

	Study Title and Author	Country	N= Panel Size	Expert Eligibility	Quality Criteria (Diamond et al., 2014)			
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1.	First aid for depression: A Delphi consensus study with consumers, carers and clinicians (Langlands, Jorm, Kelly, & Kitchener, 2008a)	Australia	167 (Mental health consumers, carers and clinicians)	Consumers struggling with depression and any carers of someone who has a mental health problem. Expert were recruited from (New Zealand, Australia, UK, USA and Canada)	*	*	*	*
2.	First aid recommendations for psychosis: Using the Delphi method to gain consensus between mental health consumers, carers, and clinicians(Langlands, Jorm, Kelly, & Kitchener, 2008b)	Australia	157 (Mental health consumers, carers and clinicians)	Consumers struggling with psychosis and any carers of someone who has been diagnosed with psychosis. Expert were recruited from (New Zealand, Australia, UK, USA and Canada)	*	*	*	*
3.	First aid for eating disorders(Hart, Jorm, Paxton, Kelly, & Kitchener, 2009)	Australia	85 (Clinicians, Care-givers and 22 consumers)	Potential expert consumers and caregivers were identified through an established public profile whilst the Clinicians were recruited via professional organizations. Expert were recruited from (New Zealand, Australia, UK, USA, Ireland and Canada)	*	*	*	*

4.	Helping someone with problem drinking: Mental health first aid guidelines - a Delphi expert consensus study (A. H. Kingston et al., 2009)	Australia	99 (Clinicians, Consumers and carers)	Consumers, carers and clinicians with expertise or experience in problem drinking were recruited from Australia, Canada, Ireland, New Zealand, the United Kingdom, and the United States	*	*	*	*
5.	Development of mental health first aid guidelines for panic attacks : a Delphi study (Kelly, Jorm, & Kitchener, 2009)	Australia	56 (50 professionals & 6 consumers)	Professionals recruited were those who had publications in the areas of panic disorder or agoraphobia. Consumers were recruited from advocacy organizations and referral by clinicians. Expert were recruited from (New Zealand, Australia, UK, USA, Ireland and Canada)	*	*	*	*
6.	Helping someone with problem drug use: A Delphi consensus study of consumers, carers, and clinicians (A. H. A. H. Kingston et al., 2011)	Australia	87 (29 consumers, 31 carers, 27 clinicians)	Consumers and carers who took part in the study were ensured to have been in an advocacy role, which they defined as having represented the interests of drug users or their carers within the community.	*	*	*	*
7.	Development of key messages for adolescents on providing basic mental health first aid to peers: A	Australia	36 youth mental health consumer advocates and	Youth mental health consumer advocates (young people aged 18–25 were previous consumers of mental health treatment and	*	*	*	

	Delphi consensus study (Ross, Hart, Jorm, Kelly, & Kitchener, 2012)		97 Youth MHFA instructors	were currently acting as advocates for youth mental health). Youth MHFA instructors were recognized as experts because of their training and experience as instructors.				
8.	Providing culturally appropriate mental health first aid to an Aboriginal or Torres Strait Islander adolescent: Development of expert consensus guidelines (Chalmers et al., 2014)	Australia	41 participants.	Australian Aboriginal people who are experts in Aboriginal youth mental health	*	*	*	*
9.	Re-development of mental health first aid guidelines for non-suicidal self-injury: A Delphi study (Ross AM et al., 2014)	Australia	61 Experts (28 professionals and 33 consumer advocates)			*	*	*
10	Development of mental health first aid guidelines for suicidal ideation and behavior: A Delphi study (Kelly, Jorm, Kitchener, & Langlands, 2008)	Australia	38 Participants (22 professionals, 10 consumers, 6 carers)	All panel members were from developed English speaking countries (Australia, New Zealand, The United States, England and Canada). Professionals recruited were those who had publications in the areas of suicide	*	*	*	*

				intervention or prevention. Consumers and carers were recruited through advocacy organizations				
11	Providing mental health first aid in the workplace: a Delphi consensus study (Nataly Bovopoulos et al., 2016)	Australia	87 experts (23 consumers, 26 managers and 38 workplace mental health professionals)	All panel members were from developed English speaking countries (Australia, New Zealand, The United States, England and Canada). Workplace mental health professionals were recruited through direct contact with the primary author.	*	*	*	*
12	How a concerned family member, friend or member of the public can help someone with gambling problems: a Delphi consensus study (Kathy S Bond et al., 2016)	Australia	66 Experts (32 professionals & 34 with lived experience)	Professionals inclusion criteria was: <ul style="list-style-type: none"> • Be 18 years or older • Live in Australia, Canada, Ireland, New Zealand, United Kingdom or the United States. • Have a minimum of 2 years' experience specialising in research on or treatment of problem gambling Lived experience was: <ul style="list-style-type: none"> • Be 18 years or older. • Live in Australia, Canada, Ireland, New Zealand, United Kingdom or the United States. 	*	*	*	*

				<ul style="list-style-type: none"> • Have a lived experience of gambling problems but are currently recovered and have experience in an advocacy or peer support role. • Are a family member or friend who has assisted a person with a gambling problem and have experience in an advocacy or peer support role. 				
13	Re-development of mental health first aid guidelines for supporting Aboriginal and Torres Strait Islanders who are engaging in non-suicidal self-injury (Armstrong et al., 2017)	Australia	26 Aboriginal and Torres Strait Islanders (all have expertise in Non-suicidal self-injury)	All experts must have expertise in deliberate self-harm.	*	*	*	*
14	Considerations when providing mental health first aid to an LGBTIQ person: a Delphi study (K. S. Bond et al., 2017)	Australia	75 mental health professionals who were part of the LGBTIQ community	Key criteria were individuals had to either work with LGBTIQ people OR be a member of the LGBTIQ community OR be a close family member of someone from the LGBTIQ community. Panelists were from Australia, USA, New-Zealand, UK and Ireland.	*	*	*	*

15	Offering mental health first aid to a person with depression: a Delphi study to re-develop the guidelines published in 2008. (Bond et al., 2019)	Australia	53 Experts (36 lived experience and 17 professionals)	<p>Consumer panel</p> <ul style="list-style-type: none"> • Have a lived experience of depression with the depression being currently well managed • Be involved in activities that expose the participant to a broader experience of depression, e.g. advisory or advocacy group, peer support, etc. <p>Carer panel</p> <ul style="list-style-type: none"> • Have experience in providing day-to-day support to someone with depression • Be involved in activities that expose the participant to a broader experience of depression, e.g. advisory or advocacy group, peer support, etc. <p>Professional panel</p> <ul style="list-style-type: none"> • Have at least 2 years' experience as a mental health professional or researcher in the field of depression 	*	*	*	*
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16	<p>Development of guidelines for workplace prevention of mental health problems: A Delphi consensus study with Australian professionals and employees (Reavley, Ross, Martin, LaMontagne, & Jorm, 2014)</p>	Australia	<p>113 experts (47 employees, 32 Managers & 34 health professionals)</p>	<p>Employee Panel</p> <ul style="list-style-type: none"> • These were referred to as consumer advocates, individuals who understood issues involved in workplace prevention of mental health problems. <p>Managers</p> <ul style="list-style-type: none"> • This group included individuals working in the public or private sector organization in the area of human resources. <p>Health Professionals</p> <ul style="list-style-type: none"> • This group included professionals within the health field with relevant experience as occupational physicians, psychologists and mental health consultants. 	*	*	*	*
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17	<p>First aid guidelines for psychosis in Asian countries: A Delphi consensus study (Anthony F. Jorm, Minas, Langlands, & Kelly, 2008)</p>	Australia	28 Mental health professionals	<p>The mental health professional was from the following countries:</p> <p>Cambodia, (n = 1), China (n = 5), Hong Kong (n = 1), Indonesia (n = 5), Japan (n = 3), Malaysia (n = 1), Mongolia (n = 1), Sri Lanka (n = 1), South Korea (n = 3), Taiwan (n = 1), Thailand (n = 2) and Vietnam (n = 4)</p> <p>Panel members were drawn from graduates of the International Mental health leadership program in Melbourne, Australia.</p>	?	*	*	*
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18	Mental Health First Aid guidelines for helping a suicidal person: a Delphi consensus study in India (Colucci et al., 2010)	India	30 Mental health professional were involved in the process. (68% of those initially invited)	The panel members involved included 63% Psychiatrists, 27% Psychologist whilst the remaining 10% were social workers and occupational therapist.	*	*	*	*
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19	Development of guidelines for caregivers of people with bipolar disorder: a Delphi expert consensus study (Berk, Jorm, Kelly, Dodd, & Berk, 2011)	Australia	143 Panel Members (51 clinicians, 47 consumers and 45 caregivers)	<p>Criteria for panel formation</p> <p>Clinicians</p> <ul style="list-style-type: none"> This group consist of health professionals, researchers or educators with expertise in working with bipolar disorder or caregiver issues. <p>Consumers</p> <ul style="list-style-type: none"> This group consist of individuals with a diagnosis of bipolar disorder. <p>Caregivers</p> <ul style="list-style-type: none"> This group was defined as family members, partners or close friends with experience of being a primary source of support for a person with bipolar disorder. 	*	*	*	*
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20	Suicide first aid guidelines for assisting persons from immigrant or refugee background: a Delphi study (Colucci, Jorm, Kelly, & Minas, 2018)	Australia	52 Panel members (Self-selected, 27 professionals, 10 advocates with lived-experiences and 7 had both capacities)		*	*	*	*
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TABLE 7: DELPHI STUDY CHARACTERISTICS AGAINST QUALITY CRITERIA