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 \((n = 6)\)