

Citation

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Review question

The aim of this systematic review is to evaluate the barriers and facilitators of mental health management within the adult population in the United States during the COVID-19 pandemic.

The proposed systematic review will answer the following questions:

1. Based on the literature, what are the barriers and facilitators to the self-management of mental health during the COVID-19 pandemic era in the United States (by management, we mean seeking counselling services, medications from a psychiatrist, etc.)?
2. Based on the literature, what mental health services are adults currently accessing to manage their mental health during the COVID-19 pandemic in the United States?
3. Based on the existing literature, which level(s) of the socioecological framework are at the highest frequency when assessing the barriers and facilitators to mental health management?

PICO:

P (Population): adults who are 18 years old and more suffering from mental health disorders like anxiety, depression, OCD, insomnia, drug abuses, alcoholism, etc.;

I (Intervention/Exposure/Phenomenon of interest): the barriers and facilitators (experiences) of mental health management (barriers and facilitators stratified by the socioecological framework which covers: individuals, interpersonal, institutional/organizational, community, policy /enabling environment);

C (Comparators): none;

O (Outcomes): the barriers and facilitators to the self-management of mental health amongst the adult population in the United States during the COVID-19 pandemic.

Context: this systematic review will assess studies conducted in the United States.

Searches

MEDLINE, Embase, APA PsycINFO, and CINAHL will be searched.

Any quantitative, qualitative, or mixed method study will be eligible for inclusion.

Additional search strategy information can be found in the attached PDF document (link provided below).

Types of study to be included

Any quantitative, qualitative, or mixed method studies.

Condition or domain being studied

Mental health.

Participants/population

Adults who are 18 years old or more, and who are suffering from mental health disorders such as anxiety, depression, OCD, insomnia, drug abuse, alcoholism, etc.

Intervention(s), exposure(s)

Mental health management (such as social support, seeking counselling, medications) during the COVID-19 pandemic.

Comparator(s)/control

No comparators.

Context

Studies conducted in the United States only.

Main outcome(s)

Barriers and facilitators to the self-management of mental health amongst the adult population in the United States during the COVID-19 pandemic.

Measures of effect

Not applicable.

Additional outcome(s)

None.

Measures of effect

Not applicable.

Data extraction (selection and coding)

The studies retrieved during the searches will be screened for relevance, and those meeting the eligibility criteria will be selected for use in the review.

All articles identified by searches of databases such as Embase, PubMed, CINAHL, and APA PsycINFO will be downloaded to Covidence and screened at the title-abstract level for inclusion in the full-text review stage by three reviewers.

Data will then be extracted from the included studies using a data extraction form which will be developed by the primary investigator, and reviewed by secondary and tertiary investigators in Covidence.

Three investigators will then independently extract the data for each study, will discuss the results, and will continuously update the form in an iterative process. Any disagreements will be resolved through discussion between the investigators, and further adjudication will be provided by a third investigator.

The extracted data will include names of author, publication year and type, types of mental health diseases like anxiety, depression, OCD and others, sociodemographic information (e.g., age, gender, marital status, and socioeconomic status), study characteristics (e.g., sample size, study design and region), interventions including mental health counseling, social support, medications, and barriers like social distancing, telemedicine, mental illness knowledge and attitudes, familiarity with mental illnesses, perceived mental health need during pandemic, as well as other relevant information relating to the barriers and facilitators of mental health management.

We will qualitatively assess and synthesize the following mental health outcomes: depression, PTSD, anxiety, OCD, cognitive impairments, and others.

Risk of bias (quality) assessment

The Mixed Method Appraisal Tool 2018 (MMAT) will be used to assess the quality of each study.

The MMAT assesses the quality of five categories of studies such as qualitative research, randomized control trials, non-randomized control studies, quantitative descriptive studies, and mixed method studies.

The critical appraisal will be done alongside the data extraction.

Strategy for data synthesis

A narrative descriptive synthesis of the findings from the included studies will be performed structured around the barriers and facilitators to the self-management of mental health, stratified by a socioecological framework, and including consideration at the intrapersonal (or individual), interpersonal, organizational, community, and the societal levels.

Individual barriers or facilitators could be illustrated based on age, education, income, attitudes, beliefs, mental health history, insufficient knowledge to use electronic devices.

Intrapersonal barriers could include relationships with peers, family, social networking, difficulty in expression, and making good rapport during telemedicine appointments.

Community and societal barriers during the pandemic could include social distancing, quarantine, shelter in place orders, and expected social norms like wearing masks and using hand sanitizers.

We will undertake an aggregation or synthesis of the findings to generate a set of statements that represent that aggregation, through assembling the findings and categorizing these findings based on similarity in meaning.

These categories will then be subjected to a synthesis to produce a single comprehensive set of synthesized findings that can be used as a basis for evidence-based practice.

Where textual pooling is not possible, the findings will be presented in narrative form.

The findings will be interpreted and elaborated in accordance with socio ecological framework mentioned in the studies.

The strategy for data synthesis will include a qualitative synthesis of the studies included in the review. We do not plan to perform a meta-analysis or any statistical test.

Analysis of subgroups or subsets

The details of any subgroup analyses carried out will be decided based on the data retrieved.

Contact details for further information

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Organisational affiliation of the review

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Type and method of review

Epidemiologic, Narrative synthesis, Service delivery, Systematic review

Anticipated or actual start date

22 September 2020

Anticipated completion date

28 February 2021

Funding sources/sponsors

None

Conflicts of interest

Language

English

Country

United States of America

Stage of review

Review Ongoing

Subject index terms status

Subject indexing assigned by CRD

Subject index terms

Adult; Coronavirus; Coronavirus Infections; COVID-19; Delivery of Health Care; Help-Seeking Behavior; Humans; Mental Disorders; Mental Health; Mental Health Services; Pandemics; Patient Acceptance of Health Care; Self-Management; Social Determinants of Health; Socioeconomic Factors; United States

Date of registration in PROSPERO

06 October 2020

Date of first submission

25 September 2020

Stage of review at time of this submission

Stage	Started	Completed
Preliminary searches	Yes	No
Piloting of the study selection process	No	No
Formal screening of search results against eligibility criteria	No	No
Data extraction	No	No
Risk of bias (quality) assessment	No	No
Data analysis	No	No

The record owner confirms that the information they have supplied for this submission is accurate and complete and they understand that deliberate provision of inaccurate information or omission of data may be construed as scientific misconduct.

The record owner confirms that they will update the status of the review when it is completed and will add

publication details in due course.

Versions
06 October 2020

