



Communities
& Justice



THE UNIVERSITY OF
SYDNEY

Youth Mentoring Evidence Review Protocol

NSW Department of Communities and Justice

June 2021



Purpose of this document

This document provides detailed information about how the Youth Mentoring Evidence Review was conducted. It includes an overview of the steps that were followed and key outputs that were developed as part of the evidence review, including:

- Research Question and Scope
- Search Strategies
- List of youth mentoring programs
- List of core components and flexible activities
- Overview of additional search for literature on Aboriginal youth mentoring programs.

Research Team

The Evidence Review was completed by the [Research Centre for Children and Families](#) (RCCF) at the University of Sydney.

The research team included:

- Associate Professor Amy Conley Wright, Director, RCCF
- Dr. Betty Luu, Research Fellow, RCCF
- Laura Metcalfe, Research Assistant, RCCF
- David Wilkinson, Research Assistant, RCCF
- Rebecca Mawad, Research Assistant, RCCF

An additional review to identify research about mentoring with Aboriginal and Torres Strait Islander young people was completed by the Department of Communities and Justice.

The team included:

- Dr. Kathleen Blair – Senior Evaluation Officer, DCJ
- Corinne Beasley – Senior Policy Officer, DCJ

Method

This Evidence Review followed the method outlined in the [Evidence Portal Technical Specifications](#).

See Table 1 for a brief summary of the steps followed to conduct the review. Where possible, we have included outputs in this document.

If you would like more information for any output that is not hyperlinked below, please email evidenceportal@dcj.nsw.gov.au.

Table 1. Overview of the Technical Specifications

Step	Description	Outputs
Step 1: Define research question and scope	The process for defining the research question and what will be in and out of scope.	<ul style="list-style-type: none"> • Research question document
Step 2: Search for evidence	Develop the search strategy that will be used to identify literature within electronic databases. Identify the data management processes that must be established.	<ul style="list-style-type: none"> • Search strategy form • Overview of database search
Step 3: Screen studies	Identify how studies identified by the search strategy will be further filtered based on scope, study design and study quality	<ul style="list-style-type: none"> • Reference library • PRISMA flow chart • Data Extraction template
Step 4: Assess for risk of bias	Conduct risk of bias assessments in the included studies.	<ul style="list-style-type: none"> • Risk of bias assessments for RCTs/QEDs • Risk of bias assessments for systematic reviews
Step 5: Extract data	Extract relevant information and data from the included studies.	<ul style="list-style-type: none"> • Data Extraction template • Risk of bias Assessment for each study
Step 6: Rate the evidence for programs	Rate the evidence for each identified program. Use the Evidence Rating Scale.	<ul style="list-style-type: none"> • List of identified programs • Data extraction template

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Step	Description	Outputs
Step 7. Identify core components and flexible activities	Summarise information about the core components and flexible activities.	<ul style="list-style-type: none">• Data extraction template• List of core components and flexible activities
Step 8. Summarise evidence review findings	Summarise key findings from the Evidence Review.	<ul style="list-style-type: none">• Program summaries• Core component summaries• Flexible Activity summaries• Evidence review summary

Evidence Portal Decision Form

When the Evidence Portal Technical Specifications needed to be tailored, decisions and changes were documented in the table below.

Output: Evidence Portal Decision Form

Evidence review: Mentoring programs diverting youth from justice involvement
Project lead: A/Prof Amy Conley Wright

ID	1
Date	24-02-2020
Step	2 – Risk of bias and screening of studies
Description of decision/change	Key decision to include papers sourced from systematic reviews that meet the criteria will be included, even if the papers were published prior to 2011.
Resolution	Include papers from systematic review that pass the risk-of-bias assessment and meet the criteria of inclusion, even if published prior to 2011
Impact	Evaluation ratings made based on studies outside of the year range
ID	2
Date	14-5-2020
Step	Step 7 – Identify core components and flexible activities
Description of decision/change	Key decision to conduct an additional literature search to identify research about mentoring programs conducted with Aboriginal and Torres Strait Islander young people.
Resolution	Use the 2013 paper by the Closing the Gap Clearing House on the effectiveness of mentoring programs for Aboriginal and Torres Strait Islander young people ¹ as a starting point. Conduct an additional search for research published since 2013.
Impact	Identified additional flexible activities and implementation considerations when working with Aboriginal and Torres Strait Islander young people.

¹ Ware, V, 2013, Mentoring Programs for Indigenous youth at risk, Resource sheet no. 22, Closing the Gap Clearinghouse.

Research question and scope

Aims and Research Questions

The aims of this evidence review were to:

- Explore mentoring programs that have been implemented in Australia and overseas which aim to divert youth from the juvenile justice system.
- Identify outcomes that these programs have contributed to and critically assess the strength of evidence for interventions focused on reducing antisocial or criminal behaviour for vulnerable young people (and promote prosocial behaviours).
- Determine specific core components of these programs that effectively deliver positive outcomes for young people.

The key research questions are:

- What is the evidence for the effectiveness of mentoring programs that have been implemented in Australia and overseas for young people in contact with (or at risk of contact with) the criminal justice system?
- What are the target outcomes of programs that are identified to have the highest strength of evidence for diverting young people from youth justice involvement and/or further criminal activity?
- What are the core components of programs that have a high level of evidence in delivering outcomes for young people in contact with (or at risk of contact with) the criminal justice system?

PICOS strategy

Population/ participants	<ul style="list-style-type: none">• Young people aged 10 – 17 years, who have had (or are at risk of having) contact with the youth justice system.• Young people; juvenile; adolescent; youth offender; young offender; young men; young women• Studies screened for inclusion will also be examined to see whether they involve culturally and linguistically diverse young people; refugee and asylum seeker youth; Aboriginal or Indigenous young people; Pacific Islander young people; unaccompanied children and young people experiencing homelessness• Some young people in this population may have had (or be at risk of having) contact with the child protection system but the purpose of this review is to examine mentoring programs that divert youth from juvenile justice involvement. Diversion from contact with the child protection system is unlikely to rely on mentors. Interventions that have a direct link with changing
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	<p>parenting and family dynamics (e.g., Parent Management Training) are likely to be more effective in preventing children’s engagement with child protective services.</p> <p>Risk factors related to this population</p> <ul style="list-style-type: none"> • Parental – including a parent in custody, a parent who has had interactions with the justice system; a parent with alcohol and other drug convictions or hospitalisations; experience of domestic and family violence (perpetrator or victim); treatment for mental health conditions in a NSW hospital or ambulatory treatment. • Youth justice – including time in custody; community supervision; court finalisations; juvenile cautions; youth conferences; support by/contact with legal aid. • Child protection – including risk of significant harm reports (ROSH); safety assessment/risk assessment (SARA) with an outcome of low, moderate, high or very high risk; Out of Home Care (OOHC) episodes; number of placements in OOHC; restoration. • Young person – including exposure to significant trauma, drug and/or alcohol use, disability (especially intellectual, learning, speech and language, neurological and psychosocial), self-harm, mental health conditions, poor peer relations, homelessness, truancy/lack of engagement in education.
<p>Intervention</p>	<ul style="list-style-type: none"> • Any type of mentoring program or intervention. • Any type of mentor (e.g., qualified practitioner, community worker, paraprofessional, volunteer). The identity of the mentor will be noted in the data extraction and analysis to see what types of mentors feature in interventions with the highest evidence.
<p>Comparison group/ counterfactual</p>	<ul style="list-style-type: none"> • Any comparison group (e.g., other presumably effective interventions, other presumably ineffective interventions, treatment as usual, no treatment)
<p>Outcomes</p>	<p>Youth-centred outcomes:</p> <ul style="list-style-type: none"> • reduced risk of entry (or re-entry) into the youth justice system • reduced antisocial behaviour or criminal activity <p>In turn, diversion from juvenile justice involvement will likely have benefits* that “put youth on a more positive path”, such as:</p> <ul style="list-style-type: none"> • increased prosocial behaviours within community • increased sense of belonging to their community • increased school attendance and achievement • sustained safe and stable housing • increased sense of connection to culture

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	* It is likely that additional client outcomes will be identified through the data extraction process
Study design	<ul style="list-style-type: none"> • Systematic reviews (with or without meta-analyses); 'review of reviews' papers can be used to identify single systematic reviews • Randomized controlled trials (RCTs) • Quasi-experimental designs (QEDs) • Dismantling studies

Output: Research question document

Research Question	What mentoring programs for young people, who are at risk of contact or are in contact with the juvenile justice system, are effective in reducing antisocial and/or criminal behaviours and diverting youth from the juvenile justice system?
Definitions	<ul style="list-style-type: none"> • Mentoring programs²: Social interactions in which non-parental adults or older peers (often without advanced professional training) provide guidance and other forms of support to youth that is intended to benefit one or more areas of their development (activity); ongoing significant interpersonal ties involving youth in which mentoring activity takes place regularly (relationships); intentional efforts of agencies, organisations, or programs to foster mentoring activity and/or relationships for specific groups of youth or those living within particular communities (intervention) • Young people: 10-17 years old • At risk of contact or are in contact with the juvenile justice system: may include time in custody; community supervision; court finalisations; juvenile cautions; youth conferences; support by/contact with legal aid. • Antisocial and/or criminal behaviour: a heterogeneous set of actions outside the norms, rules, or laws of the social group in which the subject develops, such as physical aggression, theft, and violation of societal rules³. • Divert: from usual court processes. Diversionary programs aim to divert young people from contact, or further involvement, with elements of the criminal justice system such as formal court proceedings, detention or incarceration⁴.
Outcomes	Youth-centred outcomes:

² DuBois, D. L., & Karcher, M. J. (2014). *Handbook of youth mentoring*. SAGE Publications, Inc., <https://www-doi-org.ezproxy.library.sydney.edu.au/10.4135/9781412996907>

³ <https://www.sciencedirect.com/topics/psychology/antisocial-behavior>

⁴ <https://www.aihw.gov.au/getmedia/85dd676d-62ab-47cf-8a01-a1847a05a17a/ctg-rs34.pdf.aspx?inline=true>

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	<ul style="list-style-type: none"> • reduced risk of entry (or re-entry) into the youth justice system • reduced antisocial behaviour or criminal activity 		
Inclusion criteria	<ul style="list-style-type: none"> • Study designs of dismantling studies, meta-analyses, systematic reviews, randomized controlled trials (RCTs) and quasi-experimental designs (QEDs) • Studies within Australia and overseas (USA, UK, Canada, Scandinavian countries and New Zealand) • Studies published in English from the year 2011 onwards • Studies assessing outcomes listed above • Studies that test the effectiveness of a relevant program or practice • Studies that report on interventions where target recipient is the young person • Studies that report an intervention with a primary mentoring component • Studies sourced from systematic reviews that are rated high-quality for risk of bias and that meet the criteria will also be included, even if the papers were published prior to 2011. 		
Exclusion criteria	<ul style="list-style-type: none"> • Studies that report on interventions where target recipient is not the young person • Studies that do not test the effectiveness of a program/practice • Studies that are not written in English; foreign language studies not indexed and translated to English • Studies that evaluate interventions in countries outside of the inclusion criteria (e.g., low- and middle-income countries) • Studies that do not include a valid counterfactual (e.g., case studies, pre/post-tests) • Books, theses/dissertations 		
Databases to be searched	<p>Electronic databases:</p> <ul style="list-style-type: none"> • Social Services Abstracts • Sociological Abstracts • PSYCINFO • Medline • CINAHL • ERIC • Criminal Justice Abstracts 	<p>Grey literature:</p> <ul style="list-style-type: none"> • Campbell Collaboration • Australian Institute of Health and Welfare/Closing the Gap Clearinghouse 	<p>Subject experts in youth mentoring:</p> <ul style="list-style-type: none"> • US National Mentoring Resource Center

Search Strategy

A search strategy was developed, with the assistance of the University of Sydney's librarians, identifying a variety of search terms that link the population with the program or intervention and outcomes of interest (e.g., young people AND youth justice AND mentoring). Search strategies identify keywords in titles and abstracts, and in subject headings where permitted by the database.

The search strategy was adapted for each database used.

PSYCINFO

#	Searches
1	(exp "Randomized Controlled Trials"/ or exp "Randomized Clinical Trials"/ or exp "Clinical Trials"/ or exp "experimental design"/ or exp "experimental methods"/ or exp "quasi experimental methods"/ or exp "Systematic Review"/ or exp "Meta Analysis"/) OR ("randomized controlled trial" or "clinical trial" or "randomized clinical trial" or "systematic review" or "meta analysis" or "quasi experimental").id,sh. OR (randomized or randomised or randomly or "trial" or RCT or "wait* list" or experiment* or "quasi ex*" or quasiexperiment* or "systematic review" or "meta-analysis" or "metaanalysis" or "meta analysis").ti,ab.
2	(exp "Intervention"/ or exp "Program Evaluation"/ or exp "Treatment"/ or exp "Diversion Programs"/) OR (intervention or program* or treatment or service).id,sh. OR (intervention or program* or treatment or service).ti,ab.
3	(exp mentor/) OR (mentor or mentoring).id,sh. OR (mentor*).ti,ab.
4	(exp "at risk populations"/) OR ("young person" or "young people" or "young adult" or youth or teenager or juvenile or adolescent or adolescence or minor or child).id,sh. OR

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	("young person" or "young people" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or child*).ti,ab.
5	(exp "Juvenile Delinquency"/ or exp "Juvenile Justice"/ or exp "Criminal Behavior"/ or exp "Criminal Justice"/ or exp "Criminal Offenders"/ or exp "Criminal Record"/ or exp " Antisocial Behavior"/ or exp "Aggressive Behavior"/) OR ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*").id,sh. OR ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*").ti,ab.
6	Articles from <i>peer-reviewed</i> journals from 2011 onwards in the <i>English</i> language only
7	1 and 2 and 3 and 4 and 5 and 6 ($n = 20$)

Social Services Abstracts

#	Searches
1	SU ("randomized controlled trial" or "clinical trial" or "experimental" or "quasi experimental" or "systematic review" or "meta-analysis") OR TI (randomized or randomised or randomly or "trial" or RCT or "wait* list" or experiment* or "quasi ex*" or quasiexperiment* or "systematic review" or "meta-analysis" or "metaanalysis" or "meta analysis") OR AB (randomized or randomised or randomly or "trial" or RCT or "wait* list" or experiment* or "quasi ex*" or quasiexperiment* or "systematic review" or "meta-analysis" or "metaanalysis" or "meta analysis")
2	SU (intervention or program* or treatment or service) OR TI (intervention or program* or treatment or service) OR AB (intervention or program* or treatment or service)
3	SU (mentor* or mentoring) OR TI (mentor* or mentoring)

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	OR AB (mentor* or mentoring)
4	SU ("young person" or "young people" or "young adult" or youth or teenager or juvenile or adolescent or adolescence or minor or child) OR TI ("young person" or "young people" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or child*) OR AB ("young person" or "young people" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or child*)
5	SU ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*") OR TI ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*") OR AB ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*")
6	Articles from <i>peer-reviewed</i> journals from <i>2011 onwards</i> in the <i>English</i> language only
7	1 and 2 and 3 and 4 and 5 and 6 (<i>n</i> =73)

Sociological Abstracts

#	Searches
1	SU ("randomized controlled trial" or "clinical trial" or "experimental" or "quasi experimental" or "systematic review" or "meta-analysis") OR TI (randomized or randomised or randomly or "trial" or RCT or "wait* list" or experiment* or "quasi ex*" or quasiexperiment* or "systematic review" or "meta-analysis" or "metaanalysis" or "meta analysis") OR AB (randomized or randomised or randomly or "trial" or RCT or "wait* list" or experiment* or "quasi ex*" or quasiexperiment* or "systematic review" or "meta-analysis" or "metaanalysis" or "meta analysis")

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2	<p>SU (intervention or program* or treatment or service) OR TI (intervention or program* or treatment or service) OR AB (intervention or program* or treatment or service)</p>
3	<p>SU (mentor* or mentoring) OR TI (mentor* or mentoring) OR AB (mentor* or mentoring)</p>
4	<p>SU ("young person" or "young people" or "young adult" or youth or teenager or juvenile or adolescent or adolescence or minor or child) OR TI ("young person" or "young people" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or child*) OR AB ("young person" or "young people" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or child*)</p>
5	<p>SU ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*") OR TI ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*") OR AB ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*")</p>
6	<p>Articles from <i>peer-reviewed</i> journals from 2011 onwards in the <i>English</i> language only</p>
7	<p>1 and 2 and 3 and 4 and 5 and 6 ($n=115$)</p>

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MEDLINE

#	Searches
1	(exp "Randomized Controlled Trials as Topic"/ or exp "Clinical Trials as Topic"/ or exp "Systematic Review"/ or exp "Meta-Analysis"/) OR ("randomized controlled trial" or "clinical trial" or "randomized clinical trial" or "systematic review" or "meta analysis" or "quasi experimental").id,sh. OR (randomized or randomised or randomly or "trial" or RCT or "wait* list" or experiment* or "quasi ex*" or quasiexperiment* or "systematic review" or "meta-analysis" or "metaanalysis" or "meta analysis").ti,ab.
2	(exp "Early Intervention, Educational"/ or exp "Program Evaluation"/) OR (intervention or program* or treatment or service).id,sh. OR (intervention or program* or treatment or service).ti,ab.
3	(exp "Mentors"/ or exp "Mentoring"/) OR (mentor or mentoring).id,sh. OR (mentor*).ti,ab.
4	(exp "Humans"/ or exp "Adolescent"/ or exp "Child"/ or exp "Young Adult"/ or exp "Minors"/) OR ("young person" or "young people" or "young adult" or youth or teenager or juvenile or adolescent or adolescence or minor or child).id,sh. OR ("young person" or "young people" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or child*).ti,ab.
5	(exp "Juvenile Delinquency"/) OR ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*").id,sh. OR ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*").ti,ab.
6	Articles from <i>peer-reviewed</i> journals from 2011 onwards in the <i>English</i> language only
7	1 and 2 and 3 and 4 and 5 and 6 (n = 19)

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CINAHL

#	Searches
1	<p>(MH "Randomized Controlled Trials+") OR (MH "Clinical Trials+") OR (MH "Intervention Trials") OR (MH "Quasi-Experimental Studies+") OR (MH "Experimental Studies+") OR (MH "Systematic Review") OR (MH "Meta Analysis")</p> <p>OR</p> <p>SU ("randomized controlled trial" or "clinical trial" or "experimental" or "quasi experimental" or "systematic review" or "meta-analysis")</p> <p>OR</p> <p>TI (randomized or randomised or randomly or "trial" or RCT or "wait* list" or experiment* or "quasi ex*" or quasiexperiment* or "systematic review" or "meta-analysis" or "metaanalysis" or "meta analysis")</p> <p>OR</p> <p>AB (randomized or randomised or randomly or "trial" or RCT or "wait* list" or experiment* or "quasi ex*" or quasiexperiment* or "systematic review" or "meta-analysis" or "metaanalysis" or "meta analysis")</p>
2	<p>(MH "Early Intervention+") OR (MH "Program Evaluation")</p> <p>OR</p> <p>SU (intervention or program* or treatment or service)</p> <p>OR</p> <p>TI (intervention or program* or treatment or service)</p> <p>OR</p> <p>AB (intervention or program* or treatment or service)</p>
3	<p>(MH "Mentorship")</p> <p>OR</p> <p>SU (mentor* or mentoring)</p> <p>OR</p> <p>TI (mentor* or mentoring)</p> <p>OR</p> <p>AB (mentor* or mentoring)</p>
4	<p>(MH "Young Adult") OR (MH "Adolescence+") OR (MH "Minors (Legal)") OR (MH "Child+")</p> <p>OR</p> <p>SU ("young person" or "young people" or "young adult" or youth or teenager or juvenile or adolescent or adolescence or minor or child)</p> <p>OR</p> <p>TI ("young person" or "young people" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or child*)</p> <p>OR</p>

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	AB ("young person" or "young people" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or child*)
5	(MH "Juvenile Offenders+") OR (MH "Juvenile Delinquency") OR (MH "Criminal Justice") OR (MH "Public Offenders+") OR SU ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*") OR TI ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*") OR AB ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*")
6	Articles from <i>peer-reviewed</i> journals from 2011 onwards in the <i>English</i> language only
7	1 and 2 and 3 and 4 and 5 and 6 ($n = 10$)

ERIC

#	Searches
1	(exp "Randomized Controlled Trials"/ or exp "Experimental Groups"/ or exp "Research Design" or exp "quasiexperimental design"/ or exp "Meta Analysis"/) OR ("randomized controlled trial" or "clinical trial" or "randomized clinical trial" or "systematic review" or "meta analysis" or "quasi experimental").id,sh. OR (randomized or randomised or randomly or "trial" or RCT or "wait* list" or experiment* or "quasi ex*" or quasiexperiment* or "systematic review" or "meta-analysis" or "metaanalysis" or "meta analysis").ti,ab.
2	(exp "Intervention"/ or exp "Early Intervention"/ or exp "Program Effectiveness"/) OR (intervention or program* or treatment or service).id,sh. OR (intervention or program* or treatment or service).ti,ab.
3	(exp "Mentors"/) OR (mentor or mentoring).id,sh. OR

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	(mentor*).ti,ab.
4	(exp "Adolescents"/ or exp "High School Students"/ or exp "Children") OR ("young person" or "young people" or "young adult" or youth or teenager or juvenile or adolescent or adolescence or minor or child).id,sh. OR ("young person" or "young people" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or child*).ti,ab.
5	(exp "Juvenile Courts"/ or exp "Delinquency Prevention"/ or exp "Delinquency"/ or exp "Juvenile Justice"/ or exp "antisocial behavior"/ or exp "aggression"/ or exp "recidivism") OR ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*").id,sh. OR ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*").ti,ab.
6	Articles from <i>peer-reviewed</i> journals from 2011 onwards in the <i>English</i> language only
7	1 and 2 and 3 and 4 and 5 and 6 ($n = 7$)

Criminal Justice Abstracts

#	Searches
1	SU ("randomized controlled trial" or "clinical trial" or "experimental" or "quasi experimental" or "systematic review" or "meta-analysis") OR TI (randomized or randomised or randomly or "trial" or RCT or "wait* list" or experiment* or "quasi ex*" or quasiexperiment* or "systematic review" or "meta-analysis" or "metaanalysis" or "meta analysis") OR AB (randomized or randomised or randomly or "trial" or RCT or "wait* list" or experiment* or "quasi ex*" or quasiexperiment* or "systematic review" or "meta-analysis" or "metaanalysis" or "meta analysis")
2	SU (intervention or program* or treatment or service) OR TI (intervention or program* or treatment or service) OR AB (intervention or program* or treatment or service)
3	SU (mentor* or mentoring) OR

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	<p>TI (mentor* or mentoring)</p> <p>OR</p> <p>AB (mentor* or mentoring)</p>
4	<p>SU ("young person" or "young people" or "young adult" or youth or teenager or juvenile or adolescent or adolescence or minor or child)</p> <p>OR</p> <p>TI ("young person" or "young people" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or child*)</p> <p>OR</p> <p>AB ("young person" or "young people" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or child*)</p>
5	<p>SU ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*")</p> <p>OR</p> <p>TI ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*")</p> <p>OR</p> <p>AB ("delinquen*" or "juvenile justice" or "criminal behavio*r" or "criminal justice" or "criminal record" or "court" or "custody" or "offend*" or "antisocial behavio*r" or "aggressi*")</p>
6	Articles from <i>peer-reviewed</i> journals from 2011 onwards in the <i>English</i> language only
7	1 and 2 and 3 and 4 and 5 and 6 ($n = 7$)

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Output: Overview of database search

Name of database	PsycINFO	Social Services Abstracts	Sociological Abstracts	MEDLINE	CINAHL	ERIC	Criminal Justice Abstracts
Searched	YES	YES	YES	YES	YES	YES	YES
Date of search	07-02-2021	08-02-2021	10-02-2021	07-02-2021	10-02-2021	07-02-2021	10-02-2021
Search string	As above	As above	As above	As above	As above	As above	As above
Documented changes	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Total number of citations	20	73	115	19	10	7	7
Exported to reference management library?	Yes - Endnote	Yes - Endnote	Yes - Endnote	Yes - Endnote	Yes - Endnote	Yes - Endnote	Yes - Endnote
Exported to specialised systematic review management software?	Microsoft Excel	Microsoft Excel	Microsoft Excel	Microsoft Excel	Microsoft Excel	Microsoft Excel	Microsoft Excel

Summary of article count from electronic databases

Total = 251 articles (duplicates not yet removed)

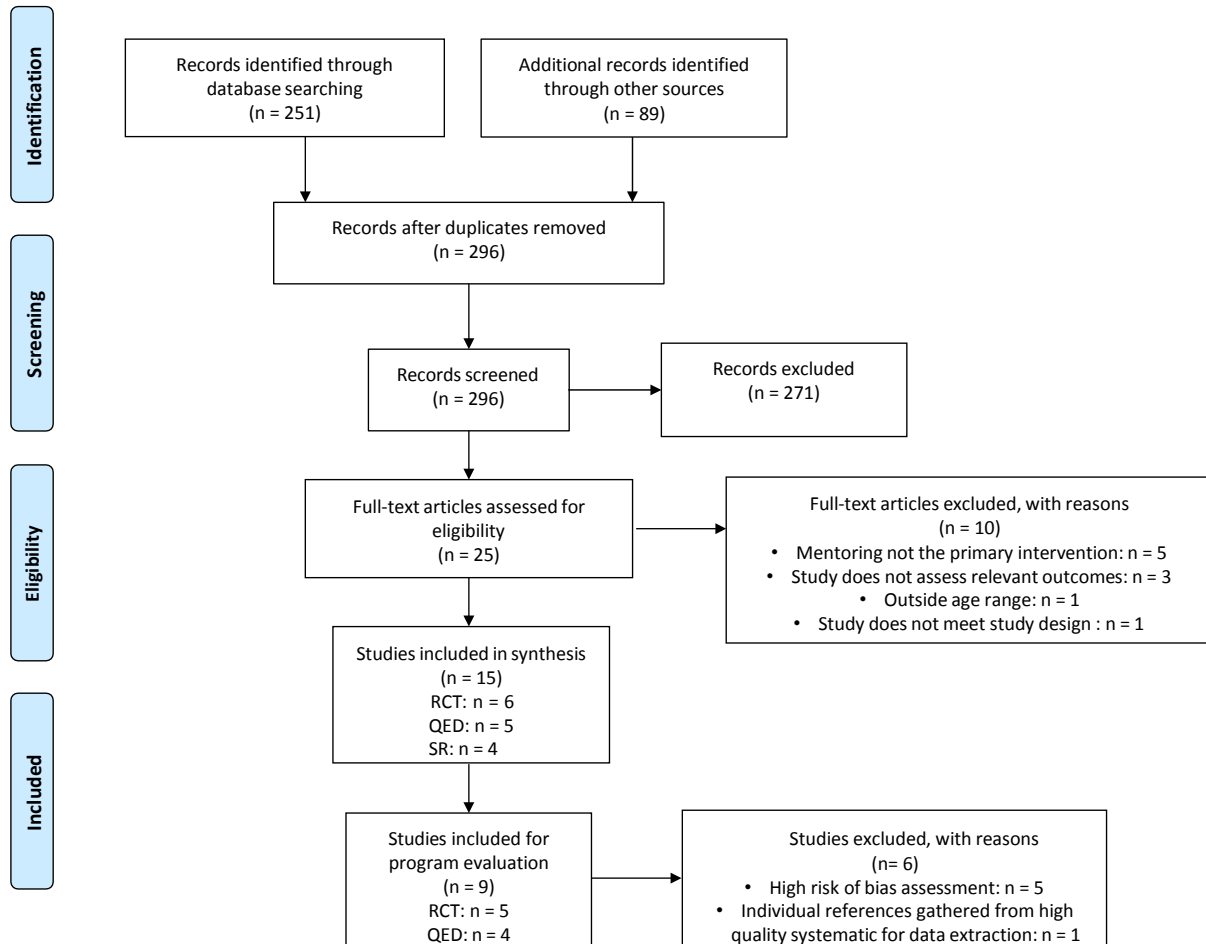
Updated total = 209 articles (*42 duplicates removed*)

Software used:

- References exported from databases to EndNote
- References exported from Endnote to Excel to screen for inclusion
- Full-text PDFs extracted into Dropbox
- Data extraction carried out in Excel

Screening studies

PRISMA flow chart



Rating Evidence for Programs

Each program was rated based on the Evidence Rating Scale indicated in the [Technical Specifications](#).

[List of identified programs](#)

<u>Program name</u>	Outcome domains	Evidence rating
Campus Corps	<ul style="list-style-type: none"> • Antisocial behaviours • Self-perception and autonomy 	Mixed research evidence (with no adverse effects)
Reading for Life	<ul style="list-style-type: none"> • Juvenile justice involvement 	Mixed research evidence (with no adverse effects)
TAKE CHARGE	<ul style="list-style-type: none"> • Juvenile justice involvement • Self-perception and autonomy 	Mixed research evidence (with no adverse effects)
Mentoring Program for At- Risk Youth	<ul style="list-style-type: none"> • Antisocial behaviours • Self-perception and autonomy 	Mixed research evidence (with no adverse effects)
Project Arrive	<ul style="list-style-type: none"> • Peer and family relationships • School participation and engagement 	Mixed research evidence (with no adverse effects)
Promoter Pathway	<ul style="list-style-type: none"> • Delinquency and violence • Substance use 	Evidence demonstrates adverse effects
Mentor Sweden		Evidence fails to demonstrate effect
Mentoring Towards College		Evidence fails to demonstrate effect
Student Mentoring Program		Evidence fails to demonstrate effect

Identify core components and flexible activities

Using the data extraction template, a content analysis of each study was undertaken. Activities delivered under a program were coded and grouped under broad category headings (i.e. core components), with examples of different ways the component could be implemented (i.e. flexible activities). The aim was to synthesise and provide a summary of key practices, techniques, strategies or activities, characteristics of mentors or mentees common across evidence-informed programs or interventions shown to improve target cohort outcomes and elements.

List of core components and flexible activities

<u>Core components</u>	Description	Flexible activities
<u>Mentor screening and matching</u>	Screening and matching prospective mentors with potential mentees helps ensure meaningful mentor-mentee relationships can be fostered.	<ul style="list-style-type: none"> • Select and screen mentors • Match mentors and mentees
<u>Mentor training and support</u>	Providing mentors with the knowledge and skills to be a mentor is crucial.	<ul style="list-style-type: none"> • Mentor training • Mentor supervision and support
<u>Engagement</u>	The quality and meaningfulness of the primary mentor-mentee relationship is critical to a successful mentoring program.	<ul style="list-style-type: none"> • Mentor-mentee relationship • Reliable and consistent contact
<u>Personal and life skills development</u>	Mentoring programs should consist of structured activities that enable young people to build practical and personal life skills.	<ul style="list-style-type: none"> • Practical and life skill development • Goal setting • Personal growth and development • Educational activities and support
<u>Social networks and engagement</u>	Promoting connections beyond the mentor-mentee relationship helps build social skills and establish and extend support networks.	<ul style="list-style-type: none"> • Community Service • Social networks and connections

Additional search for literature on mentoring with Aboriginal and Torres Strait Islander young people

An additional search to identify literature on mentoring programs conducted with Aboriginal and Torres Strait Islander young people was conducted.

We used the 2013 paper by the Closing the Gap Clearing House on the effectiveness of mentoring programs for Aboriginal and Torres Strait Islander young people⁵ as a starting point. We then conducted an additional search for research published since 2013.

Databases searched:

MEDLINE with Full Text / Psychology and Behavioral Sciences Collection / PsycINFO / PsycARTICLES / PsycBOOKS / PsycEXTRA / SocINDEX with Full Text / AgeLine / CINAHL with Full Text / Australia/New Zealand Reference Centre / Business Source Complete / Health Business Elite / Regional Business News / Mental Measurements Yearbook / EBSCO eBook Collection, IngentaConnect, EmeraldInsight, ERIC, Science Direct, Google Scholar, Libraries Australia

Search strings:

1. (aborigin* OR "torres strait islander*" OR indigenous)
2. (youth OR young people OR adolescent*)
3. (mentoring OR mentorship OR mentor OR mentor program OR mentoring program)
4. ((aborigin* OR "torres strait islander*" OR indigenous) AND (youth OR young people OR adolescent*) AND (mentoring OR mentorship OR mentor OR mentor program OR mentoring program))
5. ((aborigin* OR "torres strait islander*" OR indigenous) AND (youth OR young people OR adolescent*) AND (mentoring OR mentorship OR mentor OR mentor program OR mentoring program) AND ("at risk" OR "high risk"))
6. ((aborigin* OR "torres strait islander*" OR indigenous) AND (youth OR young people OR adolescent*) AND (mentoring OR mentorship OR mentor OR mentor program OR mentoring program) AND ("at risk" OR "high risk") AND Australia)

Search Results

47 papers were found in total. Of these 47 papers, 22 were included and 25 were excluded. Papers were excluded for the following reasons:

⁵Ware, V, 2013, Mentoring Programs for Indigenous youth at risk, Resource sheet no. 22, Closing the Gap Clearinghouse.

Youth Mentoring Evidence Review Protocol

- reported on Indigenous populations in New Zealand or Canada
- did not report on mentoring with young people (aged 10-17)
- did not report on a mentoring program.

Data Extraction and updating core components

Each included study was analysed and relevant information about programs, activities, practices, implementation considerations was extracted. This information was then incorporated into the core components and flexible activities for youth mentoring. Two additional flexible activities were identified: partnerships with other agencies and involving Indigenous parents.

Updated core components and flexible activities

Core components	Descriptions	Flexible activities
Mentor screening and matching	Screening and matching prospective mentors with potential mentees helps ensure meaningful mentor-mentee relationships can be fostered.	<ul style="list-style-type: none"> • Select and screen mentors • Match mentors and mentees
Mentor training and support	Providing mentors with the knowledge and skills to be a mentor is crucial.	<ul style="list-style-type: none"> • Mentor training • Mentor supervision and support • Mentor partnerships with other agencies
Engagement	The quality and meaningfulness of the primary mentor-mentee relationship is critical to a successful mentoring program.	<ul style="list-style-type: none"> • Mentor-mentee relationship • Reliable and consistent contact
Personal and life skills development	Mentoring programs should consist of structured activities that enable young people to build practical and personal life skills.	<ul style="list-style-type: none"> • Practical and life skill development • Goal setting • Personal growth and development • Educational activities and support
Social networks and engagement	Promoting connections beyond the mentor-mentee relationship helps build social skills and establish and extend support networks.	<ul style="list-style-type: none"> • Involve Indigenous parents • Community Service • Social networks and connections

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Important note: for this additional search, papers were NOT considered out of scope if they did not feature a systematic review, RCT or QED. In order to incorporate all potentially relevant literature on youth mentoring with Aboriginal and Torres Strait Islander young people, this search did not adhere to the guidance in the Technical Specifications. The inclusion criteria was relaxed to prioritise other forms of research and study designs that could provide valuable information about youth mentoring with Aboriginal and Torres Strait Islander young people.