

Meta-review shows how mentors can improve students' engagement in mental health tools



The MentorPRO research team's systematic review of meta-analyses suggests the promise of mentor support in digital mental health interventions (e.g., HeadSpace).

KEY FINDINGS

- 💡 Human support of digital mental health interventions led to stronger effects (compared to no support) among interventions targeted for individuals with elevated (or specific) mental health symptoms.
- 💡 Supporting digital mental health interventions does not require extensive mental health training.

KEY TAKEAWAYS

- ⭐ Using Supportive Accountability, mentors can also promote students' engagement with digital mental health interventions, like HeadSpace.
- ⭐ Mentees with elevated mental health symptoms benefit the most from mentor support for intervention use.
- ⭐ With proper training and supervision, non-professional mentors can support mental health intervention use.

Werntz, A., Amado, S., Jasman, M., Ervin, A., & Rhodes, H. (2023). Providing human support for the use of digital mental health interventions: Systematic meta-review. *Journal of Medical Internet Research*, 25.