Records identified through database searching (n = 3637)

Additional records identified through other sources (n = 32)

Records after duplicates removed (n = 3669)

Records screened (n = 3669)

Records excluded (n = 3377)

Excluded (n = 270)
121 = Does not ask about barriers or facilitators
88 = Not for depression or anxiety
32 = Not young adults (12-25yrs)
11 = Review
11 = Not from community
5 = Parent carer
2 = Data not extractable

Full-text articles assessed for eligibility (n = 292)

Studies included in qualitative synthesis (n = 22)