

PROSPERO International prospective register of systematic reviews

Are effects of mental health promoting interventions among students in tertiary educational settings sustainable? A systematic review

Regina Winzer, Lene Lindberg, Karin Guldbrandsson, Anna Sidorchuk

Citation

Regina Winzer, Lene Lindberg, Karin Guldbrandsson, Anna Sidorchuk. Are effects of mental health promoting interventions among students in tertiary educational settings sustainable? A systematic review. PROSPERO 2015:CRD42015029353 Available from http://www.crd.york.ac.uk/PROSPERO_REBRANDING/display_record.asp?ID=CRD42015029353

Review question(s)

Do interventions on individual-, group- or structural level promote mental health or prevent mental ill-health among students in tertiary educational settings compared to students who have not been provided such interventions?

Searches

Data-bases preliminary searched from January 1, 1995 - May 22, 2015

- MEDLINE (Ovid)
- PsycInfo (Ovid)
- Eric (Ovid)
- Scopus
- Dissertations and Theses (ProQuest) for gray literature

No language restrictions were applied during the search process, but to be included into the review, only publications in English language will be eligible. These data-bases will be completed in December 2015/ January 2016 and OpenGrey and GreyNet will be searched up to December 31, 2015. Reference lists of eligible studies will be hand-searched.

Types of study to be included

RCT:s published in peer-reviewed journals only. Follow-up > 3 months.

Condition or domain being studied

Mental health, mental ill-health, campus- and student health services settings.

Participants/ population

Students in tertiary educations with or without self-rated mental ill-health in university or college settings.

Intervention(s), exposure(s)

Mental health promoting and mental ill-health preventing interventions, universal or selective, on organizational, group-based or individual level, web-or computer-based.

Comparator(s)/ control

No intervention.

Context

University-/campus settings.

Outcome(s)

Primary outcomes

Mental health and mental ill-health, well-being, coping, locus of control, study achievement/performance, resilience, self-esteem/-compassion, symptoms of anxiety, symptoms of depression, psychological distress, worry, fatigue, sleeping problems, stress management, perceived stress.

Secondary outcomes

None

Risk of bias (quality) assessment

Risk of bias and the quality within the original studies will be assessed by using the Effective Public Health Practise Tool (EPHPP). The implementation quality of the included studies will be assessed by the Quality Implementation Framework and the PRISMA standard will guide the reporting of the review.

Strategy for data synthesis

The data will be reported on an aggregated level. If our data prove to be sufficiently homogenous, a meta-analysis will be provided for applicable outcomes. In other case, we will prepare a narrative synthesis.

Analysis of subgroups or subsets

None planned.

Dissemination plans

We have ongoing consultations with representatives and different professionals from Student health services in Sweden. Our review could be used by them as a guide.

Contact details for further information

Miss Winzer

Public Health Agency of Sweden

SE-171 82 Solna, Sweden

& Karolinska Institutet, Department of Public Health Sciences, SE-171 77 Stockholm, Sweden

regina.winzer@folkhalsomyndigheten.se

Organisational affiliation of the review

Public Health Agency of Sweden & Karolinska Institutet

www.folkhalsomyndigheten.se & www.ki.se

Review team

Miss Regina Winzer, Public Health Agency of Sweden & Karolinska Institutet

Dr Lene Lindberg, Karolinska Institutet

Dr Karin Guldbrandsson, Public Health Agency of Sweden & Karolinska Institutet

Dr Anna Sidorchuk, Karolinska Institutet

Collaborators

Mr Carl Gornitzki, Karolinska Institutet, University Library

Mr Anders Wändahl, Karolinska Institutet, University Library

Dr Anna Månsdotter, Public Health Agency of Sweden & Karolinska Institutet

Mrs Annika Frykholm, Public Health Agency of Sweden

Dr Sven Bremberg, Public Health Agency of Sweden & Karolinska Institutet

Anticipated or actual start date

22 May 2015

Anticipated completion date

16 September 2024

Funding sources/sponsors

The systematic review is conducted in accordance with a governmental assignment and is funded by the Public Health Agency of Sweden.

Conflicts of interest

None known

Language

English

Country

Sweden

Subject index terms status

Subject indexing assigned by CRD

Subject index terms

Humans; Mental Health; Students

Stage of review

Ongoing

Date of registration in PROSPERO

25 November 2015

Date of publication of this revision

12 May 2016

Stage of review at time of this submission

Preliminary searches

Started

Yes

Completed

No

Piloting of the study selection process

Yes

No

Formal screening of search results against eligibility criteria

Yes

No

Data extraction

Yes

No

Risk of bias (quality) assessment

Yes

No

Data analysis

Yes

No

PROSPERO

International prospective register of systematic reviews

The information in this record has been provided by the named contact for this review. CRD has accepted this information in good faith and registered the review in PROSPERO. CRD bears no responsibility or liability for the content of this registration record, any associated files or external websites.
