



THE UNIVERSITY OF
SYDNEY

—
**Research Centre
for Children and
Families**

Youth Socioemotional Wellbeing Evidence Review Protocol –

December 2021



Purpose of this document

This document provides detailed information about how the Youth Socioemotional Wellbeing Evidence Review was conducted. It contains 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 programs
- List of core components and flexible activities

Research Team

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

The research team included:

- Associate Professor Amy Conley Wright, Director, RCCF
- Laura Metcalfe, Research Assistant, RCCF
- Rebecca Mawad, Research Assistant, RCCF



Youth Socioemotional Wellbeing Evidence Review Protocol

When technical specifications need to be tailored, decisions and changes will be documented to ensure the integrity of Evidence Portal.

Output: Evidence Portal Decision Form

Evidence review: Programs that foster socioemotional wellbeing for young people aged 10-24

Project lead: A/Prof Amy Conley Wright

ID	Date	Step	Description of decision/change	Resolution	Impact
1	20-10-2021	4 - Risk of bias	Approach to question 5 of risk of bias tool1 following interpretation difficulties.	Research assistants recorded '1' - if the authors clearly adopt AND report randomisation during recruitment; recorded '0' - If authors did not clearly adopt AND report randomisation during recruitment (including where they only report on sample selected without clearly mentioning randomisation OR where they only report efforts to minimize selection bias but not clearly randomisation)	15 of 55 studies received a score of '1' for question 5 of the risk of bias tool.
2	20-10-2021	4 - Risk of bias	Decision regarding what constitutes a justified reason(s) for a less than 80% follow-up rate for question 62 of the risk of bias tool.	Explanation alone of why authors failed to reach 80% follow up with sample is insufficient justification (for example, simply stating that participants were absent from school on the day of data collection). Author analysis to explain failure to reach 80% follow up is sufficient justification.	40 of 55 studies received a '1' for question 6 of the risk of bias tool.
3	26-10-2021	6 – Evidence rating	Request made by DCJ to review outcomes not relevant to socioemotional interventions, specifically items relating to "attitudes to police".	Three "attitudes to police" outcomes removed from data extraction and evidence ratings reviewed accordingly.	No evidence ratings required change after removal of outcomes in question.
4	29-10-2021	7 – Core components & flexible activities	Revision of core components and flexible activities designations following consultation with DCJ.	5 final core components confirmed: 1) Building motivation & monitoring behavioural change, 2) Mindfulness, self-regulation & resilience, 3) Self-concept, self-efficacy and confidence, 4) Prosocial skills & relationship building and 5) Building knowledge and awareness of skills critical to socioemotional wellbeing	7 original core components reduced to 5, with a clearer focus on outcome and content-based domains.

¹ Explanatory note provided by DCJ Tech Specs for question 5 of the risk of bias tool: "Did the authors use a probability sample (a study in which investigators pre-assess a sampling frame and randomly select groups or people from the specified population) to select participants, or did the authors use a mixed sampling strategy but conducted random sampling for at least one part of that mixed strategy? Record as 0 if convenience or self-selected sampling."

² Explanatory note provided by DCJ Tech Specs for question 6 of the risk of bias tool: "Did the entire study sample have a follow-up rate of 80% or more? If there is follow-up rate of less than 80%, and they have justified reasons for this, record as 1. If multiple follow-ups reported, just assess based on follow-up immediately post-intervention. If not reported, record as NR."



Step 1: Define research question and scope

Aims and Research Questions

The aims of this project are to:

- Explore what interventions or programs have been implemented in Australia and overseas that foster socioemotional wellbeing in young people aged 10-24
- Identify outcomes that these programs have contributed to and critically assess the strength of evidence for interventions focused on fostering socioemotional wellbeing for vulnerable young people
- Determine specific core components of these programs that effectively foster socioemotional wellbeing for young people.

The key research questions are:

- What programs/interventions enhance social and emotional skill development in young people?
- What are the common elements observed across interventions that achieve successful outcomes?

PICOS strategy

Population/ participants	<ul style="list-style-type: none">• Young people aged 10 - 24 and interventions that target youth slightly outside of the age range where youth aged 10 – 24 are over 50% of the study population
Intervention	<ul style="list-style-type: none">• Interventions run or delivered in school settings (but not delivered by teachers)• Anti-bullying interventions to build youth skills (not including anti-bullying information campaigns)• Digital interventions / internet, web-based or computer programs
Comparison group/ counterfactual	<ul style="list-style-type: none">• Any comparison group (e.g. other presumably effective interventions, other presumably ineffective interventions, treatment as usual, no treatment)
Outcomes	<ul style="list-style-type: none">• Improvement or development of socioemotional skills including: decision-making, emotional and self-regulation, communication and social skills and self-confidence.• Improvement or development of socioemotional skills as measured by intent or attitude towards risky behaviours (e.g. attitudes towards drug use or intention to use a condom)

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 • Peer reviewed • Primary studies published after 2010
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Output: Research question document

Research Question	What programs/interventions enhance social and emotional skill development in young people?
Definitions	<ul style="list-style-type: none"> • Socioemotional wellbeing: Socioemotional wellbeing encompasses a broad range of skills and competencies. These include recognising and managing our feelings and emotions, social awareness and relationship skills for creating and sustaining positive relationships, responsible decision-making and goal setting skills and the ability to handle challenges and setback with resilience and determination (Elias et al., 1997; Collaborative for Academic, Social, and Emotional Learning [CASEL], 2005 & McNeil et al., 2012). • Self-regulation (aka emotional regulation): “A person’s ability to adapt their behaviour according to either internal or external standards, goals or ideals.” (McNeil et al. 2012, p. 55) • Self-efficacy (aka self-confidence): “A person’s belief in their own competence or ability to achieve goals.” (McNeil et al. 2012 p. 56) • Social skills (aka communication): “Skills that allow us to successfully operate with other people in society. They include: self-awareness, social awareness, understanding our own and others’ emotions, managing feelings and self-discipline.” (McNeil et al., 2012 p.56) • Responsible decision-making (aka decision-making): “Making decisions based on a consideration of all relevant factors, including applicable ethical standards, safety concerns, and social norms; the likely consequences of taking alternative courses of action; evaluation and reflection” (CASEL, 2005, p.5) • Young people: 10-24 years old
Outcomes	<ul style="list-style-type: none"> • Improvement or development of socioemotional skills including: decision-making, emotional and self-regulation, communication and social skills and self-confidence.
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)

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	<ul style="list-style-type: none"> • Studies within Australia and other high-income, English-speaking countries (e.g. USA, UK, Canada and New Zealand) • Studies published from the year 2010 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
Exclusion criteria:	<ul style="list-style-type: none"> • Studies reporting on interventions where target recipient is not the young person (e.g. interventions directed at families of young person) or programs where family are involved in the intervention • Studies targeting juvenile offenders, youth cancer survivors, youth with ADHD or autism spectrum disorder, homeless youth, 'looked after' or foster youth or youth in a group or residential facility. • Studies with interventions comprising apprenticeship, traineeship or job placement programs, teen parenting interventions, interventions run in hospitals, detention centres, emergency departments and psychiatric inpatient facilities and clinics, pharmaceutical interventions and interventions administered by medical professionals, interventions that target diagnosed or clinical mental health disorders, HIV prevention interventions (where HIV is primary focus of intervention), bystander programs (e.g. assault or drink spiking), systemic community-wide early interventions (e.g. alcohol advertising bans or use of permits for tobacco sales), smoking, drinking or gambling prevention interventions delivered to college or university attending youth and any interventions delivered by school teachers. • Studies reporting on interventions focused solely on targeting risky behaviours (e.g. drug taking, condom use, criminal activity) • 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 evaluating interventions in countries outside of the inclusion criteria (e.g. low- and middle-income countries and high-income non-English speaking countries or jurisdictions). • Studies that do not include a valid counterfactual (e.g. case studies, pre/post-tests) • Books, theses/dissertations, study protocols, scoping reviews, qualitative reviews or studies.
Databases to	Electronic databases

be searched:	<ul style="list-style-type: none"> • Social Services Abstracts (proQuest) • PSYCINFO (Ovid) • Medline (Ovid) • CINAHL (Ebsco) • ERIC (Ebsco) <p>Grey literature</p> <ul style="list-style-type: none"> • Cochrane Library • Campbell Collaboration • Child Family Community Australia (CFCA) • Closing the Gap Clearinghouse • Analysis & Policy Observatory (APO) • California Evidence Based Clearinghouse for Child Welfare (CEBCCW) • Early Intervention Foundation (What Works Network) • Children’s Social Care (What Works Network) • Youth Endowment Fund (What Works Network)
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Step 2: Search for evidence

Output: Search strategy form

Two search strategies were developed, with the assistance of the University’s librarians. The first search identified a variety of search terms that link the population with the program or intervention and outcomes of interest (e.g. young people AND socioemotional AND intervention) and the second search used the same search terms as the first to identify interventions and outcomes targeting Aboriginal and Torres Strait Islander youth. Search strategies should identify keywords in titles and abstracts, and in subject headings where permitted by the database.

The search strategy is adapted for each database used.

Electronic Database Search Strategy 1; Interventions Targeting All Youth

Medline (Ovid)

#	Searches
1	exp "Adolescent"/ or exp "Young Adult"/ or exp "Minors"/ or ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor*).id,sh. or ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor*).ti,ab.
2	exp "psychosocial Intervention"/ or (intervention or program* or treatment or service).id,sh. or (intervention or program* or treatment or service).ti,ab.
3	exp "Randomized Controlled Trial"/ or exp "Clinical Trial"/ or exp "Systematic

#	Searches
	Review"/ or exp "Meta-Analysis"/ or (randomized or randomised or randomly or trial or RCT or wait*list or experiment* or "quasi ex*" or quasiexperiment* or quasi*experimental or "systematic review" or metaanalysis or "meta analysis").id,sh. or (randomized or randomised or randomly or trial or RCT or wait*list or experiment* or "quasi ex*" or quasiexperiment* or quasi*experimental or "systematic review" or metaanalysis or "meta analysis").ti,ab.
4	exp "risk-taking"/ or exp "juvenile delinquency"/ or ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*").id,sh. or ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*").ti,ab.
5	exp "unsafe sex"/ or ("sexual risk taking" or "unsafe sex" or "unprotected sex").id,sh. or ("sexual risk taking" or "unsafe sex" or "unprotected sex").ti,ab.
6	exp "Alcohol Drinking"/ or exp "Binge Drinking"/ or exp "underage drinking"/ or exp "drug-seeking behavior"/ or exp "marijuana use"/ or exp "recreational drug use"/ or ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking").id,sh. or ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking").ti,ab.
7	exp "social skills"/ or exp "emotional regulation"/ or ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or "decision-making" or "self-regulation" or "self regulation" or "emotional regulation").id,sh. or ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation").ti,ab.
8	4 or 5 or 6
9	7 or 8
10	1 and 2 and 3 and 9
11	Articles from peer-reviewed journals from 2010 onwards in the English language only
12	6676

CINAHL (Ebsco)

#	Searches
1	(MH "Young Adult") OR (MH "Adolescence+") OR (MH "Minors (Legal)") OR SU ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or "predelinquent youth") OR TI ("young people" or "young person" or "young adult" or "young m*n" or

#	Searches
	<p>"young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or "predelinquent youth") OR AB ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or "predelinquent youth")</p>
2	<p>(MH "Program Evaluation") OR SU (intervention or program* or treatment or service or "program evaluation" or "diversion programs") OR TI (intervention or program* or treatment or service or "program evaluation" or "diversion programs") OR AB (intervention or program* or treatment or service or "program evaluation" or "diversion programs")</p>
3	<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") OR SU (randomized or randomised or randomly or trial or RCT or wait*list or experiment* or "quasi ex*" or quasiexperiment* or quasi*experimental or "systematic review" or metaanalysis 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 quasi*experimental or "systematic review" 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 quasi*experimental or "systematic review" or metaanalysis or "meta analysis")</p>
4	<p>(MH "Juvenile Delinquency") OR (MH "Risk Taking Behavior") OR SU ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*" or delinquen* or "juvenile delinquen*") OR TI ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*" or delinquen* or "juvenile delinquen*") OR AB ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*" or delinquen* or "juvenile delinquen*")</p>
5	<p>(MH "Unsafe sex")</p>

#	Searches
	OR SU ("sexual risk taking" or "unsafe sex" or "unprotected sex") OR TI ("sexual risk taking" or "unsafe sex" or "unprotected sex") OR AB ("sexual risk taking" or "unsafe sex" or "unprotected sex")
6	(MH "Alcohol Drinking+") OR (MH "recreational drug use") OR (MH "binge drinking") OR SU ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking") OR TI ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking") OR AB ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking")
7	(MH "Emotional Regulation+") OR (MH "decision making") OR (MH "self regulation") OR SU ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation") OR TI ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation") OR AB ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation")
8	4 or 5 or 6
9	7 or 8
10	1 and 2 and 3 and 9
11	Articles from <i>peer-reviewed</i> journals from 2010 onwards in the <i>English</i> language only
12	5,583

ERIC (Ebsco)

#	Searches
1	(exp "Youth"/ or exp "Young Adults"/ or exp "Adolescents"/ or exp "early adolescents"/ or "late adolescents"/) or ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor*).id,sh. or ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile*

#	Searches or adolesc* or minor*).ti,ab.
2	(exp "Intervention"/ or exp "Programs"/ or exp "Youth programs"/ or exp "Program evaluation"/ or exp "Delinquency prevention"/ 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 "Randomized Controlled Trials"/ or exp "Experimental Groups"/ or exp "Research Design" or exp "quasiexperimental design"/ or exp "Meta Analysis"/) or (randomized or randomised or randomly or trial or RCT or wait*list or experiment* or "quasi ex*" or quasiexperiment* or quasi*experimental or "systematic review" or metaanalysis or "meta analysis").id,sh. or (randomized or randomised or randomly or trial or RCT or wait*list or experiment* or "quasi ex*" or quasiexperiment* or quasi*experimental or "systematic review" or metaanalysis or "meta analysis").ti,ab.
4	(exp "Delinquency"/ or exp "antisocial behavior"/) or ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*").id,sh. or ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*").ti,ab.
5	(exp "sexual behavior"/) or ("sexual risk taking" or "unsafe sex" or "unprotected sex").id,sh. or ("sexual risk taking" or "unsafe sex" or "unprotected sex").ti,ab.
6	exp "drug use"/ or exp "drinking"/ or exp "Drug usage"/ or ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking").id,sh. or ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking").ti,ab.
7	(exp "interpersonal competence"/ or exp "social emotional learning"/ or exp "decision making"/ or exp "decision making skills"/) or ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or "decision-making" or "self-regulation" or "self regulation" or "emotional regulation").id,sh. or ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or "decision-making" or "self-regulation" or "self regulation" or "emotional regulation").ti,ab.
8	4 or 5 or 6
9	7 or 8
10	1 and 2 and 3 and 9
11	Articles from <i>peer-reviewed</i> journals from 2010 onwards in the <i>English</i> language only
12	653

PsycInfo (Ovid)

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#	Searches
1	exp "Predelinquent Youth"/ or ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor*).id,sh. or ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor*).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 "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 or randomised or randomly or trial or RCT or wait*list or experiment* or "quasi ex*" or quasiexperiment* or quasi*experimental or "systematic review" or metaanalysis or "meta analysis").id,sh. or (randomized or randomised or randomly or trial or RCT or wait*list or experiment* or "quasi ex*" or quasiexperiment* or quasi*experimental or "systematic review" or metaanalysis or "meta analysis").ti,ab.
4	exp "risk taking"/ or exp "juvenile delinquency"/ or ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*").id,sh. or ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*").ti,ab.
5	exp "sexual risk taking"/ or ("sexual risk taking" or "unsafe sex" or "unprotected sex").id,sh. or ("sexual risk taking" or "unsafe sex" or "unprotected sex").ti,ab.
6	exp "Binge drinking"/ or exp "underage drinking"/ or exp "Drug usage"/ or ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking").id,sh. or ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking").ti,ab.
7	exp "socioemotional functioning"/ or ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or "decision-making" or "self-regulation" or "self regulation" or "emotional regulation").id,sh. or ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation").ti,ab.
8	4 or 5 or 6
9	7 or 8
10	1 and 2 and 3 and 9
11	Articles from <i>peer-reviewed</i> journals from 2010 onwards in the <i>English</i> language only
12	3140

Social Services Abstracts (ProQuest)

#	Searches
1	<p>SU ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or "predelinquent youth")</p> <p>OR</p> <p>TI ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or "predelinquent youth")</p> <p>OR</p> <p>AB ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or "predelinquent youth")</p>
2	<p>SU (intervention or program* or treatment or service or "program evaluation" or "diversion programs")</p> <p>OR</p> <p>TI (intervention or program* or treatment or service or "program evaluation" or "diversion programs")</p> <p>OR</p> <p>AB (intervention or program* or treatment or service or "program evaluation" or "diversion programs")</p>
3	<p>SU (randomized or randomised or randomly or trial or RCT or wait*list or experiment* or "quasi ex*" or quasiexperiment* or quasi*experimental or "systematic review" or metaanalysis 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 quasi*experimental or "systematic review" 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 quasi*experimental or "systematic review" or metaanalysis or "meta analysis")</p>
4	<p>(SU ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*" or delinquen* or "juvenile delinquen*") OR TI ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*" or delinquen* or "juvenile delinquen*") OR AB ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*" or delinquen* or "juvenile delinquen*")) OR</p> <p>(SU ("sexual risk taking" or "unsafe sex" or "unprotected sex") OR TI ("sexual risk taking" or "unsafe sex" or "unprotected sex") OR AB ("sexual risk taking" or "unsafe sex" or "unprotected sex")) OR</p> <p>(SU ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or</p>

#	Searches
	"problem drinking") OR TI ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking") OR AB ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking"))
5	SU ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation") OR TI ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation") OR AB ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation")
6	4 or 5
7	1 and 2 and 3 and 6
8	Articles from <i>peer-reviewed</i> journals from 2010 onwards in the <i>English</i> language only
9	1583

Electronic Database Search Strategy 2: Interventions Targeting Aboriginal and/or Torres Strait Islander Youth

Medline (Ovid)

#	Searches
1	exp "Adolescent"/ or exp "Young Adult"/ or exp "Minors"/ or ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor*).id,sh. or ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor*).ti,ab.
2	exp "psychosocial Intervention"/ or (intervention or program* or treatment or service).id,sh. or (intervention or program* or treatment or service).ti,ab.
3	exp "risk-taking"/ or exp "juvenile delinquency"/ or ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*").id,sh. or ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*").ti,ab.
4	exp "unsafe sex"/ or ("sexual risk taking" or "unsafe sex" or "unprotected sex").id,sh. or ("sexual risk taking" or "unsafe sex" or "unprotected sex").ti,ab.

#	Searches
5	exp "Alcohol Drinking"/ or exp "Binge Drinking"/ or exp "underage drinking"/ or exp "drug-seeking behavior"/ or exp "marijuana use"/ or exp "recreational drug use"/ or ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking").id,sh. or ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking").ti,ab.
6	exp "social skills"/ or exp "emotional regulation"/ or ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or "decision-making" or "self-regulation" or "self regulation" or "emotional regulation").id,sh. or ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation").ti,ab.
7	((("Aboriginal or Torres Strait Islander*" or "Aboriginal and Torres Strait Islander*" or "Indigenous Australian*" or "First People*" or "Indigenous*" or "First Nation*").id,sh.) or ((("Aboriginal or Torres Strait Islander*" or "Aboriginal and Torres Strait Islander*" or "Indigenous Australian*" or "First People*" or "Indigenous*" or "First Nation*").ti,ab.) AND ((Australia*).id,sh. or (Australia*).ti,ab.)
8	3 or 4 or 5
9	6 or 8
10	1 and 2 and 9
11	10 and 7
12	Articles from peer-reviewed journals from 2010 onwards in the English language only
13	71

CINAHL (Ebsco)

#	Searches
1	(MH "Young Adult") OR (MH "Adolescence+") OR (MH "Minors (Legal)") OR SU ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or "predelinquent youth") OR TI ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or "predelinquent youth") OR AB ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or "predelinquent youth")
2	(MH "Program Evaluation")

#	Searches
	OR SU (intervention or program* or treatment or service or “program evaluation” or “diversion programs”) OR TI (intervention or program* or treatment or service or “program evaluation” or “diversion programs”) OR AB (intervention or program* or treatment or service or “program evaluation” or “diversion programs”)
3	(MH "Juvenile Delinquency") OR (MH "Risk Taking Behavior") OR SU ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*" or delinquen* or "juvenile delinquen*") OR TI ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*" or delinquen* or "juvenile delinquen*") OR AB ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*" or delinquen* or "juvenile delinquen*")
4	(MH "Unsafe sex") OR SU ("sexual risk taking" or "unsafe sex" or "unprotected sex") OR TI ("sexual risk taking" or "unsafe sex" or "unprotected sex") OR AB ("sexual risk taking" or "unsafe sex" or "unprotected sex")
5	(MH "Alcohol Drinking+") OR (MH "recreational drug use") OR (MH "binge drinking") OR SU ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking") OR TI ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking") OR AB ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking")
6	(MH "Emotional Regulation+") OR (MH "decision making") OR (MH "self regulation") OR SU ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or

#	Searches
	"self regulation" or "emotional regulation") OR TI ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation") OR AB ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation")
7	(SU ("Aboriginal or Torres Strait Islander*" or "Aboriginal and Torres Strait Islander*" or "Indigenous Australian*" or "First People*" or "Indigenous*" or "First Nation*") AND (Australia*)) or (TI ("Aboriginal or Torres Strait Islander*" or "Aboriginal and Torres Strait Islander*" or "Indigenous Australian*" or "First People*" or "Indigenous*" or "First Nation*") AND (Australia*)) or (AB ("Aboriginal or Torres Strait Islander*" or "Aboriginal and Torres Strait Islander*" or "Indigenous Australian*" or "First People*" or "Indigenous*" or "First Nation*") AND (Australia*))
8	3 or 4 or 5
9	8 or 6
10	1 and 2 and 9
11	10 and 7
12	Articles from <i>peer-reviewed</i> journals from 2010 onwards in the <i>English</i> language only, full-text
13	66

ERIC (Ebsco)

#	Searches
1	(exp "Youth"/ or exp "Young Adults"/ or exp "Adolescents"/ or exp "early adolescents"/ or "late adolescents"/) or ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor*).id,sh. or ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor*).ti,ab.
2	(exp "Intervention"/ or exp "Programs"/ or exp "Youth programs"/ or exp "Program evaluation"/ or exp "Delinquency prevention"/ 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 "Delinquency"/ or exp "antisocial behavior"/) or ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*").id,sh. or ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*").ti,ab.

#	Searches
4	(exp "sexual behavior"/) or ("sexual risk taking" or "unsafe sex" or "unprotected sex").id,sh. or ("sexual risk taking" or "unsafe sex" or "unprotected sex").ti,ab.
5	exp "drug use"/ or exp "drinking"/ or exp "Drug usage"/ or ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking").id,sh. or ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking").ti,ab.
6	(exp "interpersonal competence"/ or exp "social emotional learning"/ or exp "decision making"/ or exp "decision making skills"/) or ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or "decision-making" or "self-regulation" or "self regulation" or "emotional regulation").id,sh. or ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation").ti,ab.
7	((("Aboriginal or Torres Strait Islander*" or "Aboriginal and Torres Strait Islander*" or "Indigenous Australian*" or "First People*" or "Indigenous*" or "First Nation*").id,sh.) or ((("Aboriginal or Torres Strait Islander*" or "Aboriginal and Torres Strait Islander*" or "Indigenous Australian*" or "First People*" or "Indigenous*" or "First Nation*").ti,ab.) AND ((Australia*).id,sh. or (Australia*).ti,ab.))
8	3 or 4 or 5
9	6 or 8
10	1 and 2 and 9
11	7 and 10
12	Articles from <i>peer-reviewed</i> journals from <i>2010 onwards</i> in the <i>English</i> language only
13	8

PsycInfo (Ovid)

#	Searches
1	exp "Predelinquent Youth"/ or ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor*).id,sh. or ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor*).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 "risk taking"/ or exp "juvenile delinquency"/ or ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*").id,sh. or ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or

#	Searches
	"antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*").ti,ab.
4	exp "sexual risk taking"/ or ("sexual risk taking" or "unsafe sex" or "unprotected sex").id,sh. or ("sexual risk taking" or "unsafe sex" or "unprotected sex").ti,ab.
5	exp "substance abuse"/ or "drug abuse".mp. or "alcohol abuse"/ or ("drug us*" or "drug abuse" or "substance us*" or "substance abuse" or "risky drinking" or "alcohol abuse" or "binge drinking" or "problem drinking").id,sh. or ("drug us*" or "drug abuse" or "substance us*" or "substance abuse" or "risky drinking" or "alcohol abuse" or "binge drinking" or "problem drinking").ti,ab.
6	exp "socioemotional functioning"/ or ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or "decision-making" or "self-regulation" or "self regulation" or "emotional regulation").id,sh. or ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation").ti,ab.
7	((("Aboriginal or Torres Strait Islander*" or "Aboriginal and Torres Strait Islander*" or "Indigenous Australian*" or "First People*" or "Indigenous*" or "First Nation*").id,sh.) or ((("Aboriginal or Torres Strait Islander*" or "Aboriginal and Torres Strait Islander*" or "Indigenous Australian*" or "First People*" or "Indigenous*" or "First Nation*").ti,ab.) AND ((Australia*).id,sh. or (Australia*).ti,ab.)
8	3 or 4 or 5
9	6 or 8
10	1 and 2 and 9
11	10 and 7
12	Articles from <i>peer-reviewed</i> journals from 2010 onwards in the <i>English</i> language only
13	30

Social Services Abstracts (ProQuest)

#	Searches
1	<p>SU ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or "predelinquent youth") OR TI ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or "predelinquent youth") OR AB ("young people" or "young person" or "young adult" or "young m*n" or "young wom*n" or youth* or teen* or juvenile* or adolesc* or minor* or "predelinquent youth")</p>
2	<p>SU (intervention or program* or treatment or service or "program evaluation" or "diversion programs") OR TI (intervention or program* or treatment or service or "program evaluation" or "diversion programs") OR AB (intervention or program* or treatment or service or "program evaluation" or "diversion programs")</p>
3	<p>(SU ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*" or delinquen* or "juvenile delinquen*") OR TI ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*" or delinquen* or "juvenile delinquen*") OR AB ("risk taking" or "risky behavior*" or "risky behaviour*" or "risk behavior*" or "risk behaviour*" or "dangerous behaviour*" or "dangerous behavior*" or "antisocial behavior*" or "antisocial behaviour*" or "criminal behavior*" or "criminal behaviour*" or delinquen* or "juvenile delinquen*")) OR (SU ("sexual risk taking" or "unsafe sex" or "unprotected sex") OR TI ("sexual risk taking" or "unsafe sex" or "unprotected sex") OR AB ("sexual risk taking" or "unsafe sex" or "unprotected sex")) OR (SU ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking") OR TI ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking") OR AB ("drug us*" or "substance us*" or "risky drinking" or "binge drinking" or "problem drinking"))</p>

4	SU ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation") OR TI ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation") OR AB ("socio-emotional skill*" or "socioemotional skill*" or "socio emotional skill*" or "socio-emotional function*" or "socioemotional function*" or "social skill*" or "social competen*" or "decision making" or decision-making or self-regulation or "self regulation" or "emotional regulation")
5	(SU ("Aboriginal or Torres Strait Islander*" or "Aboriginal and Torres Strait Islander*" or "Indigenous Australian*" or "First People*" or "Indigenous*" or "First Nation*") AND (Australia*)) or (TI ("Aboriginal or Torres Strait Islander*" or "Aboriginal and Torres Strait Islander*" or "Indigenous Australian*" or "First People*" or "Indigenous*" or "First Nation*") AND (Australia*)) or (AB ("Aboriginal or Torres Strait Islander*" or "Aboriginal and Torres Strait Islander*" or "Indigenous Australian*" or "First People*" or "Indigenous*" or "First Nation*") AND (Australia*))
6	3 or 4
7	1 and 2 and 6
8	5 and 7
9	Articles from <i>peer-reviewed</i> journals from 2010 onwards in the <i>English</i> language only
10	44

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Output: Overviews of database search

Electronic Database Search Strategy 1

Name of database	PsycINFO (Ovid)	Social Services Abstracts (ProQuest)	MEDLINE (Ovid)	CINAHL (Ebsco)	ERIC (Ebsco)
Searched	YES	YES	YES	YES	YES
Date of search	05-07-2021	05-07-2021	06-07-2021	07-07-2021	07-07-2021
Search string	As above	As above	As above	As above	As above
Documented changes	N/A	N/A	N/A	N/A	N/A
Total number of citations	3140	1583	6676	5583	653
Exported to reference management library?	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

Summary of article count from electronic databases

Total = 17635 articles (duplicates not yet removed)

Updated total = 12572 articles (5063 duplicates removed)

Electronic Database Search Strategy 2: Interventions Targeting Aboriginal and/or Torres Strait Islander Youth

Name of database	PsycINFO (Ovid)	Social Services Abstracts (ProQuest)	MEDLINE (Ovid)	CINAHL (Ebsco)	ERIC (Ebsco)
Searched	YES	YES	YES	YES	YES
Date of search	30-07-2021	30-07-2021	30-07-2021	30-07-2021	30-07-2021
Search string	As above	As above	As above	As above	As above
Documented changes	N/A	N/A	N/A	N/A	N/A
Total number of citations	30	44	71	66	8
Exported to reference management library?	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

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Summary of article count from electronic databases

Total = 188 articles (31 duplicates removed)

Software to be used:

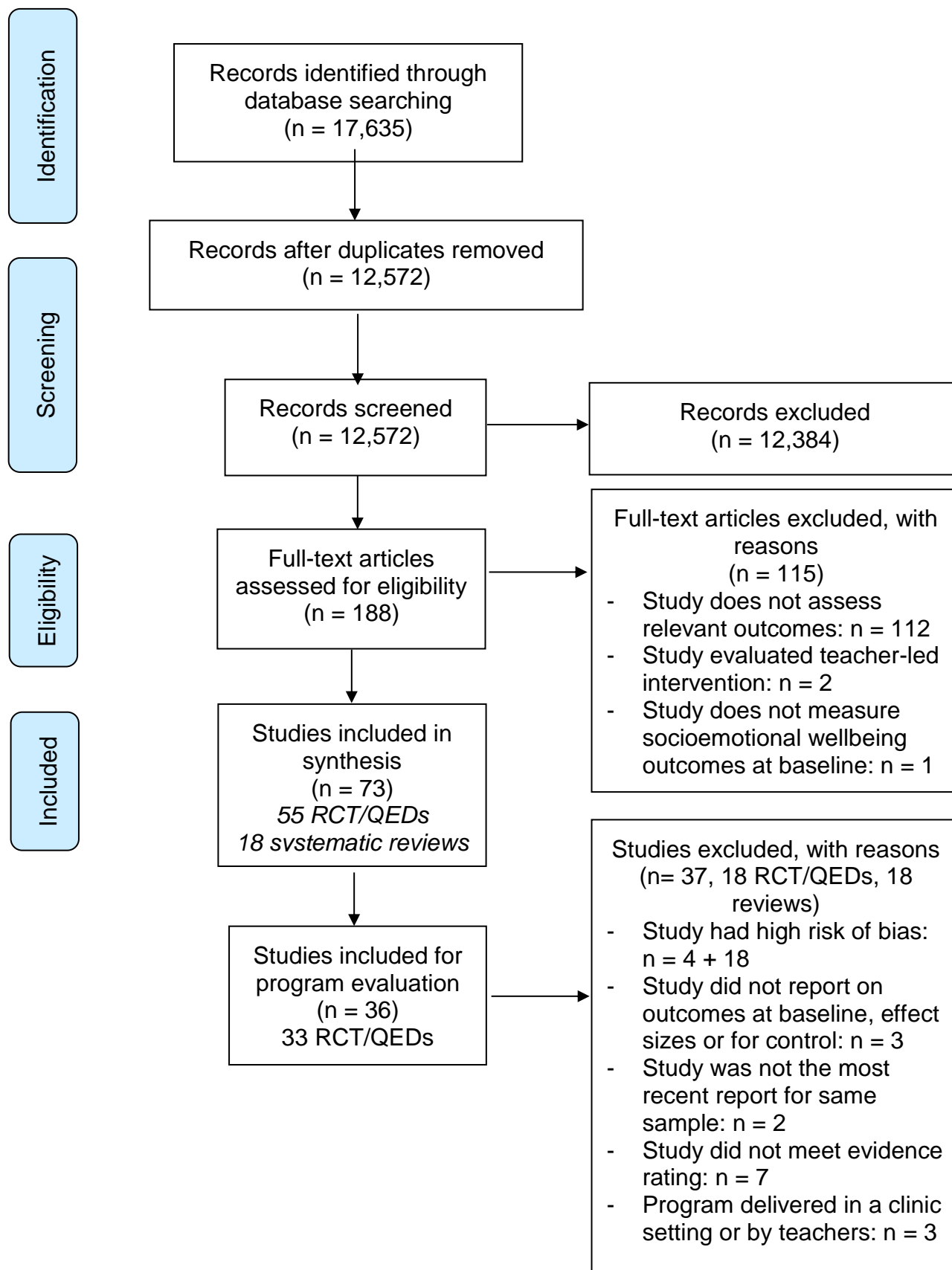
- References to be exported from databases to EndNote
- References to be exported from Endnote to Excel to screen for inclusion
- Full-text PDFs to be extracted into OneDrive/Teams
- Data extraction to be carried out in Excel

Step 3: Screen studies

Output: Reference library

Located in Reference library file

Output: PRISMA flow chart



Step 4: Assess for risk of bias

Output: Risk of bias assessments for RCTs/QEDs

Located in the data extraction template

Output: Risk of bias assessments for systematic reviews

Located in the data extraction template

Step 5: Extract data

Output: Data Extraction template

Located in the data extraction template

Step 6: Rate the evidence for programs

Each reference will be rated based on the Evidence Rating Scale indicated in the Technical Specifications.

A summary will be provided of what is currently known about the level of evidence in relation to the populations of interest, with attention to Aboriginal and Torres Strait Islander and Culturally and Linguistically Diverse populations, where evidence is available.

Output: List of evidence-informed programs

Program name	Outcome domains	Evidence rating
Art from Ashes Phoenix Rising poetry workshops	<ul style="list-style-type: none"> Social skills & communication 	Promising research evidence
CERTIFY - Cognitive Emotion Regulation Training Intended for Youth	<ul style="list-style-type: none"> Decision-making Emotional regulation & self-regulation 	Mixed research evidence with no adverse effects
No program name: Cognitive-behavioural therapy (CBT) + Mindfulness meditation (MM)	<ul style="list-style-type: none"> Decision-making Emotional regulation & self-regulation 	Mixed research evidence with adverse effects
Color it Real	<ul style="list-style-type: none"> Decision-making Emotional regulation & self-regulation 	Mixed research evidence with no adverse effects

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Program name	Outcome domains	Evidence rating
No program name: coping skills	<ul style="list-style-type: none"> • Decision-making • Emotional regulation & self-regulation 	Mixed research evidence with no adverse effects
Cuidate!	<ul style="list-style-type: none"> • Decision-making 	Mixed research evidence with no adverse effects
D.A.R.E.'s The Elementary keepin' it REAL (EkiR)	<ul style="list-style-type: none"> • Decision-making • Self-confidence • Social skills & communication 	Mixed research evidence with no adverse effects
Go Grrrls	<ul style="list-style-type: none"> • Decision-making • Self-confidence 	Evidence fails to demonstrate effect
Guy Talk	<ul style="list-style-type: none"> • Decision-making • Self-confidence 	Mixed research evidence with no adverse effects
HEART (Health Education and Relationship Training)	<ul style="list-style-type: none"> • Decision-making • Self-confidence • Social skills & communication 	Mixed research evidence with no adverse effects
No program name: Incremental intervention	<ul style="list-style-type: none"> • Decision-making • Emotional regulation & self-regulation 	Promising research evidence
Just Breathe	<ul style="list-style-type: none"> • Emotional regulation & self-regulation 	Promising research evidence
Just/Us Facebook page	<ul style="list-style-type: none"> • Decision-making • Self-confidence 	Evidence fails to demonstrate effect
Kripalu Yoga in the Schools (KYIS) curriculum	<ul style="list-style-type: none"> • Decision-making • Emotional regulation & self-regulation • Self-confidence 	Mixed research evidence with no adverse effects
Mindfulness-based stress reduction (adapted version)	<ul style="list-style-type: none"> • Decision-making • Emotional regulation & self-regulation • Self-confidence 	Mixed research evidence with no adverse effects
Media Aware - High School	<ul style="list-style-type: none"> • Decision-making • Self-confidence • Social skills & communication 	Mixed research evidence with no adverse effects
Media Aware (Sexual Health Program for Young Adults)	<ul style="list-style-type: none"> • Decision-making • Self-confidence 	Mixed research evidence with no adverse effects
Motivational Interviewing and Culture for Urban Native American Youth & Community Wellness Gatherings (MICUNAY + CWG)	<ul style="list-style-type: none"> • Decision-making • Emotional regulation & self-regulation • Self-confidence • Social skills & communication 	Evidence fails to demonstrate effect

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Program name	Outcome domains	Evidence rating
Motivational Interviewing integrated with Social Network Counselling (MI/SN)	<ul style="list-style-type: none"> • Decision-making • Emotional regulation & self-regulation • Social skills & communication 	Mixed research evidence with no adverse effects
Motivational Interviewing via Co-active Life Coaching (MI-via-CALC)	<ul style="list-style-type: none"> • Self-confidence 	Mixed research evidence with no adverse effects
IVRE + ER: Immersive Virtual Reality Environments (IVREs) paired with a Brief Emotion Regulation and Risk Reduction Intervention (ER).	<ul style="list-style-type: none"> • Emotional regulation & self-regulation • Self-confidence 	Mixed research evidence with no adverse effects
No program name: online intervention	<ul style="list-style-type: none"> • Decision-making • Emotional regulation & self-regulation • Self-confidence 	Promising research evidence
No program name: Yoga intervention	<ul style="list-style-type: none"> • Social skills & communication • Emotional regulation & self-regulation • Self-confidence 	Evidence fails to demonstrate effect
Positive Action (PA)	<ul style="list-style-type: none"> • Decision-making • Emotional regulation & self-regulation • Self-confidence • Social skills & communication 	Mixed research evidence with no adverse effects
Prime Time	<ul style="list-style-type: none"> • Decision-making • Emotional regulation & self-regulation • Self-confidence • Social skills & communication 	Mixed research evidence with no adverse effects
Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students)	<ul style="list-style-type: none"> • Decision-making • Self-confidence • Social skills & communication 	Mixed research evidence with adverse effects
Project Towards No Drug Abuse (TND)	<ul style="list-style-type: none"> • Decision-making • Self-confidence • Social skills & communication 	Mixed research evidence with no adverse effects

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Program name	Outcome domains	Evidence rating
Promoting Resilience in Self-Management (PRISM)	<ul style="list-style-type: none"> Decision-making Emotional regulation & self-regulation 	Mixed research evidence with no adverse effects
Quik Fix	<ul style="list-style-type: none"> Emotional regulation & self-regulation 	Promising research evidence
REAL Girls	<ul style="list-style-type: none"> Self-confidence 	Promising research evidence
RealTeen	<ul style="list-style-type: none"> Decision-making Emotional regulation & self-regulation Self-confidence 	Mixed research evidence with no adverse effects
Reducing the Risk (RTR) and RTR+ (a modified version of RTR using fuzzy-trace theory)	<ul style="list-style-type: none"> Decision-making Self-confidence Social skills & communication 	Mixed research evidence with adverse effects
Refuse, Remove, Reasons (RRR)	<ul style="list-style-type: none"> Decision-making 	Promising research evidence
Resilience Builder Program	<ul style="list-style-type: none"> Emotional regulation & self-regulation 	Mixed research evidence with no adverse effects
Safer Sex Intervention	<ul style="list-style-type: none"> Decision-making 	Mixed research evidence with no adverse effects
Speaking to the Potential, Ability and Resilience Inside Every Kid (SPARK) Pre-Teen Mentoring Curriculum	<ul style="list-style-type: none"> Decision-making Emotional regulation & self-regulation Self-confidence Social skills & communication 	Promising research evidence
STAR LO	<ul style="list-style-type: none"> Decision-making Self-confidence Social skills & communication 	Mixed research evidence with no adverse effects
No program name: text intervention	<ul style="list-style-type: none"> Decision-making Social skills & communication 	Promising research evidence
The Council for Boys and Young Men	<ul style="list-style-type: none"> Decision-making Emotional regulation & self-regulation Self-confidence 	Mixed research evidence with no adverse effects
Transformative Life Skills (TLS)	<ul style="list-style-type: none"> Decision-making Emotional regulation & self-regulation 	Mixed research evidence with no adverse effects
No program name: web-based tailored intervention for reducing cannabis use	<ul style="list-style-type: none"> Decision-making 	Promising research evidence

Youth socioemotional wellbeing evidence review protocol

Program name	Outcome domains	Evidence rating
No program name: yoga intervention	<ul style="list-style-type: none">• Emotional regulation & self-regulation• Self-confidence	Mixed research evidence with no adverse effects

Step 7. Identify core components and flexible activities

Fixed aspects of interventions or programs (i.e. core components) will be identified in the included papers. Using the data extraction template, a content analysis of each study will be undertaken in which descriptions of activities undertaken in the program will be coded and grouped under broad category headings, with examples of different ways the component can be implemented (i.e. flexible activities) will also be included. The aim will be to synthesise and provide a summary of key practices, techniques, strategies or activities, characteristics of mentors or mentees, that have been shown to improve target cohort outcomes and elements that are common across evidence-informed programs or interventions.

Output: List of core components and flexible activities

Core components	Descriptions	Flexible Activities
Self-concept, self-efficacy and confidence	Self-concept, self-efficacy and confidence aims to foster self-efficacy and self-awareness through positive self-identity, body image and cultural connectedness or identity.	<ul style="list-style-type: none"> • Identifying triggers and adaptive strategies for dealing with difficult situations • Fostering a safe and supportive environment • - Fostering autonomy and independence • Building skills including refusal, assertiveness and critical thinking skills • Providing opportunities for creative expression or outlet
Mindfulness and self-regulation	Mindfulness and self-regulation aims to teach strategies that enable self-regulation, stress management and emotional regulation.	<ul style="list-style-type: none"> • Journaling or self-reflection • Yoga • Breathing exercises • Relaxation and muscle relaxation • Mindfulness and self-regulation
Prosocial skills and relationship-building	Prosocial skills and relationship-building aims to build social skills required to positively interact with prosocial peers and community members through fostering communication and engaged learning with others.	<ul style="list-style-type: none"> • Establishing and maintaining healthy relationships • Building communication skills • Community engagement • Group discussion or work • Peer learning and support

Core components	Descriptions	Flexible Activities
Building motivation and monitoring behavioural change	Building motivation and monitoring behavioural change aims to motivate a behavioural change or attitude and/or monitor and document behavioural changes over time.	<ul style="list-style-type: none"> • Goal-setting • Personalised assessment or screening • Feedback (generic or personalised) • Tracking or monitoring • Booster messages or reinforcement
Building knowledge and awareness for socioemotional wellbeing	Building knowledge and awareness for socioemotional wellbeing focuses on learning and development activities that underpin the other core components.	<ul style="list-style-type: none"> • Learning and development activities to enable critical thinking • Learning and development activities to enable meta-cognition and self-regulation • Learning and development activities to address sexual and substance use risk • Learning and development activities to promote healthy relationships • Learning and development activities related to social norms

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