

INPLASY

Effectiveness of Brief Social-Contact Based Video Storytelling Interventions in Reducing Promoting Help-Seeking: A Systematic Review

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ADMINISTRATIVE INFORMATION

Support - DVCR Completion Scholarship.

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 10 July 2026 and was last updated on 10 July 2026.

INTRODUCTION

Review question / Objective What is the effectiveness of brief video-based storytelling interventions in improving mental health help-seeking attitudes, intentions, and behaviours, and which storytelling characteristics are associated with greater intervention effectiveness?

Rationale Mental health help-seeking remains low despite the high prevalence of mental health difficulties and the availability of effective treatments. Brief video-based storytelling interventions have emerged as a promising, scalable approach to promoting help-seeking by using lived experience narratives to reduce stigma, increase identification, and encourage engagement with support services. Although previous reviews have examined mental health stigma reduction interventions and broader help-seeking strategies, no systematic review has specifically synthesised the evidence on the effectiveness of brief video-based storytelling interventions in improving

mental health help-seeking outcomes. This review aims to address this gap by evaluating the effects of brief storytelling videos on help-seeking attitudes, intentions, and behaviours, and by identifying intervention characteristics associated with greater effectiveness.

Condition being studied Mental health problems and mental disorders, including interventions that promote professional and informal mental health help-seeking.

METHODS

Search strategy ("video*" OR "digital*" OR "film*" OR "movie*") AND ("storytelling" OR "narrative" OR "stories" OR "story" OR "tale" OR "tales") AND ("mental health" OR "psychology" OR "psychological wellbeing" OR "mental wellness") AND (("seek*" OR "search" OR "help*") AND ("support" OR "help" OR "assistance" OR "aid" OR "guidance" OR "counsellor" OR "counselor" OR "psych*")); Databases & Number of Items Procured • PsycInfo produced 1062 items

- PubMed produced 575 items
- CINAHL Complete produced 105 items
- Scopus produced 624 items
- Web of Science produced 503 items.

Participant or population Individuals of any age exposed to mental health-related or lived experience storytelling content video.

Intervention Brief video-based storytelling interventions (e.g., video-based personal narratives, video digital stories, testimonial videos, lived experience videos) with a duration of ≤ 5 minutes.

Comparator No comparator required; studies with or without comparison groups.

Study designs to be included All empirical study designs (e.g., randomized controlled trials, quasi-experimental studies, pre-post design), peer reviewed and published in English.

Eligibility criteria Help-seeking outcomes including attitudes, intentions or behaviour related to seeking professional or informal mental health support assessed using quantitative outcome measures.

Information sources Electronic searches were conducted in PsycINFO, PubMed, CINAHL, Scopus, and Web of Science from database inception to [insert your search date, e.g., 31 January 2025]. Reference lists of included studies and relevant systematic reviews were also screened to identify additional eligible studies. Only peer-reviewed English-language publications were included, with no publication date restrictions.

Main outcome(s) Help-seeking outcomes including attitudes, intentions or behaviour related to seeking professional or informal mental health support assessed using quantitative outcome measures.

Quality assessment / Risk of bias analysis The methodological quality of the included studies was appraised using the Joanna Briggs Institute (JBI) critical appraisal tools, as appropriate to the study design. The JBI tools assess studies' weakness and strengths against relevant pre-identified checklists. Randomised controlled trials (RCTs) were appraised using the JBI checklist for RCTs (Barker et al., 2023), while quasi-experimental studies were assessed using the JBI checklist for quasi-experimental studies (Barker et al., 2024).

Strategy of data synthesis A narrative synthesis was undertaken to summarise the characteristics and findings of the included studies. Studies were synthesised according to help-seeking outcomes (i.e., attitudes, intentions, and behaviours), intervention characteristics, and key storytelling features associated with intervention effectiveness.

Subgroup analysis No formal subgroup analyses were planned or conducted. Given the small number of included studies and substantial heterogeneity in study populations, intervention characteristics, comparator conditions, outcome measures, and follow-up periods, subgroup analyses were not considered appropriate. Where relevant, differences in findings according to intervention characteristics, participant characteristics, and study design were explored descriptively within the narrative synthesis.

Sensitivity analysis No sensitivity analyses were conducted. Given the small number of included studies and the substantial heterogeneity in study design, intervention characteristics, comparator conditions, outcome measures, and follow-up periods, sensitivity analyses were not considered appropriate.

Language restriction Studies published in English.

Country(ies) involved Australia.

Keywords Mental health; help-seeking; storytelling; narrative video; video intervention; lived experience; social contact; systematic review.

Dissemination plans The findings will be disseminated through publication in a peer-reviewed journal, presentation at relevant national and international conferences, and inclusion within a doctoral thesis.

Contributions of each author

Author 1 - Mellisah Mancuveni - Conceived the review, developed the protocol, designed the search strategy, conducted the literature search, screened studies, extracted data, assessed methodological quality, synthesised the findings, and drafted the manuscript.

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Author 2 - Susan Watt - Contributed to the review design, provided methodological guidance and supervision, reviewed study selection and interpretation where required, and critically revised the manuscript.

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