Why do children and adolescents (not) seek and access professional help for their mental health problems? A systematic review of quantitative and qualitative studies

*European Child and Adolescent Psychiatry*

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Electronic Supplementary Material 5: List of barrier and facilitator themes and subthemes identified in each study
| Study                                      | Young people’s individual factors                                                                 | Social factors                                                                 | Relationship factors                                      | Systemic and structural factors                        |
|-------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------|
| Boyd et al. (2011)                        | Past experiences, Preference for informal support, Preference for self-reliance                  | Views and attitudes towards MH and help-seeking in the wider environment       | Ability to trust unknown person                          | Accessibility of professional help, Availability of professional help, Logistical factors |
| Chandra & Minkovitz (2006)                | Knowledge about MH and MH services, Perceived effectiveness of professional help, Ability to verbalise the need for help and to talk about MH difficulties | Views and attitudes towards MH and help-seeking in the wider environment       | Ability to trust unknown person                          |                                                        |
| Cigularov, Chen, Thurber, & Stallones (2008) | Broader perceptions of help-seeking, Perceived effectiveness of professional help, Emotional and motivational factors, Factors associated with commitment to the process of help-seeking | Views and attitudes towards MH and help-seeking in the wider environment, Anticipated consequences of help-seeking on social network | Ability to trust unknown person, Perceived confidentiality | Accessibility of professional help                      |
| D’Amico et al. (2004)                     | Views and attitudes towards MH and help-seeking within YP's support network                      |混乱守则部分指定了的管理因素 | Perceived confidentiality, Perception of contact with professionals, Similarity between YP and MH professional | Logistical factors                                      |
| Freedenthal & Stiffman (2007)             | Knowledge about MH and MH services, Broader perceptions of help-seeking, Emotional and motivational factors, Preference for informal support, Preference for self-reliance | Views and attitudes towards MH and help-seeking in the wider environment       | Ability to trust unknown person                          |                                                        |
| Gould et al. (2006)                       | Knowledge about MH and MH services, Perceived effectiveness of professional help, Factors associated with commitment to the process of help-seeking, Ability to verbalise the need for help and to talk about MH difficulties | Views and attitudes towards MH and help-seeking in the wider environment       | Ability to trust unknown person                          | Costs of professional help, Logistical factors         |
| Gould et al. (2009)                       | Knowledge about MH and MH services, Factors associated with commitment to the process of help-seeking, Past experiences | | Ability to trust unknown person                          | Costs of professional help, Logistical factors         |
| Guo, Kataoka, Bear, & Lau (2014)          | Knowledge about MH and MH services, Ability to verbalise the need for help and to talk about MH difficulties | Views and attitudes towards MH and help-seeking in the wider environment       | Perceived confidentiality, Similarity between YP and MH professional | Costs of professional help, Logistical factors         |
| Guterman, Haj-Yahia, Vorhies, Ismayilova, & Leshem (2010) | Knowledge about MH and MH services, Preference for self-reliance, Broader perceptions of help-seeking, Perceived effectiveness of professional help, Factors associated with commitment to the process of help-seeking, Ability to verbalise the need for help and to talk about MH difficulties | Views and attitudes towards MH and help-seeking in the wider environment, Perceived confidentiality, Perception of contact with professionals | | |
| Study Authors                  | Topics                                                                 | Perceptions/Attributes                                                                 | Availability/Costs                                                                 |
|-------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Haavik, Joa, Hatloy, Stain, & Langeveld (2017) | Knowledge about MH and MH services, Broader perceptions of help-seeking, Factors associated with commitment to the process of help-seeking | Perception of contact with professionals                                              | Availability of professional help, Costs of professional help                      |
| Khairani, Zaiton, & Faridah (2005) | Knowledge about MH and MH services, Emotional and motivational factors, Ability to verbalise the need for help and to talk about MH difficulties | Perceived confidentiality                                                              |                                                                                  |
| Kuhl, Jarkon-Horlick, & Morrissey (1997) | Knowledge about MH and MH services, Broader perceptions of help-seeking, Perceived effectiveness of professional help, Emotional and motivational factors, Factors associated with commitment to the process of help-seeking, Past experiences, Perceived autonomy, Preference for informal support, Preference for self-reliance | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network, Anticipated consequences of help-seeking on social network | Costs of professional help, Logistical factors                                      |
| Lubman et al. (2017) | Preference for self-reliance, Perceived autonomy, Emotional and motivational factors | Views and attitudes towards MH and help-seeking in the wider environment | Costs of professional help                                                        |
| Meredith et al. (2009) | Preference for self-reliance                                            | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network | Accessibility of professional help, Availability of professional help, Costs of professional help, Logistical factors |
| Muthupalaniappen et al. (2012) | Knowledge about MH and MH services, Perceived effectiveness of professional help, Factors associated with commitment to the process of help-seeking, Preference for informal support, Preference for self-reliance | Views and attitudes towards MH and help-seeking in the wider environment | Ability to trust unknown person, Costs of professional help, Logistical factors |
| Samargia, Saewyc, & Elliott (2006) | Knowledge about MH and MH services, Factors associated with commitment to the process of help-seeking, Perceived autonomy, Emotional and motivational factors | Views and attitudes towards MH and help-seeking in the wider environment | Costs of professional help, Logistical factors                                      |
| Sharma, Banerjee, & Garg (2017) | Knowledge about MH and MH services, Perceived effectiveness of professional help | Views and attitudes towards MH and help-seeking in the wider environment |                                                                                  |
| Sheffield, Fiorenza, & Sofronoff (2004) | Knowledge about MH and MH services, Perceived effectiveness of professional help | Views and attitudes towards MH and help-seeking in the wider environment | Perceived confidentiality, Costs of professional help, Logistical factors           |
| Study                                      | Key Themes                                                                 | Outcomes                                                                 | Factors                                                                 |
|--------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------------|
| Sylwestrzak, Overholt, Ristau, & Coker (2015) | Knowledge about MH and MH services, Broader perceptions of help-seeking, Perceived effectiveness of professional help, Factors associated with commitment to the process of help-seeking, Past experiences, Preference for self-reliance | Views and attitudes towards MH and help-seeking in the wider environment | Costs of professional help, Logistical factors                           |
| Wilson & Deane (2012)                      | Broader perceptions of help-seeking, Emotional and motivational factors, Past experiences, Perceived autonomy, Preference for self-reliance | Views and attitudes towards MH and help-seeking in the wider environment | Perceived confidentiality, Similarity between YP and MH professional    |
| Wilson et al. (2007)                       | Preference for self-reliance                                               | Views and attitudes towards MH and help-seeking in the wider environment | Ability to trust unknown person                                         |
| Wilson et al. (2008)                       | Knowledge about MH and MH services, Factors associated with commitment to the process of help-seeking, Perceived autonomy | Views and attitudes towards MH and help-seeking in the wider environment | Perception of contact with professionals                                |
| Wu et al. (2016)                           | Broader perceptions of help-seeking, Perceived effectiveness of professional help, Factors associated with commitment to the process of help-seeking, Ability to verbalise the need for help and to talk about MH difficulties, Perceived autonomy | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network, Anticipated consequences of help-seeking on social network | Logistical factors                                                      |
| Study | Young people’s individual factors | Social factors | Relationship factors | Systemic and structural factors |
|-------|----------------------------------|----------------|---------------------|---------------------------------|
| Balle Tharaldsen, Stallard, Cuijpers, Bru, & Bjaastad (2017) | Broader perceptions of help-seeking, Ability to verbalise the need for help and to talk about MH difficulties | Views and attitudes towards MH and help-seeking in the wider environment, Anticipated consequences of help-seeking on social network | Logistical factors |
| Becker, Swenson, Esposito-Smythers, Cataldo, & Spirito (2014) | Knowledge about MH and MH services, Perceived effectiveness of professional help, Preference for self-reliance | Views and attitudes towards MH and help-seeking in the wider environment | Perceived confidentiality, Costs of professional help, Logistical factors |
| Breland-Noble, Wong, Childers, Hankerson, & Sotomayor (2015) | Views and attitudes towards MH and help-seeking in the wider environment | Similarity between YP and MH professional |
| Bullock, Nadeau, & Renaud (2012) | Preference for informal support | Views and attitudes towards MH and help-seeking within YP support network | Costs of professional help |
| Bussing et al. (2012) | Broader perceptions of help-seeking, Perceived effectiveness of professional help | Views and attitudes towards MH and help-seeking in the wider environment, Anticipated consequences of help-seeking on social network | |
| Chandra & Minkovitz (2007) | Broader perceptions of help-seeking, Past experiences | Views and attitudes towards MH and help-seeking within YP support network, Anticipated consequences of help-seeking on social network | |
| Clark, Hudson, Dunstan, & Clark (2018) | Knowledge about MH and MH services, Broader perceptions of help-seeking, Emotional and motivational factors, Preference for self-reliance | Views and attitudes towards MH and help-seeking in the wider environment | Accessibility of professional help, Availability of professional help, Use of information technology |
| De Anstiss & Ziaian (2010) | Knowledge about MH and MH services, Broader perceptions of help-seeking, Factors associated with commitment to the process of help-seeking, Preference for informal support | Views and attitudes towards MH and help-seeking in the wider environment, Anticipated consequences of help-seeking on social network | |
| Del Mauro & Jackson Williams (2013) | Factors associated with commitment to the process of help-seeking, Ability to verbalise the need for help and to talk about MH difficulties, Preference for informal support, Preference for self-reliance | Views and attitudes towards MH and help-seeking in the wider environment | Perceived confidentiality, Perception of contact with professionals |
| Doyle, Treacy, & Sheridan (2017) | Knowledge about MH and MH services, Perceived autonomy | Views and attitudes towards MH and help-seeking in the wider environment | Ability to trust unknown person, Perceived confidentiality, Availability of professional help |
| Reference | Factors and Aspects | Views and Attitudes | Factors and Aspects | Views and Attitudes |
|-----------|--------------------|--------------------|--------------------|--------------------|
| Fleming, Dixon, & Merry (2012) | Emotional and motivational factors | Views and attitudes towards MH and help-seeking in the wider environment | Ability to trust unknown person | Use of information technology |
| Fornos et al. (2005) | Knowledge about MH and MH services, Broader perceptions of help-seeking | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network, Anticipated consequences of help-seeking on social network | Perceived confidentiality | Costs of professional help |
| Fortune et al. (2008a); Fortune et al. (2008b) | Knowledge about MH and MH services, Broader perceptions of help-seeking, Emotional and motivational factors, Ability to verbalise the need for help and to talk about MH difficulties, Preference for informal support, Preference for self-reliance | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network, Anticipated consequences of help-seeking on social network | Perceived confidentiality, Perception of contact with professionals | Accessibility of professional help |
| Francis, Boyd, Aisbett, Newnham, & Newnham (2006) | Broader perceptions of help-seeking | Views and attitudes towards MH and help-seeking in the wider environment | | Availability of professional help, Logistical factors |
| Gonçalves, Moleiro, Gonçalves, & Moleiro (2012) | Perceived autonomy, Preference for informal support, Preference for self-reliance | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network | Similarity between YP and MH professional | Costs of professional help |
| Gronholm, Thornicroft, Laurens, & Evans-Lacko (2017) | Factors associated with commitment to the process of help-seeking | Views and attitudes towards MH and help-seeking in the wider environment | Perceived confidentiality | |
| Hassett & Isbister (2017) | Knowledge about MH and MH services, Broader perceptions of help-seeking, Factors associated with commitment to the process of help-seeking, Ability to verbalise the need for help and to talk about MH difficulties, Perceived autonomy | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network | Perception of contact with professionals, Similarity between YP and MH professional | Use of information technology, Logistical factors |
| Huggins et al. (2016) | Knowledge about MH and MH services | Views and attitudes towards MH and help-seeking in the wider environment | Perceived confidentiality | Accessibility of professional help |
| Kendal, Keeley, & Callery (2014) | Knowledge about MH and MH services, Factors associated with commitment to the process of help-seeking, Perceived autonomy | Anticipated consequences of help-seeking on social network | Perceived confidentiality, Ability to trust unknown person | Accessibility of professional help |
| Klineberg, Kelly, Stansfeld, & Bhui (2013) | Factors associated with commitment to the process of help-seeking | Views and attitudes towards MH and help-seeking in the wider environment, Anticipated consequences of help-seeking on social network | Perceived confidentiality, Perception of contact with professionals, Similarity between YP and MH professional | |
| Author(s)                      | Perceived Effectiveness of Professional Help | Perceived Autonomy | Perception of Contact with Professionals | Accessibility of Professional Help, Availability of Professional Help, Use of Information Technology |
|-------------------------------|---------------------------------------------|-------------------|------------------------------------------|--------------------------------------------------------------------------------------------------|
| Leavey, Rothi, & Paul (2011) | Broader perceptions of help-seeking, Ability to verbalise the need for help and to talk about MH difficulties, Preference for informal support, Preference for self-reliance | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network, Anticipated consequences of help-seeking on social network | Ability to trust unknown person, Similarity between YP and MH professional | Availability of professional help, Use of information technology |
| Lindsey, Chambers, Pohle, Beall, & Lucksted (2013) | Broader perceptions of help-seeking, Preference for informal support, Preference for self-reliance | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network | Ability to trust unknown person, Similarity between YP and MH professional | Availability of professional help, Use of information technology |
| Lindsey et al. (2006); Lindsey, Joe, & Nebbitt (2010) | Broader perceptions of help-seeking, Preference for informal support, Preference for self-reliance | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network | Ability to trust unknown person, Similarity between YP and MH professional | Availability of professional help, Use of information technology |
| Mcandrew & Wane (2014) | Knowledge about MH and MH services, Emotional and motivational factors, Factors associated with commitment to the process of help-seeking | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network | Perceived confidentiality, Perception of contact with professionals | Accessibility of professional help, Logistical factors |
| Meredith et al. (2009) | Factors associated with commitment to the process of help-seeking | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network | Ability to trust unknown person | Costs of professional help, Logistical factors |
| Mueller & Abrutyn (2016) | Factors associated with commitment to the process of help-seeking | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network | Ability to trust unknown person | Costs of professional help, Logistical factors |
| Pailler et al. (2009) | Perceived effectiveness of professional help, Perceived autonomy | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network | Ability to trust unknown person | Costs of professional help, Logistical factors |
| Prior (2012) | Knowledge about MH and MH services, Broader perceptions of help-seeking, Preference for self-reliance, Past experiences | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network | Perceived confidentiality | Availability of professional help |
| Timlin-Scalera, Ponterotto, Blumberg, & Jackson (2003) | Knowledge about MH and MH services, Broader perceptions of help-seeking, Factors associated with commitment to the process of help-seeking, Preference for self-reliance, Past experiences | Views and attitudes towards MH and help-seeking in the wider environment, Views and attitudes towards MH and help-seeking within YP's support network | Perceived confidentiality | Availability of professional help |
| Wilson & Deane (2001) | Knowledge about MH and MH services, Factors associated with commitment to the process of help-seeking, Past experiences | Views and attitudes towards MH and help-seeking in the wider environment | Perceived confidentiality, Ability to trust unknown person, Perception of contact with professionals | Availability of professional help, Logistical factors |
| Wisdom, Clarke, & Green (2006) | Broader perceptions of help-seeking, Perceived autonomy | Views and attitudes towards MH and help-seeking in the wider environment | Ability to trust unknown person | Costs of professional help, Logistical factors |