

RESEARCH ARTICLE

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A systematic review of the effectiveness of mental health promotion interventions for young people in low and middle income countries

Margaret M Barry^{1*}, Aloisha M Clarke¹, Rachel Jenkins² and Vikram Patel³

Abstract

Background: This systematic review provides a narrative synthesis of the evidence on the effectiveness of mental health promotion interventions for young people in low and middle-income countries (LMICs). Commissioned by the WHO, a review of the evidence for mental health promotion interventions across the lifespan from early years to adulthood was conducted. This paper reports on the findings for interventions promoting the positive mental health of young people (aged 6–18 years) in school and community-based settings.

Methods: Searching a range of electronic databases, 22 studies employing RCTs ($N = 11$) and quasi-experimental designs conducted in LMICs since 2000 were identified. Fourteen studies of school-based interventions implemented in eight LMICs were reviewed; seven of which included interventions for children living in areas of armed conflict and six interventions of multicomponent life skills and resilience training. Eight studies evaluating out-of-school community interventions for adolescents were identified in five countries. Using the Effective Public Health Practice Project (EPHPP) criteria, two reviewers independently assessed the quality of the evidence.

Results: The findings from the majority of the school-based interventions are strong. Structured universal interventions for children living in conflict areas indicate generally significant positive effects on students' emotional and behavioural wellbeing, including improved self-esteem and coping skills. However, mixed results were also reported, including differential effects for gender and age groups, and two studies reported nonsignificant findings. The majority of the school-based life skills and resilience programmes received a moderate quality rating, with findings indicating positive effects on students' self-esteem, motivation and self-efficacy. The quality of evidence from the community-based interventions for adolescents was moderate to strong with promising findings concerning the potential of multicomponent interventions to impact on youth mental health and social wellbeing.

Conclusions: The review findings indicate that interventions promoting the mental health of young people can be implemented effectively in LMIC school and community settings with moderate to strong evidence of their impact on both positive and negative mental health outcomes. There is a paucity of evidence relating to interventions for younger children in LMIC primary schools. Evidence for the scaling up and sustainability of mental health promotion interventions in LMICs needs to be strengthened.

Keywords: Mental health promotion, Young people, Low and middle income countries, Systematic review

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Effectiveness Of Mental Health Promotion Interventions A Review

**Naseem Akhtar Qureshi, Samrat Singh
Bhandari, Giorgio Di
Lorenzo, Harshavardhan Sampath**

Effectiveness Of Mental Health Promotion Interventions A Review:

Effectiveness of Mental Health Promotion Interventions Sylvia Tilford, Faith Delaney, Michelle Vogels, 1997

Effectiveness of Mental Health Promotion a Review - Summary Bulletin 4 Hea, Health Education Authority, London (GB), 1997-05-01 *Mental Health Promotion and Protection* Naseem Akhtar Qureshi, Samrat Singh Bhandari, Giorgio Di Lorenzo, Harshavardhan Sampath, 2023-09-13 The WHO constitution states Health is a state of complete physical mental and social well being and not merely the absence of disease or infirmity There are multiple factors that contribute towards good mental health including civil liberties politics economics social rights and cultural diversity and quality of life of the individual and the society as a whole The promotion of mental health spans many disciplines in order to cover all these factors such as education work justice housing and welfare Therefore it is important to collaborate to create an environment that promotes and supports mental health to improve psychological well being and allow individuals to realize their own abilities work productively and contribute to society and live fulfilling lives There is no health without mental health that is vital to individuals families communities and societies across the world and so the goal of this Research Topic is to collate ideas and research of strategies for the promotion of mental health across all disciplines in order to raise awareness of mental health promotion and protection to ensure it s incorporation in national mental health policies going forwards This is of particular relevance given the mental health crisis being experienced across the world right now **Non-pharmacological Interventions for Mental Disorders** Lara Guedes De Pinho, César Fonseca, Manuel Lopes, Brooke Schneider, Łukasz Gawęda, 2024-04-01 One of the side effects of the COVID 19 pandemic was the worsening of the symptomatology of mental disorders The number of people with mental disorders has increased and pre existing mental disorders have worsened in many cases Psychopharmacology alone is not sufficient for the treatment of conditions such as schizophrenia depression bipolar disorder and generalized anxiety disorder among others and the combined use of psychopharmacology and non pharmacological interventions is recommended by international guidelines Despite this most people around the world do not have access to non pharmacological interventions and when they are diagnosed with a mental disorder only psychopharmacological drugs are prescribed In other cases although non pharmacological interventions for example psychotherapy are also prescribed this response takes a long time **World mental health report** World Health Organization, 2022-06-16 *The Routledge Handbook of International Development, Mental Health and Wellbeing* Laura Davidson, 2019-06-19 Mental health has always been a low priority worldwide Yet more than 650 million people are estimated to meet diagnostic criteria for common mental disorders such as depression and anxiety with almost three quarters of that burden in low and middle income countries Nowhere in the world does mental health enjoy parity with physical health Notwithstanding astonishing medical advancements in treatments for physical illnesses mental disorder continues to have a startlingly high mortality rate However despite its widespread neglect there is now an emerging international imperative to

improve global mental health and wellbeing The UN's current international development agenda finalised at the end of 2015 contains 17 Sustainable Development Goals (SDGs) including SDG3 which seeks to ensure healthy lives and promote wellbeing for all at all ages Although much broader in focus than the previous eight Millennium Development Goals (MDGs) the need for worldwide improvement in mental health has finally been recognised This Handbook addresses the new UN agenda in the context of mental health and sustainable development examining its implications for national and international policy makers decision makers researchers and funding agencies Conceptual evidence based and practical discussions crossing a range of disciplines are presented from the world's leading mental health experts Together they explore why a commitment to investing in mental health for the fulfilment of SDG3 ought to be an absolute global priority

Looking After Children in Primary Care Ruth Chambers, Kirsty Licence, 2005 The Children's National Service Framework sets standards for children's and young people's services outlining what support should be available to children and their parents in managing and preventing a wide range of conditions and problems

Oxford Textbook of Global Health of Women, Newborns, Children, and Adolescents Delan Devakumar, Jennifer Hall, Zeshan Qureshi, Joy Lawn, 2019 The aim of this book is to provide a summary of the current concepts and challenges in global maternal and child health in a format that appeals to students of the subject the general public and current practitioners in the field It also provides study exercises that may inform tutors on undergraduate and postgraduate courses

Advances in Psychiatry Afzal Javed, Kostas N. Fountoulakis, 2018-07-06 This book is the newest edition on the series advances in psychiatry The previous 3 volumes can be found online at http://www.wpanet.org/detail.php?section_id=10&content_id=660 They were highly successful in covering a broad area of psychiatry from different perspectives and angles and by reflecting both specialized but also international and global approaches This series have guaranteed quality therefore can be used by different scientific groups for teaching and learning and also as a means for fast dissemination of advanced research and transformation of research findings into the everyday clinical practice

Mental Health Promotion: A Lifespan Approach Cattán, Mima, Tilford, Sylvia, 2006-12-01 Mental health and well being are important across all ages However some of the issues and how these are addressed in practice differ between age groups This book focuses on applied mental health promotion across age groups

Adolescent Mental Health Areej Hassan, 2015-03-13 This title includes a number of Open Access chapters Mental illnesses are often difficult to treat They do not just affect individuals they are rooted within communities and affect many other aspects of individuals social and physical lives as well This book examines mental health specifically in adolescents exploring how mental illnesses integrate

Oxford Textbook of Social Psychiatry Dinesh Bhugra, Driss Moussaoui, Tom J. Craig, 2022 This is the definitive reference on social psychiatry for every mental health clinician providing global coverage on this expanding area of psychiatry

Psychiatric and Mental Health Nursing Mary Chambers, 2017-04-07 This new edition of a bestselling evidence based textbook provides a comprehensive overview of psychiatric and mental health nursing Keeping service users and their

recovery at the centre of care the holistic approach will help nurses to gain the tools and understanding required to work in this complex area Extensively updated for this new edition the text looks at Aspects of mental health nursing covering topics such as ethics developing therapeutic relationships and supervision The foundations of mental health nursing discussing diagnosis assessment and risk Caring for those experiencing mental health distress looking at wide range of troubles including anxiety bipolar disorder eating disorders and issues around sexuality and gender Care planning and approaches to therapeutic practice exploring ideas pathways and treatments such as recovery CBT psychodynamic therapies and psychopharmacology Services and support for those with mental health distress covering topics such as collaborative work involvement of service users and their families and carers and a range of different mental healthcare settings Mental health nursing in the twenty first century highlighting emerging and future trends including the political landscape physical health and health promotion and technological advances This accessible and comprehensive textbook integrates service user perspectives throughout and includes student friendly features such as learning outcomes key points summaries reflection points and further reading sections It is an essential resource for all mental health nursing students as well as an invaluable reference for practising nurses

Handbook of Adolescent Development Research and Its Impact on Global Policy

Jennifer E. Lansford, Prerna Banati, 2018-03-01 Of the 1.2 billion adolescents in the world today 90% live in low and middle income countries These adolescents face many challenges in their lives Enrollment in secondary schools is still low in many parts of the world with illiteracy rates approaching 30% in the least developed countries Further adolescents not in school are more vulnerable to trafficking recruitment into armed conflict and child labor Many adolescent girls marry and begin bearing children at a young age contributing to the perpetuation of poverty and health problems Despite these many challenges adolescents also represent a resource to be cultivated through educational opportunities and vocational training to move them toward economic independence through initiatives to improve their reproductive health and through positive interpersonal relationships to help them avoid risky behaviors and make positive decisions about their futures Edited by Jennifer E. Lansford and Prerna Banati the Handbook of Adolescent Development Research and its Impact on Global Policy tackles both the challenges and the promise of adolescence by presenting cutting edge research on social emotional behavioral cognitive and physical development In addition to providing actionable strategies for policy makers and practitioners this volume consciously adopts a positive framing of adolescence representing young people as opportunities rather than threats Throughout the book readers will find a valuable investment at the individual and societal levels as a way to contribute to a positive shift in the public discourse around young people today

Disease Control Priorities, Third Edition (Volume 4) Vikram Patel, Dan Chisholm, Tarun Dua, Ramanan Laxminarayan, Mari'a Lena Medina-Mora, Theo Vos, 2016-03-10 Mental neurological and substance use disorders are common highly disabling and associated with significant premature mortality The impact of these disorders on the social and economic well being of individuals families

and societies is large growing and underestimated Despite this burden these disorders have been systematically neglected particularly in low and middle income countries with pitifully small contributions to scaling up cost effective prevention and treatment strategies Systematically compiling the substantial existing knowledge to address this inequity is the central goal of this volume This evidence base can help policy makers in resource constrained settings as they prioritize programs and interventions to address these disorders

Digital Public Health Hajo Zeeb,Laura Maaß,Tanja Schultz,Ulrike Haug,Iris Pigeot,Benjamin Schüz,2025-09-01 This comprehensive open access book gives an overview of the core issues in digital public health with a strong emphasis on prevention population health and health systems It covers a broad spectrum of topics ranging from theoretical frameworks to legal and ethical issues related to digital public health applications and interventions With chapters on user centered technology development evaluation participatory approaches in digital public health and global digital public perspectives it also presents examples taken from ten essential public health operations Targeted at researchers in academia industry and government this unique text offers a broad insight into digitalization a central topic in the current development of public health worldwide

Late-Life Psychopathology W. Quin Yow,Mithat Durak,Selin Karakose,2023-09-08 The research topic of Late Life Psychopathology is about how various kinds of psychopathology manifest themselves in later life The collection will include a broad spectrum of behavioral cognitive and emotional issues in older individuals including mood disorders anxiety disorders psychotic disorders sexual disorders insomnia and personality disorders Along with the psychopathological disorders in older adults this research topic will be focused on the psychopathological similarities and differences across the various age groups

WHO guidelines on mental health at work World Health Organization,2022-09-28 Guidelines on Mental Health at Work An estimated 15% of working age adults have a mental disorder at any point in time Depression and anxiety are estimated to cost the global economy US 1 trillion each year driven predominantly by lost productivity People living with severe mental health conditions are largely excluded from work despite participation in economic activities being important for recovery The WHO guidelines on mental health at work provide evidence based recommendations to promote mental health prevent mental health conditions and enable people living with mental health conditions to participate and thrive in work The recommendations cover organizational interventions manager training and worker training individual interventions return to work and gaining employment The guidelines on mental health at work aim to improve the implementation of evidence based interventions for mental health at work

Oxford Textbook of Global Public Health Roger Detels,Quarraisha Abdool Karim,Fran Baum,Liming Li,Alastair H. Leyland,2022 Invaluable for all practitioners trainees and students of public health and epidemiology the Oxford Textbook of Global Public Health covers the scope methods and practice of public health and has been comprehensively updated for its seventh edition

Promoting Mental Health at Work: New Insights and Practical Implications Elisabeth Schramm,Claas Lahmann,Christine Allwang,Kai G. Kahl,Undine E. Lang,2021-09-14

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