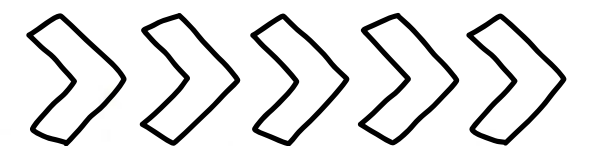
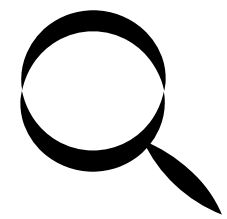


# Promising Preventions for Addressing CYMH: A Scoping Review

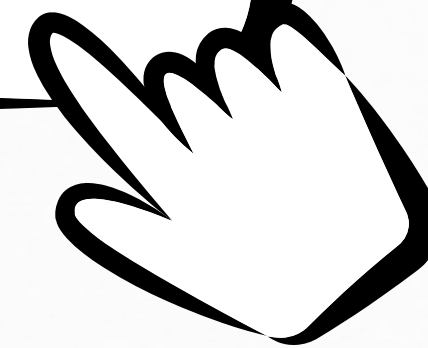
**Barbara Lee, Dora Tam, Tara Collins, Shauna Burke,  
Siu Ming Kwok, Sylvia Yuk Ching Lai Kwok,  
Ron Chi-wai Kwok, And Lindsay Savard**

**Joint Conference on Social Work, Education and Social Development  
Panama City, April 6, 2024**





# Affiliation



**Barbara Lee**, PhD, Assistant Professor, University of British Columbia

**Dora Tam**, PhD, Professor, University of Calgary

**Tara Collins**, PhD, University of Calgary

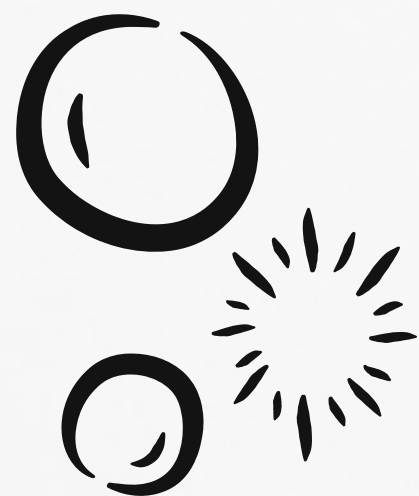
**Shauna Burke**, PhD, Associate Professor, Western University

**Siu Ming Kwok**, PhD, Professor & Academic Director, University of Calgary

**Sylvia Yuk Ching Lai Kwok**, PhD, Professor, City University of Hong Kong

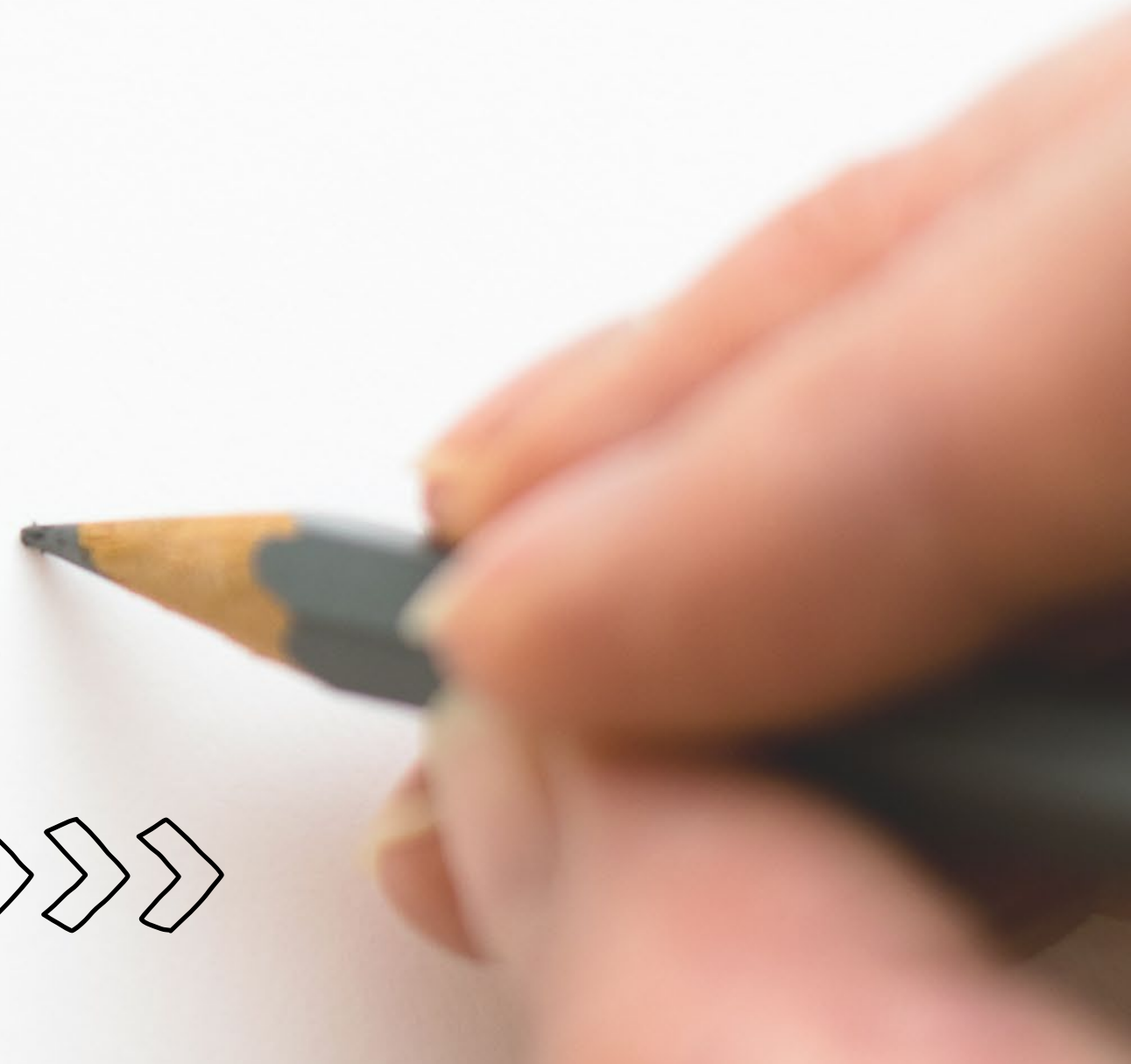
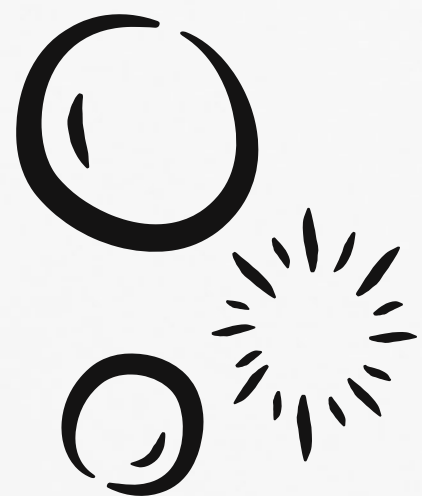
**Ron Chi-Wai Kwok**, PhD, Associate Professor, City University of Hong Kong

**Lindsay Savard**, PhD Student, McGill University

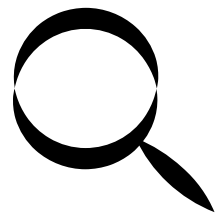




1. Background
2. Methods
3. Results
4. Implications
5. Conclusion



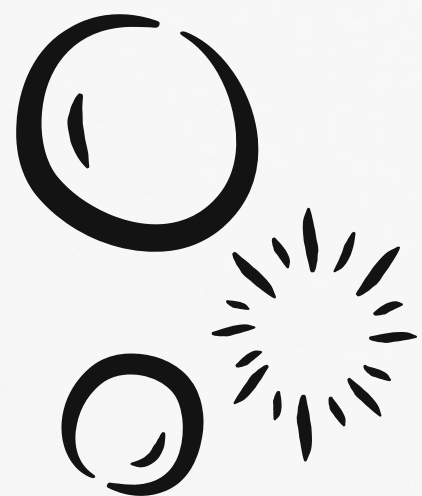




# Background



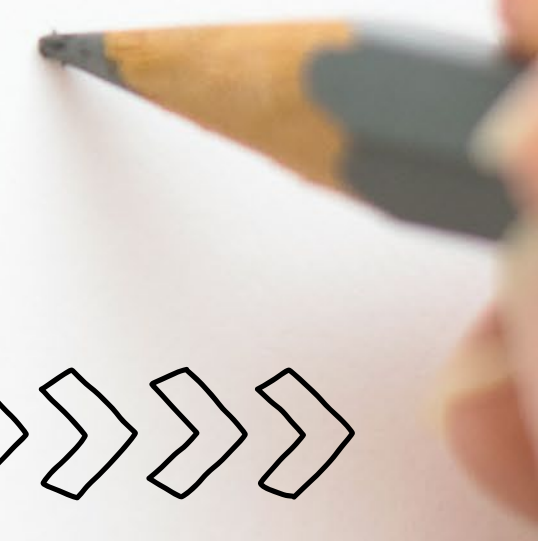
Adolescence is a unique period for physical, social and emotional development. Yet, this development can be hampered by structural inequalities, adverse childhood experiences, and difficulties in the environmental contexts. These conditions may exacerbate mental health issues and negatively impact adolescence well-being

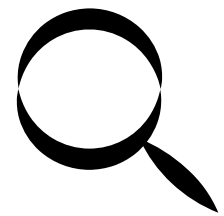




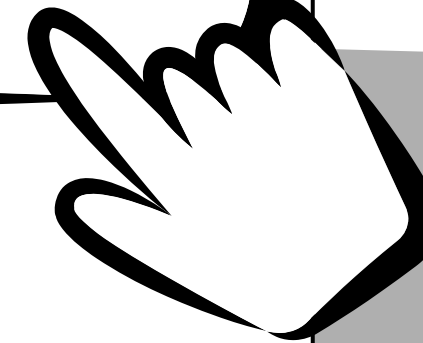
# Purpose

The purpose of this scoping review was to examine the empirical literature on promising prevention on youth mental health and consider its application for Canada and China.










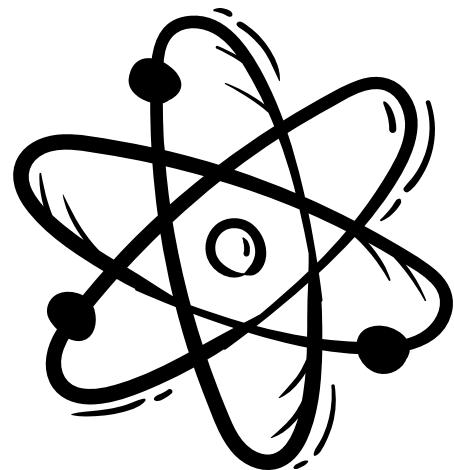
# Methods



## Scoping Review

Conducted in 5 stages (Arksey & O'Malley, 2005):

-  1. Identify the research question(s)
-  2. Identify the relevant studies
-  3. Study selection
-  4. Charting the data
-  5. Collating, summarizing, and reporting results





Research Questions

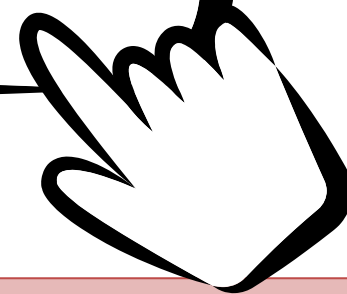
What is the research evidence of promising preventative community-based programs that address youth mental health?





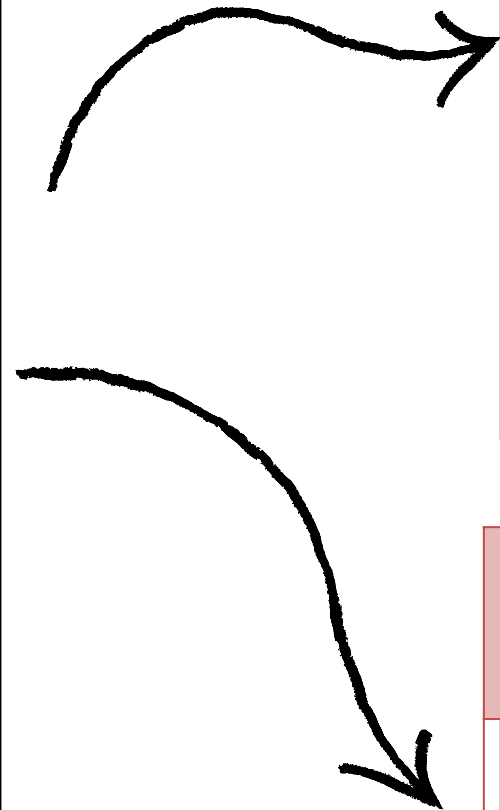
# Stage 2

Identify Relevant Studies



## Electronic Databases (N=11)

- Education Research Complete
- ERIC
- Academic Search Complete
- CINAHL Plus
- Family Studies Abstract
- Social Work Abstracts
- SocINDEX
- LGBTQ+ Source
- Medline
- APA PsycINFO
- Social Service Abstract



INCLUSION CRITERIA		EXCLUSION CRITERIA	
January 1, 2006 to June 30, 2020		Conceptual articles	
Original, peer-reviewed empirical studies		Literature reviews	
English		Systematic reviews	
Abstracts and full-texts available		Book reviews	

CONCEPT	KEY TERMS		
Population	adolescent, youth, or teenager		
Programs	promotion, or support		
Outcome	mental health, or wellness		

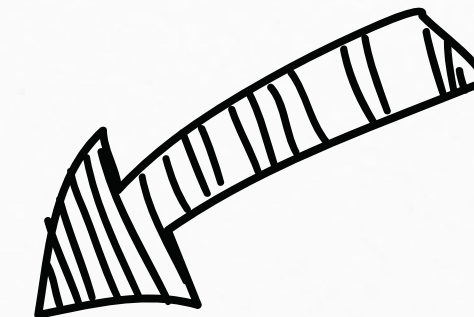
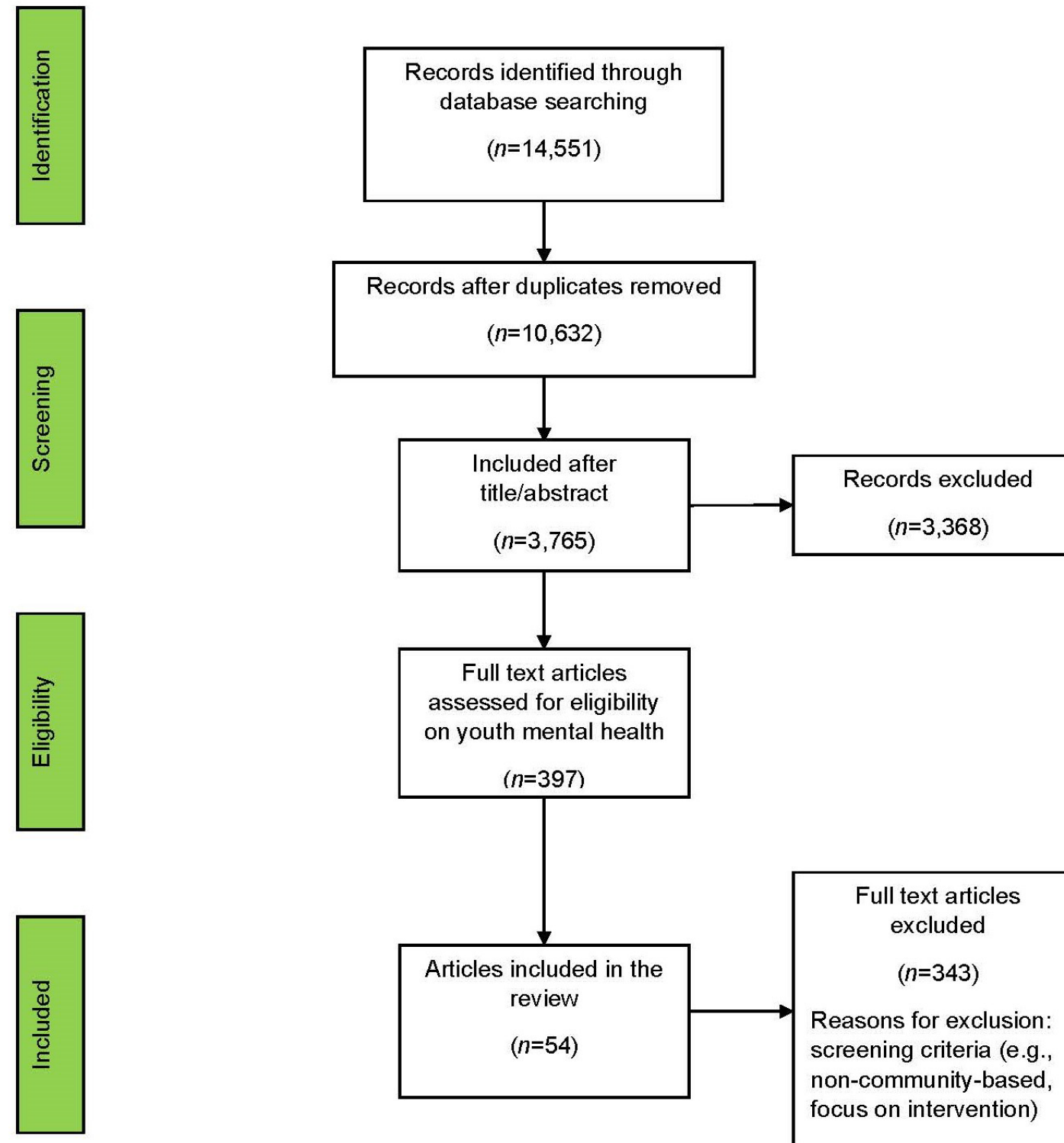




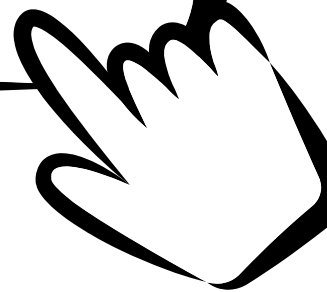
# Stage 3

Study Selection-PRISMA







Figure 1: Prisma Chart on Promising Preventions in Addressing Youth Mental Health - Scoping Review



# Stage 4



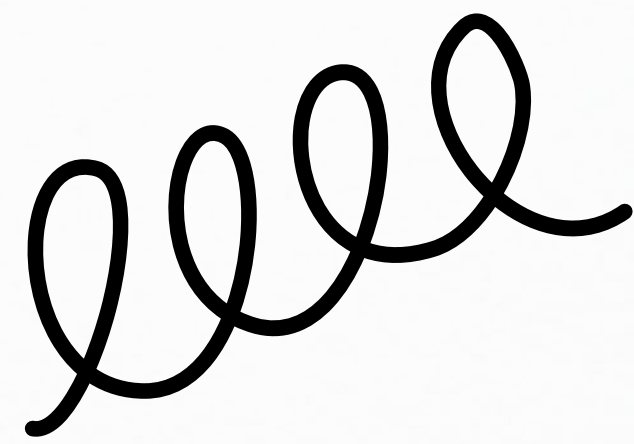
Development of a data extract form  
which documented

-  1. Study: author(s), year of publication, study location.
-  2. Study Objectives
-  3. Methodology
-  4. Study Sample
-  5. Prevention Programs
-  6. Findings

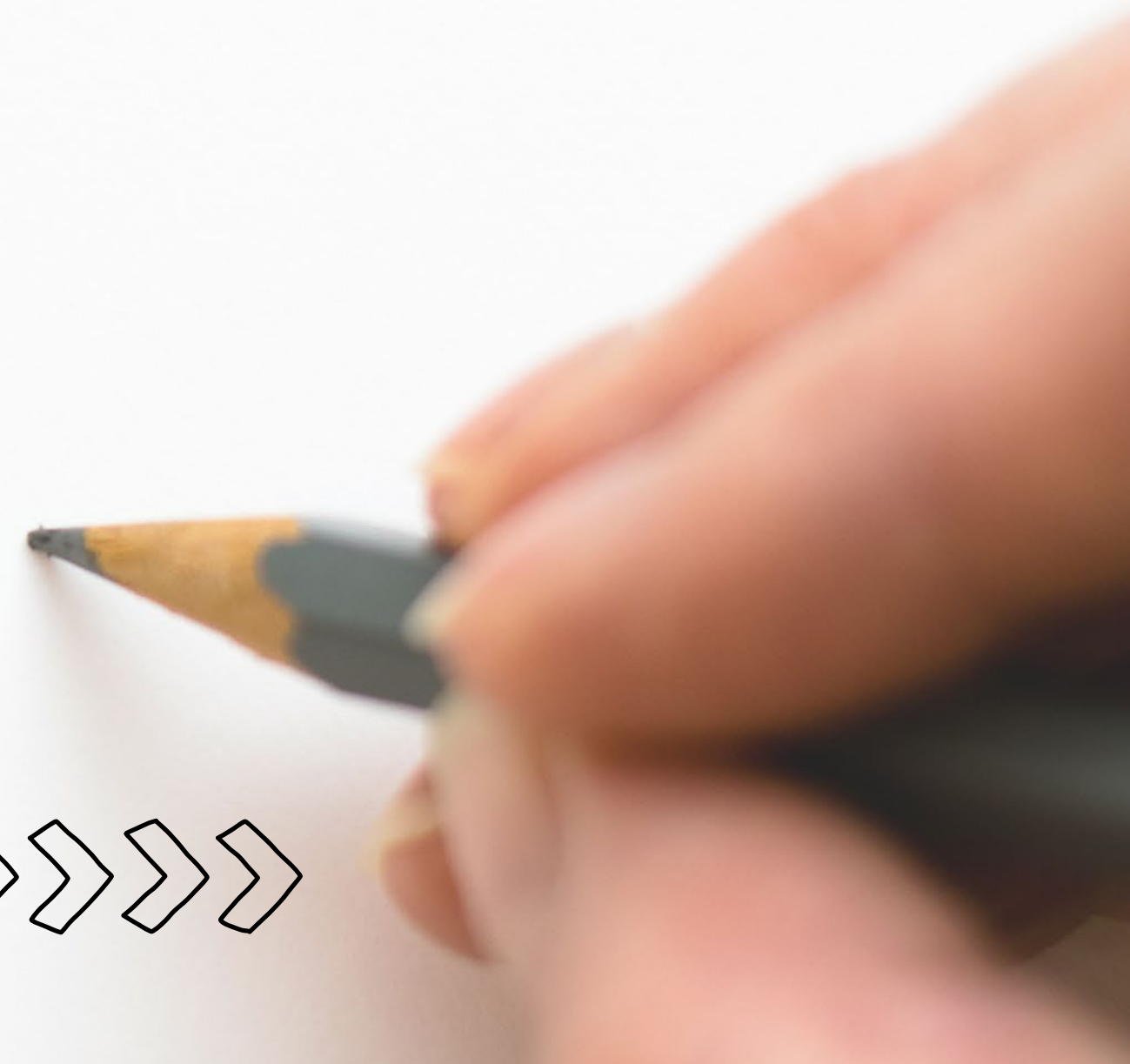
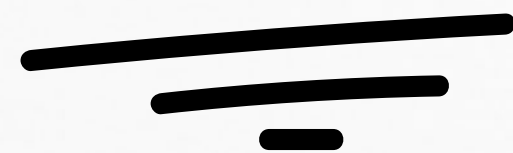


# Stage 5

**Collating, Summarizing & Reporting Results**



This process yielded 54 studies that were focused on the efficacy of prevention programs aimed at addressing youth mental health.





# Location

6  
Canada

3 UK

2 EU

3  
Netherlands

2 New  
Zealand

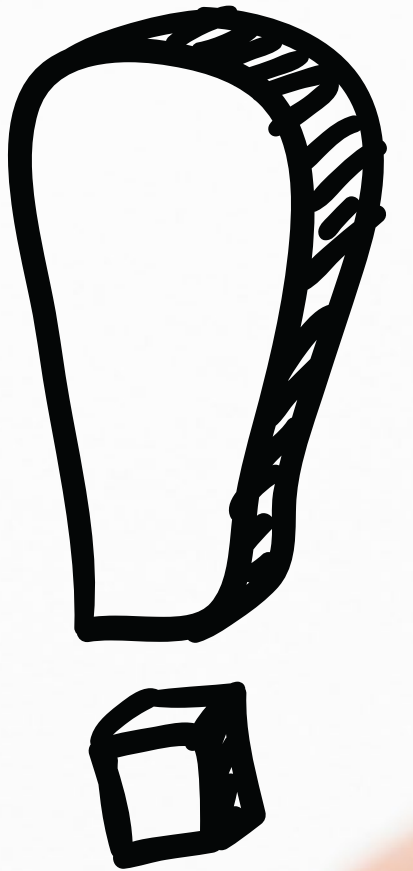
5  
Australia

19 USA

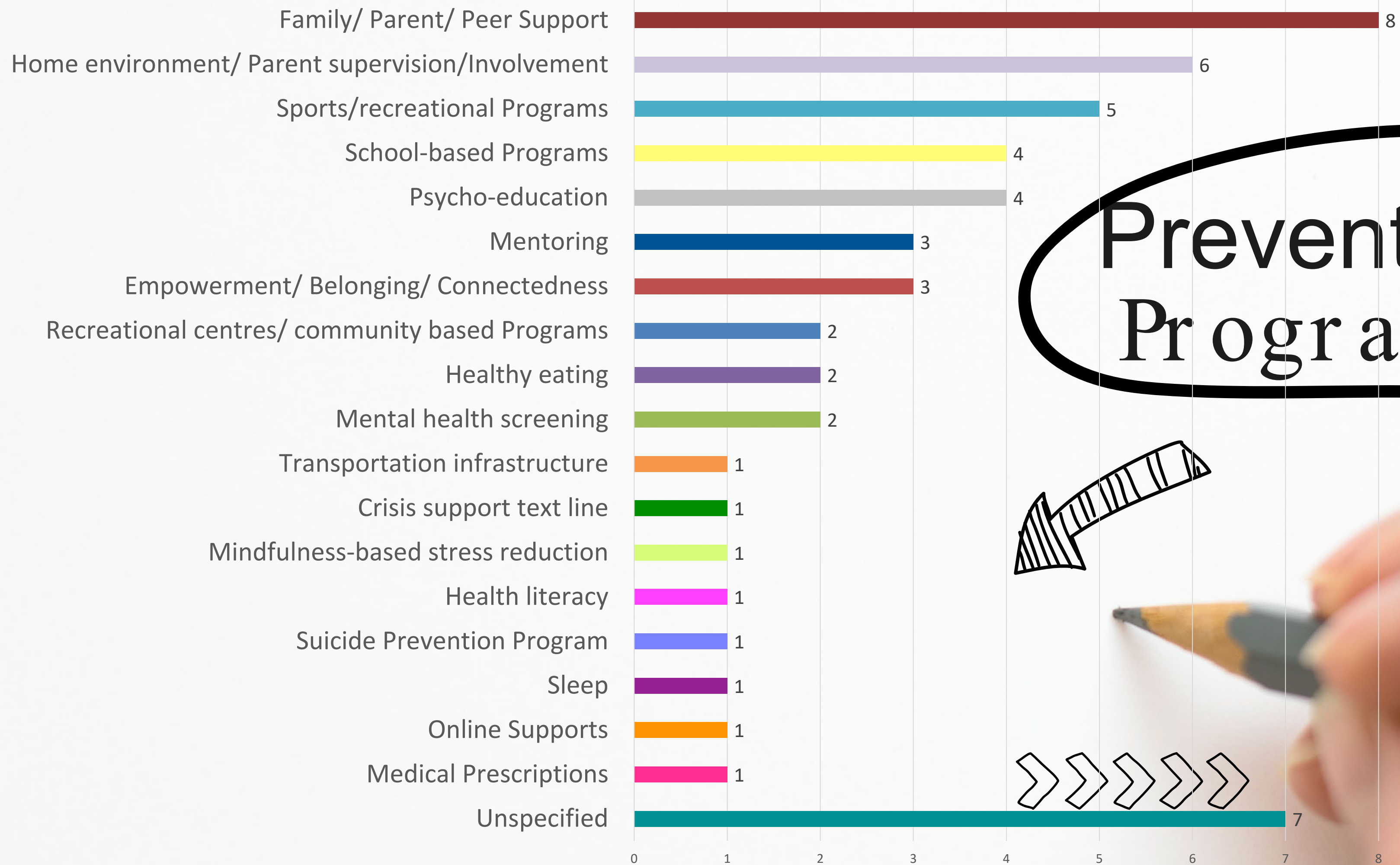
2 Israel

2 HK/  
3 China

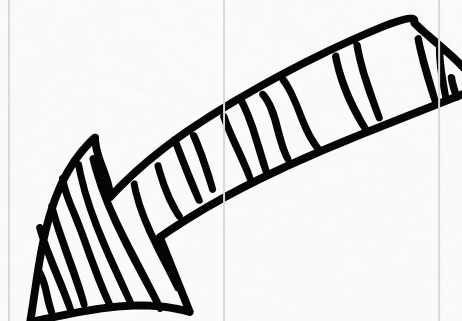
1 Malawi  
1 Czech Republic  
1 Taiwan  
1 Spain  
1 Turkey  
1 Italy  
Multi-country







# Prevention Programs



Healthy behaviours  
**Self-efficacy**

Depressive symptoms  
**Suicide prevention**

**Mental health**

School connectedness

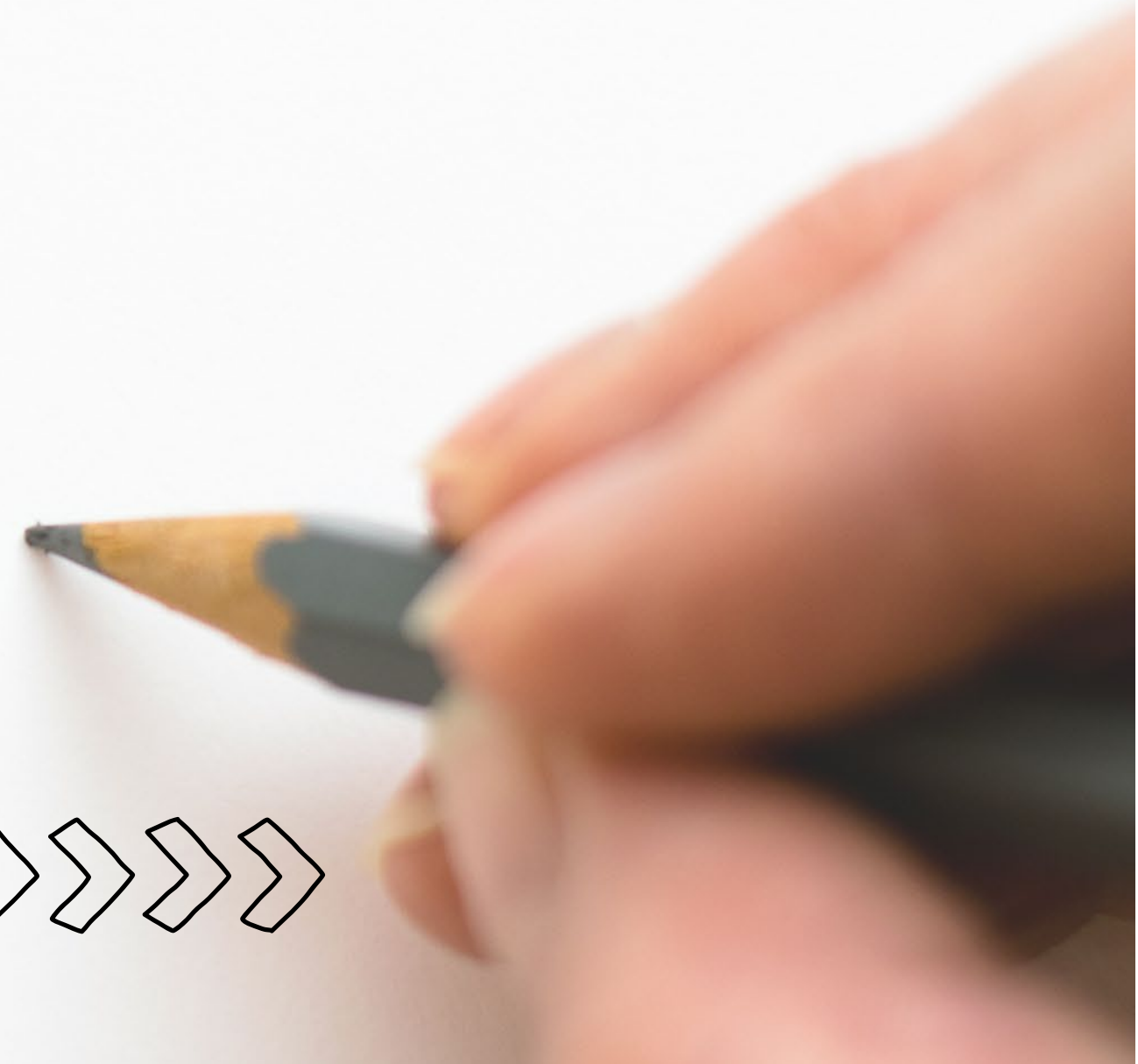
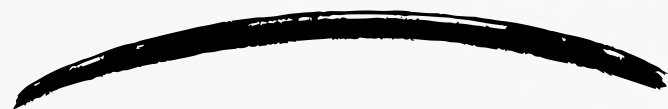
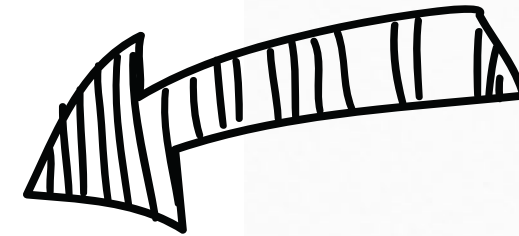
Life satisfaction  
**self-esteem**

Anger and aggression management

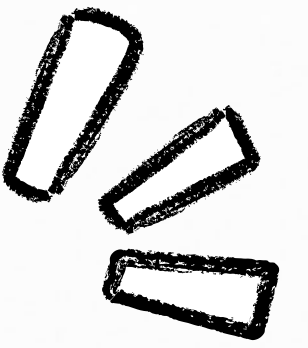
Wellbeing

**Anxiety**

**Outcomes**







# Conclusions



01

## Positive Outcomes

Overall, the studies demonstrated promising positive outcomes for participants who received preventative mental health supports.

02

## Comparison Difficulty

Variances in prevention models and their implementation, research design, measurement, and sample, makes it difficult to compare impact.

03

## Specialized Areas

Researchers and practitioners with specialized areas of youth mental health might consider a narrower scope of research to more effectively assess the state of evidence for their practice area.

04

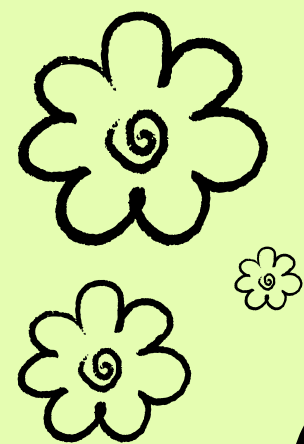
## Contextual Need

Policies and practices need to consider the contextual circumstances for the successful implementation and sustainment of preventative programs, especially across vastly different geographical and social-political regions.

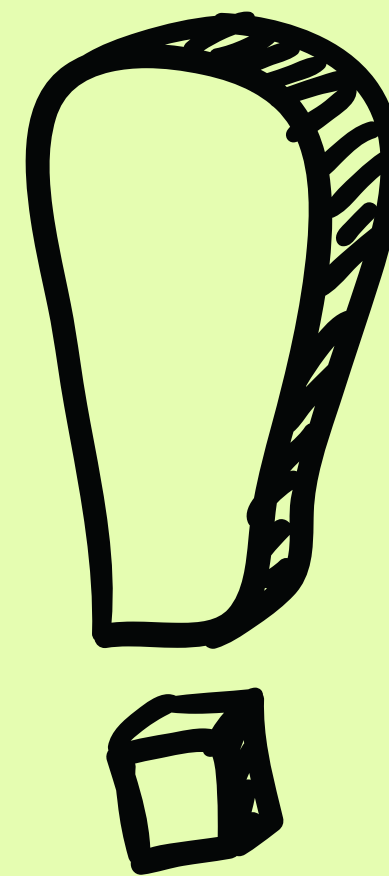
<https://www.childrenandyouthmentalhealth.com/>







*Thank You*



## **Acknowledgement:**

Gratitude goes to all CYMH project assistants and practicum students.