaviours, physical ill-health and human rights violations (WHO,2021) Studies had documented that individuals with mental health issues have a significantly lower quality of life (QoL) compared to the general population. While a vast amount of research has investigated determinants of QoL in adults with mental illness, fewer studies have been done among adolescents' population. (Celebre et al , 2021, Hunduma et al, 2022)). To address this gap in the literature, this study is aimed to identify and evaluate (a) the correlates of QoL in adolescents with mental health problems. (b) the effectiveness of different interventions employed to promote/improve adolescents' mental health and (c) to identify knowledge gaps in these contexts.

Rationale The objective of our analysis plan is to systematically review and synthesize the available evidence on the quality of life among adolescents living with mental illness. By conducting a comprehensive analysis, we aim to identify the existing literature, map the key themes, and provide an overview of the current state of knowledge in this area.

METHODS

Strategy of data synthesis The proposed scoping review will be conducted as guided by Arksey and O'Malley (2005). Arksey and O'Malley described stages of scoping reviews. Our broad research question will focus on summarizing the breadth of evidence in the context of QoL in adolescents with mental health problems. The scoping review will be conducted over a period of six months (June 2023 to November 2023).

1. Identification of Relevant Studies:

a. We will conduct a systematic search of electronic databases, including PubMed, PsycINFO, Scopus, and Web of Science, using relevant keywords and controlled vocabulary.

b. Inclusion criteria will be defined to select studies that focus on adolescents (aged 10-19) diagnosed with mental illness and include measures of quality of life as an outcome.

c. We will also include studies published in the last 10 years to ensure the review captures recent literature.

Published and unpublished studies will be identified in the proposed study through searches of electronic database, reference list of articles reviewed, and searches of libraries of relevant organizations. An initial limited search of PUBMED was undertaken to identify articles on the topic and about 1,977 articles were found. Potential

keywords for article search on electronic database include: mental disorders*, quality of life *, African*, adolescents*. Potential database for the search includes CINAHL, PUBMED, Scopus, and Web of Science. The index terms used will be used to develop a full search strategy. The reference list of all included sources of evidence will be screened for additional studies. Studies published in English language will be included. A research librarian will be consulted throughout the process to refine keywords and identify the most appropriate database.

2. Screening and Selection of Studies:

a. Two independent reviewers will screen the titles and abstracts of identified studies to assess their eligibility based on the inclusion criteria.

b. Full-text articles of potentially eligible studies will be retrieved and independently assessed for final inclusion in the review.

c. Any discrepancies in study selection will be resolved through consensus or consultation with a third reviewer.

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The objective of this scoping review is to explore and synthesize existing literature on the quality of life among adolescents living with mental illness. Our strategy for data synthesis aims to provide a comprehensive overview of the current evidence, identify research gaps, and highlight key findings related to quality of life in this specific population.

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Eligibility criteria This scoping review will consider both experimental and quasi-experimental study designs including randomized controlled trials, non-randomized controlled trials, before and after studies and interrupted time-series studies. This review will also consider descriptive observational study designs including case series, individual case reports and descriptive cross-sectional studies for inclusion.

Qualitative studies will also be considered that focus on qualitative data including, but not limited to, designs such as phenomenology, grounded theory, ethnography, qualitative description, action research and feminist research. In addition, systematic reviews that meet the inclusion criteria will also be considered, depending on the research question. Text and opinion papers will also be considered for inclusion in this scoping review.

Source of evidence screening and selection

Working with a research librarian from the University of Alberta, we will search multiple databases including MEDLINE, EMBASE, Web of Science Index Medicus, PUBMED CENTRAL, CINAHL, Scopus, Science Direct, and a register (Cochrane Library) using a search strategy which consists of the combination of keywords related to Quality of Life, Adolescence and common mental health conditions. To identify missing papers, bibliographies of all included studies and all relevant systematic reviews will be hand-searched. Following the search, all identified citations will be collated and uploaded into COVIDENCE and duplicates removed. Following a pilot test, titles and abstracts will then be screened by two independent reviewers for assessment against the inclusion criteria for the review. The full text of

selected citations will be assessed in detail against the inclusion criteria by two independent reviewers. Reasons for exclusion of sources of evidence at full text that do not meet the inclusion criteria will be recorded and reported in the scoping review. Any disagreements that arise between the reviewers will be resolved through discussion, or with an additional reviewer.

Data management Data from selected studies will be extracted by two independent reviewers using a standardized data extraction form by the researchers. The data extracted will include the geographic location, setting, and dates of study data collection and study design, sampling method, status as LMIC(s) (based on World Bank designation, study design, mental health conditions studied, method of mental health screening or assessment, and proportion of the sample with mental health conditions, Interventions, factors studied in relationship to mental health outcomes, and their associations with Quality of Life. Data extraction tool will be modified and revised as necessary during the process of extracting data from each included evidence source. Prior to analysis, the extracted data will undergo a comprehensive cleaning process. This will involve checking for errors, inconsistencies, and missing values. Any discrepancies or uncertainties will be resolved by consulting the original studies or contacting authors if necessary. The extracted data will be synthesized and mapped using a scoping review framework to identify patterns, trends, and gaps in the literature related to quality of life among adolescents with mental illness. Meta-data analysis will be performed to quantify the characteristics of included studies, such as the publication year, study design, geographical location, and quality of life measurement tools used.

Reporting results / Analysis of the evidence

Assessment of the quality and methodological rigor of the included studies will be done using the Joanna Briggs Institute's critical appraisal tools to evaluate the strength of the evidence and the risk of bias in the included studies.

Mapping of the Evidence by creating visual representations, such as tables, charts, or diagrams, to summarize the characteristics of the included studies. This mapping process provides an overview of the available evidence and facilitates a comprehensive understanding of the research landscape.

Presentation of the results Data regarding study location, design, sample characteristics, mental

health conditions and related factors will be arrayed in table format, stored in MS Excel, and summarized using descriptive statistics across all studies. presentation of results in table format, stored in MS Excel, and summarized using descriptive statistics across all studies.

Quality of Life Measures:

- Describe the different measures or scales used to assess quality of life in the included studies.

Descriptive Statistics:

- Present descriptive statistics, such as means, medians, and ranges, to summarize the quality of life scores reported in the included studies.

- present separate statistics for different mental illnesses,

Quality of Life Domains:

- If the quality of life measures used in the included studies assess specific domains (e.g., physical health, psychological well-being, social relationships), present the results for each domain separately.

Mapping of Quality of Life Measures:

present a mapping or classification of the quality of life measures used in the included studies, providing an overview of the most commonly used measures.

Language restriction Only published studies in English will be considered for inclusion Only studies published in English language will be included.

Country(ies) involved NIGERIA AND CANADA.

Keywords Quality of Life; Adolescents (10- 19 years); living with mental illness; African countries.

Dissemination plans Dissemination Strategies:

1. Academic Journals: We will prepare manuscripts for submission to reputable academic journals in the field of mental health, public health, and related disciplines. By publishing our findings, we can reach a broad academic audience and contribute to the existing literature.

2. Conferences and Workshops: We will submit abstracts and proposals to present our findings at relevant national and international conferences, symposiums, and workshops. This will allow us to engage with researchers, practitioners, and policymakers, fostering discussions and knowledge exchange.

3. Policy Briefs: We will develop concise policy briefs summarizing the key findings and recommendations of the scoping review. These briefs will be tailored to policymakers and government agencies, emphasizing the implications for mental health policy and practice.

4. Infographics and Visual Summaries: To enhance

accessibility, we will create visually appealing infographics and visual summaries of the review findings. These will be shared on social media platforms, project websites, and other relevant online channels to engage the general public.

5. Collaboration with Stakeholders: We will actively collaborate with key stakeholders, including NGOs, professional associations, and advocacy groups. Through these collaborations, we can facilitate the dissemination of the review findings to their respective networks and amplify the reach of our findings.

Contributions of each author

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