

Table 3. Interventions to reduce stigma related to mental disorders.

Reference Type of study	Intervention Description	Analysis
Munawar et al., 2020 / SR	Mental health literacy: - Stigma. - Approach of seeking help for the treatment of mental disorders. knowledge of mental health.	- Level 3 evidence. - No intervention with statistical value.
Pérez-Flores; Cabassa, 2021 / SR	Mental health literacy: - Photo novels to increase knowledge about depression and reduce stigma.	- Level 2 evidence. - Effective in post-test ($t=2.01$, $p<0.05$) after one month ($t=3.03$, $p<0.05$).
Yan Ma et al., 2023 / SR	Mental health literacy: - Videos or contact with people who had experienced mental disorders.	- Level 3 evidence. - Reduction in stigma in post-test ($p=0.03$), sustained at 2.5 months.
Chisholm et al., 2012 / CT	Mental health literacy: - Mental health education, with contact with a young person with lived experience of mental illness.	- Level 2 evidence. - No statistical value.
Ojio et al., 2020 / CT	Video lesson (10 minutes) with biomedical content on the biological mechanism of mental disorders, pharmacology, and gene-environment interaction.	- Level 2 evidence. - Significant effect in post-test ($F(1, 177) = 160.5$, $p<0.0001$, $n_2=0.48$), continuing in the one-year follow-up study ($B[95\% CI] = -2.56 [-4.27, -0.85]$, $p<0.01$).
Li et al., 2015 / CT	1st course; 2nd clinical practice; 3rd public health perspective, stigma, and discrimination, incorporating WHO guidelines, ICD-10, and current policies.	- Level 3 evidence. - The MICA scale GI decreased more than the CG. ($P < 0.001$). Pre-test 49.79(8.29), post-test 47.13 (7.50), 6 months 44.21(8.83), 12 months 45.20(8.95). 95% CI.