

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<sup>1\*</sup>, Aloisha M Clarke<sup>1</sup>, Rachel Jenkins<sup>2</sup> and Vikram Patel<sup>3</sup>

## 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

\* Correspondence: [margaret.barry@hug.ie](mailto:margaret.barry@hug.ie)  
<sup>1</sup>WHO Collaborating Centre for Health Promotion Research,  
National University of Ireland Galway, University Road, Galway, Ireland  
Full list of author information is available at the end of the article

# Effectiveness Of Mental Health Promotion Interventions A Review

**Delan Devakumar, Jennifer Hall, Zeshan  
Qureshi, Joy Lawn**



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**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 *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 **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 **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 [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 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 *World mental health report* World Health Organization,2022-06-16 *Handbook of Adolescent Development Research and Its Impact on Global Policy* Jennifer E. Lansford,Prerna Banati,2018 This book is unique in bringing together cutting edge research on adolescent development with a focus on policies and interventions directed toward adolescents The book is also distinctive in its focus on issues that uniquely affect adolescents in low and middle income countries

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      Mental Health Promotion: A Lifespan Approach Cattan, 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      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](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      **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      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 into      **Child Behavioral Health in Sub-Saharan Africa** Fred M. Ssewamala,Ozge Sensoy Bahar,Mary M. McKay,2021-11-22 This book highlights the emerging research and policy development efforts to address child and adolescent behavioral health in Sub Saharan Africa where mental health policy is at an early stage and in need of context specific attention to its successes and shortcomings A diverse range of researchers with expertise on relevant policy in both the region as a whole and country specific contexts including Ghana Kenya Nigeria Rwanda South Africa and Uganda outline theoretically informed culturally appropriate evidence based and youth and family focused service models The first

work of its kind with an exclusive focus on the understudied region of Sub Saharan Africa this text Provides an overview of the current state of child and adolescent behavioral health in the region Evaluates empirical work on risk and protective factors influencing behavioral outcomes Highlights emerging intervention research and dialogue on what works to improve child and adolescent behavioral health Offers insight and strategies on how to advance child and adolescent behavioral health in policy research and practice Child Behavioral Health in Sub Saharan Africa Towards Evidence Generation and Policy Development is a unique reference that offers guidance for current and future policy makers researchers practitioners and students as they seek to invest and engage in the healthy development of a future generation      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      **Guidelines for Nursing Excellence in the Care of Children, Youth, and Families Second Edition** Cecily Betz,Marilyn Krajicek,Martha Craft-Rosenberg,2017-10-28 First Edition Designated a Doody s Core Title and Winner of an AJN Book of the Year Award This distinguished title written by nationally recognized nursing experts in health care and pediatrics delivers the most current evidence based practice standards and their application These guidelines developed through systematic consensus building led by the AAN s Child Adolescent and Family Expert Panel incorporates the wisdom of 17 professional nursing and healthcare organizations regarding the core elements of pediatric nursing excellence This second edition contains substantial updates to all guidelines based on the most current research evidence and demonstrates examples of how to best apply the guidelines to nursing practice Disseminating the gold standard of care for infants children adolescents and families this text addresses access to health care genetic assessment and counseling culturally responsive care care for children and youth with disabilities and others Every chapter breaks down a guideline into its definition history and implications for clinical education policy and research in nursing practice A case study based around the analyzed guideline illustrates how the

guideline should be employed in nursing practice culminates every chapter Replete with supplemental online files full of resources to apply these guidelines to nursing practice Guidelines for Nursing Excellence in the Care of Children Youth and Families represents an invaluable resource for pediatric nurses nursing students nursing educators nursing administrators pediatric and family nurse practitioners advanced practice nurses nursing clinicians in public health school nurses and nurse researchers New to the Second Edition Significant updates to all 17 guidelines based on latest research evidence Contributions by five new nursing and health care organizations A new chapter organizational framework incorporating useful pedagogical elements Examples of applications to education research policy and clinical practice A new faculty toolkit Key Features Provides current pediatric practice standards formatted and endorsed by 17 leading professional nursing and health care organizations Includes content applicable to advanced practice nurses educators researchers and consultants Includes learning objectives description of guidelines applications to practice exemplars references and websites for additional resources

**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

This book delves into Effectiveness Of Mental Health Promotion Interventions A Review. Effectiveness Of Mental Health Promotion Interventions A Review is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Effectiveness Of Mental Health Promotion Interventions A Review, encompassing both the fundamentals and more intricate discussions.

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    - Chapter 3: Effectiveness Of Mental Health Promotion Interventions A Review in Everyday Life
    - Chapter 4: Effectiveness Of Mental Health Promotion Interventions A Review in Specific Contexts
    - Chapter 5: Conclusion
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## **Table of Contents Effectiveness Of Mental Health Promotion Interventions A Review**

1. Understanding the eBook Effectiveness Of Mental Health Promotion Interventions A Review
  - The Rise of Digital Reading Effectiveness Of Mental Health Promotion Interventions A Review
  - Advantages of eBooks Over Traditional Books
2. Identifying Effectiveness Of Mental Health Promotion Interventions A Review
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Effectiveness Of Mental Health Promotion Interventions A Review
  - User-Friendly Interface
4. Exploring eBook Recommendations from Effectiveness Of Mental Health Promotion Interventions A Review
  - Personalized Recommendations
  - Effectiveness Of Mental Health Promotion Interventions A Review User Reviews and Ratings
  - Effectiveness Of Mental Health Promotion Interventions A Review and Bestseller Lists
5. Accessing Effectiveness Of Mental Health Promotion Interventions A Review Free and Paid eBooks
  - Effectiveness Of Mental Health Promotion Interventions A Review Public Domain eBooks
  - Effectiveness Of Mental Health Promotion Interventions A Review eBook Subscription Services
  - Effectiveness Of Mental Health Promotion Interventions A Review Budget-Friendly Options
6. Navigating Effectiveness Of Mental Health Promotion Interventions A Review eBook Formats
  - ePub, PDF, MOBI, and More
  - Effectiveness Of Mental Health Promotion Interventions A Review Compatibility with Devices
  - Effectiveness Of Mental Health Promotion Interventions A Review Enhanced eBook Features

7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Effectiveness Of Mental Health Promotion Interventions A Review
  - Highlighting and Note-Taking Effectiveness Of Mental Health Promotion Interventions A Review
  - Interactive Elements Effectiveness Of Mental Health Promotion Interventions A Review
8. Staying Engaged with Effectiveness Of Mental Health Promotion Interventions A Review
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Effectiveness Of Mental Health Promotion Interventions A Review
9. Balancing eBooks and Physical Books Effectiveness Of Mental Health Promotion Interventions A Review
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Effectiveness Of Mental Health Promotion Interventions A Review
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Effectiveness Of Mental Health Promotion Interventions A Review
  - Setting Reading Goals Effectiveness Of Mental Health Promotion Interventions A Review
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Effectiveness Of Mental Health Promotion Interventions A Review
  - Fact-Checking eBook Content of Effectiveness Of Mental Health Promotion Interventions A Review
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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