

Multimedia appendix 1 Study overview & characteristics

Authors	Design	Group	Intervention/duration	Static(S) Dynamic (D) Unclear (U)	Control/duration	Target	Total N	Outcome measures of interest
Christensen et al [31]	RCT	Clinical sample: Adults with depression (K10>22) (18-52 YO)	Blue pages (Psychoeducation) or MoodGYM (CBT) with weekly follow up by lay interviewer/ 5 weekly modules and 1 week of revision	BluePages:S MoodGYM: D	Placebo control condition/6 weeks	Depression & mental health knowledge	525	Symptoms: CES-D/ATQ MHL: (Depression, Medical, Psychological & Lifestyle literacy scales) D-Lit/CBT-Lit
Costin et al [32]	RCT	Community sample: Young adults (19-24 YO)	Health E-cards (depression information)/Enhanced Health E-cards(depression & help seeking information)/received email each week for 3 weeks	S	Placebo control condition/3 weeks	Help seeking for Depression	348	Symptoms: CES-D MHL: Beliefs and Knowledge about help seeking, recognition of depression (Based on Jorm 1997 [7]) Help seeking: AHSQ , GHSQ
Deitz et al [33]	RCT	Carers sample: Working carers of children between 5-21 YO	Web-based youth mental health program for carers/2 weeks	D	wait list condition	Depression and anxiety knowledge and self-efficacy in parents	99	MHL: Knowledge of childhood depression and anxiety Mental health attitudes: ATTSPH & Attitudes about emotional and mental health problems in youth/ Treatment self-efficacy and confidence in ability to address mental health issues in children NOTE: additional scales employed not reported here

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Farrer et al [34]	RCT	Clinical sample: Individuals with depressive symptoms (K10>22) (age not reported)	Web Only 1 week psycho education (BluePages)/MoodGYM weeks 2-6 Web with tracking Additional 10 min weekly counselling Tracking Only received 10 min counselling call weekly	BluePages:S MoodGYM: D	wait list condition	Depression health outcomes including MHL measures	155	Symptoms: K10 MHL: D-LIT /CBT-LIT Stigma: DSS Other: Audit/ EUROHIS-QOL
Finkelstein, Lapshin [35]	Repeated measures	Community sample: Staff and Students from medical school (mAge=31.8)	Depression stigma reduction (CO-ED web based system) Duration not reported, appears to be once off	D	NA	Depression stigma	42	Symptoms: PHQ-9 MHL: DKS, D-LIT, RTS Stigma: BSDS (MDD & HIV)
Griffiths et al [36]	RCT	Clinical sample: Adults with depression (K10>22) (18-52 YO)	Blue pages (Psychoeducation) or MoodGYM (CBT) with weekly follow up	BluePages: S MoodGYM: D	Attention control condition	Stigmatizing attitudes to depression	As [31] (sample not included in total N for review)	Symptoms: CES-D Stigma scale: 18-item self constructed MHL: D-lit/CBT-Lit
Gulliver et al [37]	RCT	Community sample: Athletes (18-48 YO)	Intervention 1(I1) Web-based mental health literacy and destigmatization Intervention 2(I2) Depression and Anxiety Symptom feedback condition/I3: Minimal content (just list of help seeking resources)/2weeks	I1:S I2:D	Placebo with emails to online measurement surveys	mental health help seeking behaviours and attitudes	59	MHL: D-Lit , A-Lit Help Seeking: ATSPPH-SF GHSQ, AHSQ Stigma: DSS, GASS
Kiropoulos et al [38]	RCT	Community sample: Italian and Greek immigrants (48-88 YO)	Multilingual Depression information website (MID-online)/1.5 hr	S	depression interview	Depression literacy and stigma	202	Symptoms: BDI-II MHL : D-Lit Stigma: DSS

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Li et al [39]	Repeated measures	Community sample: Healthy young adults (17-25 YO)	web-based social network game (facebook)/3 weeks	D	na	Mental health literacy (knowledge and problem solving)	127	Mental health literacy (knowledge and understanding of MH concepts and application of skills) not validated
Lintvedt et al [40]	RCT	Clinical sample: University students (K10>20) (Mage=28.2)	Internet-based self-help (Norwegian MoodGYM and BluePages available) /8 weeks	BluePages:S MoodGYM: D	wait list condition	Depression prevention	163	Symptoms: K10/CES-D / ATQ* MHL: Treatment Depression Literacy (TDL) (Depression, Medical, Psychological & Lifestyle literacy scales)/CBT-Lit
Rotondi et al [41]	RCT	Clinical & carers sample: Adult Schizophrenic patients & carers	Web-based psychoeducational intervention (4 hour pre-workshop on survival skills)/12 months	D (forums & expert advice)	Usual care	Schizophrenia symptomology and knowledge	55	Symptoms: SAPS MHL: KASI
Roy et al [42]	Repeated measures	Family sample: Adult military service members family	PTSD information online/reporting unclear appear to be a once-off session	U	na	PTSD literacy in family members (and help seeking actions but only mentioned)	497	MHL: PTSD knowledge questionnaire (Not described in detail) Help seeking: measure not disclosed

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Shandley et al [43]	Repeated measures	Community sample: Young adults (18-25 YO)	Online gaming program (Reach Out Central) to support mental health of young people/4 weeks	D	na	Mental health literacy, mental health stigma, and willingness to seek help	266	Symptoms: K10 MHL: 1 question Help seeking: 10 point scale Stigma: Brief questionnaire (not described) Other: Coping: CSI-SF Resilience: RS Alcohol use: AUDIT Life satisfaction: SWLS
Taylor-Rodgers, Batterham [44]	RCT	Community sample: Young adults (18-25 YO)	Brief online psychoeducation/3 weeks	U (included vignettes unsure of presentation)	attention matched control condition (websites for general health and dental health)	Mental health literacy, stigma and help seeking attitudes and intentions for depression anxiety and suicide	67	Symptoms: GAD-7/PHQ-9 MHL: A-LIT/D-LIT/ Literacy of Suicide Help seeking: ATTSPPH-SF/GHSQ Stigma: DSS/ GASS/SOSS

Symptomatology	Mental health literacy	Help seeking scales	Other
CES-D Center for Epidemiologic Studies Depression Scale	D-Lit Depression Literacy Questionnaire	AHSQ Actual Help Seeking Questionnaire	CSI-SF Coping Strategies Inventory Short-Form
ATQ Automatic Thoughts Questionnaire	CBT-Lit CBT Literacy questionnaire	GHSQ General Help Seeking Questionnaire	RS Resilience Scale
BDI-II Beck Depression Inventory	KASI Knowledge About Schizophrenia Interview	ATTSPPH-SF Attitudes Toward Seeking Professional Help-Short form	AUDIT Alcohol Use Disorders Identification Test
SAPS Scale for Assessment of Positive Symptoms	A-Lit Anxiety Literacy Questionnaire		SWLS Satisfaction With Life Scale
PHQ-9 Patient Health Questionnaire 9	DKS Depression Knowledge Survey		EUROHIS-QOL European Health Interview Survey-Quality of Life
GAD-7 Generalized Anxiety Disorder 7	RTS Resistance to Treatment Survey		BSDS (MDD & HIV) Bogardus Social Distance scale (Major depression & HIV)
K10 Kessler Psychological Distress Scale		Stigma	
		DSS Depression Stigma Scale	
		GASS Generalized Anxiety Stigma Scale	
		SOSS Stigma of Suicide Scale	
		BSDS Bogardus Social Distance Scale	