

Evidence Synthesis of Impact of Mental Health Promotion

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Background

This project concerns the production of an evidence synthesis on the impact of mental health promotion interventions that will support the development of a National Mental Health Promotion Plan by the Department of Health, in the context of the Healthy Ireland Strategic Action Plan 2021-2025 and the implementation of Sláintecare. The existing international evidence base provides a critical source of information for informing the new National Mental Health Promotion Plan.

Aim

The aim of this project is to synthesise the current international evidence on the effectiveness of mental health promotion interventions aimed at enhancing the mental health and wellbeing of population groups across the life course and in key settings.

Methods

A Systematic Rapid Evidence Assessment (SREA) was undertaken with the aim of synthesizing current international evidence from systematic reviews and meta-analyses on the effectiveness of mental health promotion interventions published in the last 5 years (2017-2021). A quality assessment of the systematic reviews and meta-analyses was conducted using the JBI Critical Appraisal Checklist for Systematic Reviews and Research Syntheses (Joanna Briggs Institute, 2017).

Findings

The search of academic databases returned 5285 results, of which 168 reviews, including 111 meta-analyses and 57 systematic reviews, were included in the evidence synthesis. The synthesis of findings shows that there is evidence from well conducted studies that high

quality interventions can lead to positive mental health and wellbeing outcomes for individuals and population groups across the life course and in diverse settings. There is well established and consistent evidence concerning the positive impact of interventions focusing on early years, family support, parenting and school-based programmes, including for children and families experiencing disadvantage. Although the current evidence is less robust, the review findings are supportive of the potential of a range of well-designed workplace and community-based interventions, including those delivered digitally and in primary care settings.

Knowledge Translation

The findings from this review are used to brief policy and decision-makers on the evidence for mental health promotion interventions, identifying priority areas for action based on their effectiveness and feasibility of implementation. The study report highlights the best available evidence to support decision making in identifying priority mental health promotion interventions for inclusion in the new National Mental Health Promotion Plan.

Dissemination

Kuosmanen, T., Keppler, T., Dowling, K., Barry, M.M. (2022). *Evidence Synthesis of Impact of Mental Health Promotion: A systematic rapid evidence assessment of the effectiveness of mental health promotion interventions across the life course*. Health Promotion Research Centre, National University of Ireland Galway.