

Table 4. Interventions to reduce stigma related to depressive and anxiety disorders.

Reference Type of study	Intervention Description	Analysis
Liu et al., 2023 / SR	Digital intervention for mental health literacy - Online CBT intervention, 8 sessions.	Digital intervention for mental health literacy - Online CBT intervention, 8 sessions.
Tóth et al., 2022 / SR	Online psychoeducation focused on depression and anxiety, delivered in a simple multimedia format. 2 modules: the 1st with graphics and videos from consumers sharing their lived experiences with depression and anxiety; the 2nd with exercises.	Online psychoeducation focused on depression and anxiety, delivered in a simple multimedia format. 2 modules: the 1st with graphics and videos from consumers sharing their lived experiences with depression and anxiety; the 2nd with exercises.
Arthur et al., 2020 / CT	1st part: Videos about myths and beliefs in mental disorders; real-life experience of a person with depression and schizophrenia; PowerPoint presentation on signs, symptoms, and treatment for depression and schizophrenia; exploration of participants' prior knowledge about depression. 2nd part: Problem-solving and exercises (a vignette of depression was presented, where participants had to describe the image and what was happening behind it, functioning like a story).	1st part: Videos about myths and beliefs in mental disorders; real-life experience of a person with depression and schizophrenia; PowerPoint presentation on signs, symptoms, and treatment for depression and schizophrenia; exploration of participants' prior knowledge about depression. 2nd part: Problem-solving and exercises (a vignette of depression was presented, where participants had to describe the image and what was happening behind it, functioning like a story).