Mental Health Promotion in Primary Schools
With the use of digital methods

Needs and resources assessment

Evaluation/Impact mental health promotion program

Design/planning mental health promotion program

WELL@SCHOOL

Implementation mental health promotion program
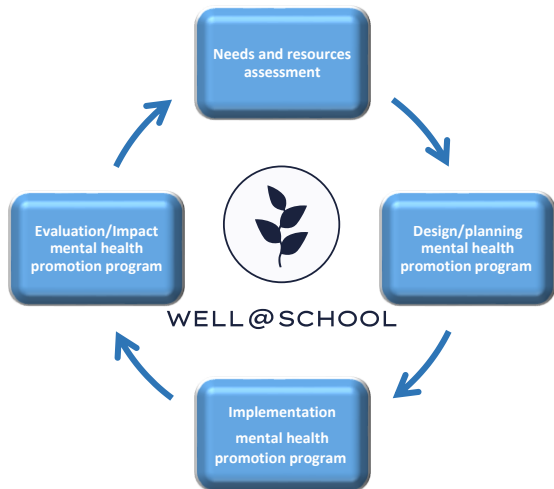
- Mental health interventions at primary schools can effectively promote physical and mental health of school children.

- Studies are scarce, but it seems that digital methods constitute new promising online methods for mental health promotion at school settings.

- For the purposes of the Well@School Project, a systematic review and focus group interviews were conducted, a synopsis of which is presented bellow.

Studies for teachers ← - – - - → **Systematic review** ← - – - - → **Studies for pupils**

Author/ Year	Country	Intervention	Conclusions
Long et al., 2018	U.S.A.	The use of "At-Risk for Elementary School Educators" a 45 to 90 minute online mental health role-play simulation for elementary school teachers to confront students with psychological distress.	Effective results in teacher's preparedness, likelihood, and self-efficacy to perform positive gatekeeping behaviors for students with psychological distress.
Pereira and Wen, 2015	Brazil	To educate primary school teachers on child mental disorders and to test its effectiveness compared with other methods delivered or with no intervention. A clinical trial comparing two interventions and a control (no intervention): receiving web-based interactive education (WBIE); receiving text and video-based education (TVBE); and being on a waiting list (WL, no intervention).	-The WBIE group showed greater gains in knowledge than other groups. -The WL group gained more knowledge than did those trained with the text- and video-based program.
Barnett et al., 2012	Canada	To determine whether a web-based medium is an effective tool for supporting knowledge, attitude, and behavior change in teachers of elementary school children with ADHD. A Web-based intervention through -Discussion Board -Intrasystem e-mail -Web links	Increased knowledge on managing ADHD in the classroom was documented.

Author/ Year	Country	Intervention	Conclusions
Sanders et al., 2019	USA	To address the feasibility and effectiveness of an abbreviated cCBT software program, "Camp Cope-A-Lot" (CCAL), for elementary students at risk for anxiety and other behavioral problems.	Successful impact to ease the internalizing symptoms of students in an after-school setting.
Shum et al., 2019	Hong Kong—China	To examine the effectiveness of a school-based digital game-based intervention program "DoReMiFa" with the combination of a CBT and positive psychology model.	Effective results in the mental health knowledge even 6 months after the intervention.
Attwood et al., 2012	UK	To evaluate the computerized CBT program "Think, Feel, Do" targeted at children with mild/ moderate emotional problems of anxiety or low mood. T The program "Think, Feel, Do" consisted of quizzes, practical exercises, video clips, music and animation was delivered. Online games were also used.	The cCBT "Think, Feel, Do" can have positive effects on anxiety and low mood symptoms

Suggested best practices for mental health promotion from school stakeholders

- **Early screening of mental health problems**
- **Gamification and art-based approaches in the school curriculum**
- **Supportive physical environment**
- **Trustful social environment**
- **Positive relationships between teachers and students**
- **Tackling the stigma**
- **Collaboration with parents**
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- **Collaboration with parents**
- **Collaboration among school professionals (i.e. teaching staff and health professionals)**
- **Lifelong training of school professional (i.e. teaching staff and health professionals)**

Digital tools: General applications, communication and networking channels, virtual environments and virtual reality, digital learning, digital games, animated films, cartoon films, recordings of virtual workshops with celebrities on mental health, online information on mental health issues, indicators and assessment tools, online counselling