

	TITLE (AUTHORS)	DATA COLLECTION	KEY RESULTS	5.1	5.2	5.3	5.4	5.5	TOTAL
1.	A mental health first aid training program for Australian Aboriginal and Torres Strait Islander peoples: description and initial evaluation (Kanowski, Jorm, & Hart, 2009)	Questionnaire & Focus group	It is possible to develop and implement a culturally acceptable version of MHFA for Aboriginal and Torres Strait Islander peoples.	*	*	*	*	*	*****
2.	Australian rural football club leaders as mental health advocates: an investigation of the impact of the Coach the Coach project (Pierce, Liaw, Dobell, & Anderson, 2010)	Questionnaire & Focus Groups	More than 50% of club leaders who undertook the training showed increased capacity to recognize mental illness and 66% reported increased confidence to respond to mental health difficulties in others. They reported that this training built upon their existing skills, fulfilled their perceived social responsibilities and empowered them. Indirect benefit to club players from this approach seemed limited as players reported minimal changes in attitudes.	*	*	*	*	*	*****
3.	Evaluating the Effectiveness of Mental Health First Aid Training Among Student Affairs Staff at a	Survey & In-depth Interviews	Increasing staff knowledge, sensitivity, and confidence as it relates to providing initial supports to individuals experiencing a mental	*	*	*	*	*	*****

	Canadian University (Massey, Brooks, & Burrow, 2014)		health condition has the effect of reducing the stigma associated with such conditions was a major finding in this study.							
4.	Mental Health First Aid in Rural Communities: Appropriateness and Outcomes (Talbot, Ziller, & Szlosek, 2017)	Questionnaire & Follow-up Interviews	MHFA may help to reduce unmet need for Behavioral health treatment in rural communities by raising awareness of behavioral health issues and mitigating stigma, thereby promoting appropriate treatment-seeking	*	*	*	*	*	*****	
5.	Effectiveness of mental health first aid training for underserved Latinx and Asian American immigrant communities (Lee & Tokmic, 2019)	Both qualitative and quantitative assessments were used, including the Mental Health Literacy Scale and the Opening Minds Scale for Healthcare Providers	The findings revealed a significant improvement in participants' mental health literacy and anti-stigma levels, following the training. In addition, participants expressed more positive attitudes toward people with mental illness and held less-extreme views of social distance from them.	*	*	*	*	*	*****	
6.	Mental health first aid for the UK Armed Forces (Crone et al., 2019)	Survey & Follow-up Interviews	Participants who attended the MHFA training course showed a significant increase in self-rated knowledge, attitude and confidence in relation to mental health issues, pre- to post-intervention (i.e. the training course)	*	*	*	*	*	*****	

7.	Evaluation of Mental Health First Aid Training with Northumberland Fire and Rescue Service (Robson & Bostock, 2010)	Questionnaire	The results identified show that the MHFA training was significantly more effective than a leaflet session at promoting more positive attitudes towards people with mental health problems.	*	*	*	*	*	*****
8.	Evaluation of mental health first aid training in a diverse community setting (Morawska et al., 2013)	Questionnaire & Follow-up Interviews	Pre–post analyses suggested that after engaging in training regardless of the cultural groups, participants showed significant improvements in recognition of mental illnesses, concordance with primary care physicians about treatment, confidence in providing aid in crises, actual help provided to others, and a reduction in stigmatizing attitudes. Also shows that, MHFA can help improve help-seeking behaviour and mental health literacy	*	*	*	*	*	*****

TABLE 6: MIXED METHOD STUDY CHARACTERISTICS