

Records identified through database searching
(*n* = 2503)

Additional records identified through hand searching
(*n* = 14)

Records after duplicates removed
(*n* = 2232)

Records screened
(*n* = 2232)

Records excluded
(*n* = 2180)

Full-text articles assessed for eligibility
(*n* = 53)

Excluded (*n* = 47)
25 = Not randomised controlled trials
8 = Targeting other problems/disorders
5 = No extractable data
5 = Not an intervention
4 = Did not aim to increase help-seeking

Studies included in qualitative synthesis
(*n* = 6)