

Full source reference:

Quinlan-Davidson, M., Roberts, K. J., Devakumar, D., Sawyer, S. M., Cortez, R., & Kiss, L. (2021). Evaluating quality in adolescent mental health services: a systematic review. *BMJ open*, 11(5), e044929.

Free access link:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8112446/pdf/bmjopen-2020-044929.pdf>

Article Overview:

This systematic review evaluate the quality of adolescent mental health service provision globally, according to the WHO Global Standards of adolescent mental health literacy, appropriate package of services and provider competencies. This review included 20 articles.

Sample: 10-19 years adolescents with depression, anxiety or post-traumatic stress disorder.

Key take home messages:

1. Online decision aids are shown to increase adolescent mental health literacy, adolescents making evidence informed decisions about their treatment, feeling engaged in the process, and increased treatment adherence.
2. There is limited evidence on quality measures in adolescent mental health services (as conforms to the WHO Global Standards), pointing to a global evidence gap for adolescent mental health services. There are several challenges to overcome, including a need to develop consensus on quality and methods to measure quality in mental health settings.
3. Healthcare provider's confidence and knowledge were identified as barriers to care. There is a need to integrate adolescent mental health services into primary healthcare and provide clinical education/ training on adolescent mental health aimed at healthcare providers.
4. Health services need to proactively engage adolescents about their health needs and to ensure that they are informed about confidential services that are available to them.
5. The quality of patient-therapist relationship leads to greater treatment efficacy