

INPLASY

Health promotion in higher education: A systematic literature review

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Lima, MS; Conde, J; Bonito, J.

Corresponding author:

Mariana Lima

marybr@gmail.com

Author Affiliation:

University of Evora.

ADMINISTRATIVE INFORMATION

Support - None.

Review Stage at time of this submission - Completed but not published.

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 1 March 2025 and was last updated on 1 March 2025.

INTRODUCTION

Review question / Objective What are the characteristics of health promotion interventions by institutions belonging to the movement of health promoting universities, on the public internal and external to the university?

Rationale This Systematic Literature Review (RSL) aims to analyze and synthesize the existing literature on the Health

Promoting Universities Movement (MUPS), in order to characterize the actions that have been carried out in the last 10 years. There are many studies on health promotion aimed at students, but it is not known whether there are actions aimed at higher education professionals and the external community. Furthermore, it is necessary to know the characteristics of these actions so that progress can be made on this topic.

Condition being studied Health Promotion is a promising way of trying to guarantee the health and quality of life of individuals through the

empowerment of people, whether individually or collectively. It is about providing conditions, whether informational, environmental or social, so that people can take care of their own health. In the academic context, health promotion has shown significant evolution and more and more higher education institutions around the world have joined the initiative to become health-promoting higher education institutions.

METHODS

Search strategy ("student*" OR "HEI worker*") AND ("healthy universit*" OR "health promoting universit*" OR "salutogenesis in universit*" OR "health promotion") AND ("higher education institution*" OR "extension program*").

Participant or population Academic community and public external to health-promoting universities.

Intervention Institutional actions to promote health carried out by the university.

Comparator Not applicable.

Study designs to be included Experimental, descriptive, correlational and exploratory. Qualitative, quantitative and mixed studies were included.

Eligibility criteria That deal with actions of the health promotion movement in higher education institutions. Full text available. In English, Portuguese and Spanish. Published in the last 10 years. Peer-reviewed articles. Primary studies.

Information sources Eletronic databases.

Main outcome(s) The survey of analyzed articles was carried out in four databases and a collection of databases, where investigations published between 2014 and 2023 were prospected. 37 articles were selected for analysis. The PdS actions described have students as their main audience. The institutional approach to health in HEIs is very focused on the behavioral/life habits perspective.

Data management Mendley and Rryan.

Quality assessment / Risk of bias analysis The studies were assessed for their quality taking into account these five questions:

Has the article been cited by other authors?

Are the objectives clearly defined?

Are the research methods sound?

Are the results and discussions aligned with what the movement of health-promoting universities advocates?

Are the conclusions in line with the objectives?

Are the conclusions supported by the results?

Strategy of data synthesis The summary of the selected articles, as well as their conclusions, were read in full. From this reading, the Inclusion, Exclusion and Quality criteria were again evaluated. The studies excluded at this stage were stored for later consultation, if necessary, in the data collection spreadsheet. This spreadsheet was duly deposited on the Rryan platform, with all the study information. At the end of this stage, the complete list of selected studies was obtained.

The next stage refers to the complete reading of the articles, evaluation of the quality of the studies and extraction of the basic data characterizing the study, as well as specific data related to the research questions.

The data that were extracted from each study and that make up the table of selected studies are:

1. Author

2. Country

3. Type of study

4. Objectives

5. Actions developed

6. Subjects

7. Summary of results

After completing data extraction, the following steps correspond to the analysis, interpretation and documentation of the RSL results.

Subgroup analysis

The subgroups analyzed were:

university students

higher education professionals

community outside the university

An analysis was made of the characteristics of health promotion interventions aimed at each of these groups.

Sensitivity analysis Not applicable.

Language restriction Yes. The selected articles were restricted to articles in English, Spanish and Portuguese.

Country(ies) involved Portugal.

Keywords student*, HEI worker*healthy universit*, health-promoting universit*, salutogenesis in universit*, health promotionhigher education institution*, extension program*.

Contributions of each author

Author 1 - Mariana Lima - Performed the search and selected the articles analyzed. She analyzed the articles and described what was found.

Email: marybr@gmail.com

Author 2 - Jorge Conde - Reviewed the entire selection process of the selected articles. Reviewed the results obtained and conclusions.

Email: jconde@ipc.pt

Author 3 - Joge Bonito - Reviewed the entire selection process of the selected articles. Reviewed the results obtained and conclusions.

Email: jbonito@uevora.pt