<table>
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<tr>
<th>Authors</th>
<th>Intervention</th>
<th>Outcome measures of interest</th>
<th>Mental Health Literacy sig.</th>
<th>Symptomatology sig.</th>
<th>Help seeking behaviours/Intentions/Attitudes sig?</th>
<th>Stigma sig</th>
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</table>
| Christensen et al [31]   | Blue pages or MoodGYM with weekly follow up by lay interviewer               | **Symptoms:** CES-D/ATQ  
**MHL:** (Depression, Medical, Psychological & Lifestyle literacy scales) D-Lit/CBT-Lit                                                                 | **D-Lit:** BluePages Vs Control & MoodGYM: Yes, Significant improvement (P<.05)  
**CBT Literacy:** MoodGYM VS BluePages & Control: Sig. Improvement (P<.05) | **ITT analysis:**  
**CES-D:** BluePages Vs Control: Significant (CI, 95%: 2.9* (0.6-5.2))  
**MoodGYM Vs Cont:** Significant (CI, 95%: 3.2* (1.9-5.4))  
**ATQ:** Significant MoodGYM Vs Con (CI, 95%: 6.1* (1.9-10.4))  
**Effect sizes pre-post:**  
MoodGYM: 0.4  
BluePages: 0.4  
Control: 0.1 | NA                                                                           | NA                                                                                      |
| Costin et al [32]        | Health E-cards                                                               | **Symptoms:** CES-D  
**MHL:** Beliefs and Knowledge about help seeking, recognition of depression (Based on Jorm 1997 (Insert ref))  
**Help seeking:** AHSQ, GHSQ                                                                 | **Mental Health Literacy:** No, except improved beliefs relating to formal help seeking (P<.02) as well as benefit of interpersonal psychotherapy (P<.001) across interventions | **CES-D:** Not significant  
**AHSQ:** No (GHSQ): Partly (P<.001) (formal sources) in intervention groups | NA                                                                           | NA                                                                 |
| Deitz et al [33]         | Web-based youth mental health program for carers                             | **MHL:** Knowledge of childhood depression and anxiety  
**Mental health attitudes:** ATTSPH & Attitudes about emotional and mental health problems in youth/Treatment self efficacy and confidence in ability to address mental health issues in children  
**NOTE:** additional scales employed not reported here | Yes, Increase in all Mental Health knowledge domains except parenting skills relative to control (f=7.43, p<.008)  
Significant differences between I and C in self efficacy in handling Mental Health problems (f=12.73, p=.000). No other significant results | na                                                                                                                                  | No significant difference I Vs C on ATTSPH | na                                                                 |
<table>
<thead>
<tr>
<th>Study Authors</th>
<th>Description</th>
<th>Symptoms</th>
<th>MHL</th>
<th>Stigma</th>
<th>Other</th>
<th>Intervention Effects</th>
<th>Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Farrer et al [34]</td>
<td>BluePages/MoodGYM with and without tracking</td>
<td>MHL: D-LIT / CBT-LIT</td>
<td>D-Lit: Overall non significant omnibus, but some moderate to large effects sizes reported: Web Only (d=.31) and Web with tracking (d=.01) compared to control. Tracking only Vs Web Only (d=0.37) and Web with tracking (d=0.73)</td>
<td>Stigma: DSS</td>
<td>Other: Audit/ EUROHIS-QOL</td>
<td>na</td>
<td>DSS: Non-significant interaction effects, but significant between condition outcomes: Web only (d=.94) and web with tracking (d=.17) compared to control, Web only (d=.96) and web with tracking (d=.24) compared to tracking only</td>
</tr>
<tr>
<td>Finkelstein, Lapshin [35]</td>
<td>Depression stigma reduction (CO-ED web based system)</td>
<td>Symptoms: PHQ-9</td>
<td>MHL: DKS, D-LIT, RTS</td>
<td>Stigma: BSDS (MDD &amp; HIV)</td>
<td>Sig. increase in depression knowledge (p=.00008)</td>
<td>NA</td>
<td>Internet-based education significantly decreased the level of depression stigma on all measures (BSDS-MDD 10.6 ± 4.4 versus 7.2 ± 4.4, p &lt; 0.001; DSS-personal 12.7 ± 7.2 versus 7.8 ± 5.3, p &lt; 0.001; DSS-perceived 21.7 ± 5.5 versus 12.4 ± 5.5, p &lt; 0.001).</td>
</tr>
<tr>
<td>Griffiths et al [36]</td>
<td>Blue pages or MoodGYM with weekly follow up</td>
<td>Symptoms: CES-D</td>
<td>Symptom scale: 18-item self constructed</td>
<td>MHL: D-Lit/CBT-Lit</td>
<td>Increase in D-lit scores in BluePages: D-lit=4.28, p&lt;0.001 MoodGYM= -0.7, p&lt;0.02 CBT lit Blue pages: -1.47, p&lt;.001 and MoodGYM: -2.84, P&lt;.001</td>
<td>Decrease in CES-D scores: 3.32, p&lt;.001</td>
<td>NA</td>
</tr>
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**Effect sizes personal stigma (ITT):** 0.12 (BluePages), 0.11 (MoodGYM), -0.07 (Control)  
**Effect sizes perceived stigma:**
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<tr>
<td><strong>D-LIT</strong>: Significant interaction between condition and measurement occasion (F6,69.41 = 2.47, P = .03). Effect sizes relative to control: mental health literacy/destigmatization condition (g = 0.90, 95% CI 0.05–1.75), feedback condition (g = 0.13, 95% CI -0.66 to 0.92), and help-seeking list condition (g = -0.34, 95% CI -1.11 to 0.44).</td>
<td>NA (K10 used at intake, but not reported on in terms of outcomes)</td>
<td><strong>DSS</strong>: Mental health literacy/destigmatization condition decrease on D-LIT relative to all conditions from pre- to post. Between group effect size: mental health literacy/destigmatization condition (g = 0.25, 95% CI -0.57 to 1.06), feedback condition (g = -0.15, 95% CI -0.94 to 0.65), and help-seeking list condition (g = 0.26, 95% CI -0.51 to 1.04), but improvement was not sustained at 3 month follow-up.</td>
</tr>
<tr>
<td><strong>A-LIT</strong>: Significant interaction between condition and measurement occasion (F6,67.51 = 3.99, P = .002). Effect sizes relative to control: mental health literacy/destigmatization condition (g = 0.90, 95% CI 0.05–1.75), feedback condition (g = -0.33, 95% CI -1.12 to 0.47), and help-seeking list condition (g = -0.10, 95% CI -0.87 to 0.67).</td>
<td></td>
<td><strong>ASS</strong>: Significant mental health literacy/destigmatization condition significant decrease in ASS from pre- to postintervention relative to the feedback condition only. At 3 months follow-up mental health literacy/destigmatization condition was superior to all conditions; mental health literacy/destigmatization condition (g = 0.50, 95% CI -0.41 to 1.41), feedback condition (g = 0.12, 95% CI -1.02 to 0.78), and help-seeking list condition (g = 0.04, 95% CI -0.78 to 0.87).</td>
</tr>
<tr>
<td>Authors</td>
<td>Description</td>
<td>Symptoms/Measures</td>
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<tr>
<td>Kiropoulos et al [38]</td>
<td>Multilingual Depression information website (MID-online)</td>
<td>Symptoms: BDI-II &lt;br&gt; MHL: D-Lit &lt;br&gt; Stigma: DSS &lt;br&gt; D-Lit: Yes, intervention Vs control: (P&lt;.001), Significant pre-post improvement (d=-1.78) &lt;br&gt; BDI-II: Not significant</td>
</tr>
<tr>
<td>Li et al [39]</td>
<td>Web-based social network game (facebook)</td>
<td>Mental health literacy (knowledge and understanding of MH concepts and application of skills) not validated</td>
</tr>
<tr>
<td>Lintvedt et al [40]</td>
<td>Internet-based self help (Norwegian MoodGYM and BluePages available)</td>
<td>Symptoms: K10/Ces-D / ATQ* &lt;br&gt; MHL: Treatment Depression Literacy (TDL:Depression, Medical, Psychological &amp; Lifestyle literacy scales)/CBT-Lit &lt;br&gt; Yes, significant between group differences in depression literacy (d=.56) (ITT analysis) &lt;br&gt; Yes, Ces-D: Improvement in intervention group (d=.57)/ATQ between groups sig. (d=.50)</td>
</tr>
<tr>
<td>Rotondi et al [41]</td>
<td>Web-based psychoeducational intervention (4 hour pre-workshop on survival skills)</td>
<td>Symptoms: SAPS &lt;br&gt; MHL: KASI</td>
</tr>
<tr>
<td>Roy et al [42]</td>
<td>PTSD information online</td>
<td>MHL: PTSD knowledge questionnaire (Not described in detail)</td>
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<tr>
<td>Study</td>
<td>Intervention</td>
<td>Symptomatology</td>
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<tr>
<td>Shandley et al [43]</td>
<td>Online gaming program (Reach Out Central)</td>
<td>Symptoms: K10</td>
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<tr>
<td></td>
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<td>MHL: 1 question</td>
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<tr>
<td></td>
<td></td>
<td>Help seeking: 10 point scale</td>
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<tr>
<td></td>
<td></td>
<td>Stigma: Brief questionnaire (not described)</td>
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<td></td>
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<td>Other:</td>
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<tr>
<td></td>
<td></td>
<td>Coping: CSI-SF Resilience: RS</td>
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<tr>
<td></td>
<td></td>
<td>Alcohol use: AUDIT</td>
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<td></td>
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<td>Life satisfaction: SWLS</td>
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<tr>
<td>Taylor-Rodgers, Batterham [44]</td>
<td>Brief online psychoeducation</td>
<td>Symptoms: GAD-7/PHQ-9</td>
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<tr>
<td></td>
<td></td>
<td>MHL: A-LIT/D-LIT/ Literacy of Suicide</td>
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<tr>
<td></td>
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<td>Help seeking: ATTSPH-SF/GHSQ</td>
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<td>Stigma: DSS/ GASS/505</td>
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</tbody>
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**Symptomatology**

- CES-D: Center for Epidemiologic Studies Depression Scale
- ATQ: Automatic Thoughts Questionnaire
- BDH-II: Beck Depression Inventory
- SAPS: Scale for Assessment of Positive Symptoms
- PHQ-9: Patient Health Questionnaire 9
- GAD-7: Generalized Anxiety Disorder 7
- K10: Kessler Psychological Distress Scale

**Mental health literacy**

- D-Lit: Depression Literacy Questionnaire
- CBT-Lit: CBT Literacy questionnaire
- KASI: Knowledge About Schizophrenia Interview
- A-Lit: Anxiety Literacy Questionnaire
- DKS: Depression Knowledge Survey
- RTS: Resistance to Treatment Survey

**Help seeking scales**

- AHSQ: Actual Help Seeking Questionnaire
- GHQ: General Help Seeking Questionnaire
- ATTSPH-SF: Attitudes Toward Seeking Professional Help-Short form

**Stigma**

- DSS: Depression Stigma Scale
- GASS: Generalized Anxiety Stigma Scale
- SSSS: Stigma of Suicide Scale
- BDS: Bogardus Social Distance Scale

**Other**

- CSI-SF: Coping Strategies Inventory Short-Form
- RS: Resilience Scale
- AUDIT: Alcohol Use Disorders Identification Test
- SWLS: Satisfaction With Life Scale
- EUROHIS-QOL: European Health Interview Survey-Quality of Life
- BSDS (MDD & HIV): Bogardus Social Distance scale (Major depression & HIV)