

## Mental Health and High School Curriculum Guide Published Evidence Summary

Publications	Study Types	Study Samples	Major findings
5 Publications (3 Peer-Reviewed)	1 Randomized Control Trial, 5 Single Group Designs	Countries: Canada, US Sample Sizes: Ranged from 60 to 534 Students Grade Levels: Ranged from 6th to 12th Grade	Student receiving curriculum experienced significant increases in mental health knowledge scores and positive attitudes towards mental illness (i.e. stigma reduction) which sustained in follow-up assessments (which ranged from 1 month to 1 year).

Mental Health and High School Curriculum Guide Published Evidence Table						
Publication Type	Title	Published	Study Type	Sample	Findings	Link
Peer-Reviewed	Examining a Mental Health Literacy Intervention Among Economically Disadvantaged Youth	October 2020	Single Group Design	60 students (11-17 yrs of age) U.S	From pretest to posttest, adolescents' mental health knowledge and attitudes toward help-seeking significantly increased, while mental health stigma significantly decreased. These changes were sustained at 1-month follow-up. The results highlight the importance of brief mental health literacy interventions to encourage healthy coping and help-seeking and to dispel stigmatizing beliefs	<a href="https://doi.org/10.17744/mehc.42.4.04">https://doi.org/10.17744/mehc.42.4.04</a>
Non Peer-Reviewed	Follow-Up Results for the North Vancouver School District	May 2018	Single Group Design	139 (64,75) 9th grade Students (Canada)	Student receiving curriculum experienced significant increases in knowledge scores and positive attitudes towards mental illness (i.e. stigma reduction), which maintained at 1-year follow-up.	<a href="https://mentalhealthliteracy.org/wp-content/uploads/2020/12/16-nvan-student-follow-up-report-may-2018.pdf">https://mentalhealthliteracy.org/wp-content/uploads/2020/12/16-nvan-student-follow-up-report-may-2018.pdf</a>

Non Peer-Reviewed	Evaluation of the Mental Health & High School Curriculum Guide Program in the North Vancouver School District	February 2018	Single Group Design	335 9th grade Students (Canada)	Student receiving curriculum experienced significant increases in knowledge scores and positive attitudes towards mental illness (i.e. stigma reduction).	<a href="https://mentalhealthliteracy.org/wp-content/uploads/2020/12/14-nvan-mhl-report-students-2018.pdf">https://mentalhealthliteracy.org/wp-content/uploads/2020/12/14-nvan-mhl-report-students-2018.pdf</a>
Peer-Reviewed	Impact of a Mental Health Curriculum on Knowledge and Stigma Among High School Students: A Randomized Controlled Trial	May 2016	Randomized Control Trial ( <a href="https://clinicaltrials.gov/ct2/show/NCT02561780">https://clinicaltrials.gov/ct2/show/NCT02561780</a> )	534 11-12th grade Students (Canada)	Student receiving curriculum experienced significant increases in knowledge scores and positive attitudes towards mental illness (i.e. stigma reduction). Improvement in mental health knowledge predicted a corresponding improvement in attitudes toward mental illness/reduction in stigma.	<a href="https://jaacap.org/article/S0890-8567(16)30044-2/abstract">https://jaacap.org/article/S0890-8567(16)30044-2/abstract</a>
Peer-Reviewed	Sustained improvements in students' mental health literacy with use of a mental health curriculum in Canadian schools	December 2014	Single Group Design	265 9th grade Students (Canada)	Student receiving curriculum experienced significant increases in knowledge scores and positive attitudes towards mental illness (i.e. stigma reduction), which maintained at 2-month follow-up	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4300054/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4300054/</a>