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

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Citation

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.

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Anticipated or actual start date

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Anticipated completion date
16 September 2024

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Conflicts of interest
None known

Language
English

Country
Sweden

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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

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