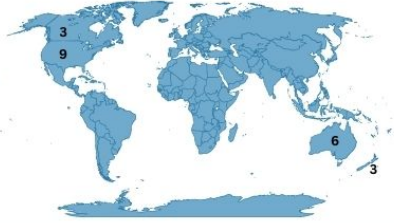


SYSTEMATIC REVIEW

Indigenous involvement and content in mental health interventions and their effectiveness for Indigenous populations

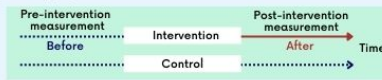
INCLUDED STUDIES

21 mental health intervention studies published from 2009-2020 with Indigenous adults aged 16 years or greater included 3 study designs:



8 randomized controlled trials (RCT)
Study participants are assigned to a group **randomly like flipping a coin**

3 control-group pre-post studies (cPP)
Study participants are assigned to a group using **non-random methods**

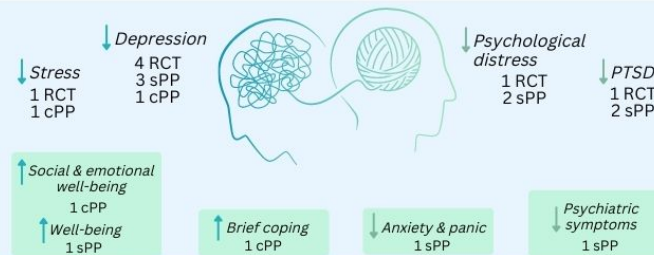


10 single-group pre-post studies (sPP)
All study participants are assigned to the same intervention group



MENTAL HEALTH OUTCOMES

16 studies had statistically significant improvements in mental health outcomes.

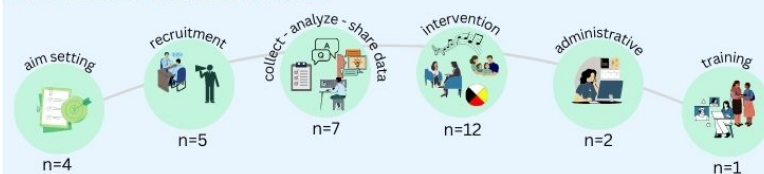


Statistically significant improvements in other general mental health outcomes: hopelessness (n=1 RCT), self-esteem (n=1 RCT), mastery (n=1 sPP), and positive motivational state (n=1 cPP).

INDIGENOUS INVOLVEMENT & CONTENT

Among the 16 studies, **15** studies involved Indigenous people at different stages of the research and **12** studies included Indigenous content.

INVOLVEMENT IN STUDY DESIGN



CONTENT IN INTERVENTION



CONSIDERATIONS

- The quality of the intervention was weak in 12 studies and moderate in 9. Rating weak means withdrawal reasons are not described, recruitment is low or participants do not reflect the target population for example. Increased Indigenous involvement may improve quality.
- Increased training may sustain positive mental outcomes beyond the study period since acquired skills may be used for existing and newly created programming and services.
- The reporting and wording of Indigenous involvement varied greatly and was often unclear.

Reference

Lee RS, Brown HK, Salih S, Benoit AC. Systematic review of Indigenous involvement and content in mental health interventions and their effectiveness for Indigenous populations. Australian & New Zealand Journal of Psychiatry. 2022 Oct; 56(10): 1230-1251. doi: 10.1177/00048674221089837.