

Table S2. Interventions to reduce stigma related to mental disorders.

Author, Year	Population (Number and Setting)	Assessment / Intervention	Study Type	Comparator / Measures	Outcomes	Main Statistical Findings
Chisholm et al., 2012	Students aged 12–13	Two conditions: - Contact with a young person with lived experience of mental illness and education. - Mental health education without contact.	CT, pre-and post-intervention	- Reported and intended behavior scale (RIBS) - Mental health knowledge scale (MAKS) - Wagnild & Young resilience scale - Brief schizotypal personality questionnaire (SPQ)	- Reduced stigma related to mental illness - Mental health literacy - Mental health promotion	Level 2 evidence Contact intervention showed positive change in stigmatizing attitudes immediately and at 6-month follow-up (no statistical value reported).
Munawar et al., 2020	Mixed method: qualitative/CT/quasi-experimental / cross-sectional Total: 59	No detailed sample size. Focused on: - Stigma - Help-seeking behavior - Mental health knowledge	Systematic Review	Medical and non-medical populations Autistic and non-autistic individuals Standardized instruments not referenced for validity or reliability	- Reduced stigma - Less discriminatory attitudes - Improved referrals - Increased empathy	Level 3 evidence No evaluation of intervention studies. No % values. Lack of psychometric tools made it difficult to assess mental health knowledge.

Author, Year	Population (Number and Setting)	Assessment / Intervention	Study Type	Comparator / Measures	Outcomes	Main Statistical Findings
Pérez-Flores et al., 2021	Total: 7 studies Sample sizes from 41 to 4,122 Mean sample: 142	Mental health interventions: - Individual sessions - Printed materials - Group sessions	Systematic Review	Latino adults in the U.S. Latino scale for stigma toward antidepressants	- Greater knowledge about depression with brochures - Improvement with photonovela - Psychoeducation increased psychosis knowledge	Level 2 evidence Statistically significant stigma reduction with photonovels vs. brochures. No % reported. The psychoeducation program showed lower knowledge among community members vs. caregivers.
Unger et al., 2013	Latino Americans from community schools in Los Angeles N = 57	Efficacy of a photonovel to: - Increase depression knowledge - Reduce stigma	Randomized controlled longitudinal trial	Hispanic participants - Photonovela reading - Text-based leaflet	Questionnaire: Concerns about mental health care stigma	- Increased depression knowledge - Reduced stigma toward mental health care Post-test (t=2.01, p<0.05) After 1 month: t=3.03, p<0.05
Yan Ma, Anderson, Queimadura, 2023	21 studies 15 on literacy and stigma Countries: Europe,	Mental health literacy interventions, including in-	Systematic Review	Pre- and post- intervention Attribution questionnaire	- Interventions with live contact significantly reduced stigma	Level 1 evidence Improvement in mental health

Analysis of interventions to reduce stigma related to mental disorder

Author, Year	Population (Number and Setting)	Assessment / Intervention	Study Type	Comparator / Measures	Outcomes	Main Statistical Findings
	Canada, Australia, USA Populations: Elementary and high school students Sample size: N=27,122	person or video contact with people who had mental illness		(Corrigan, Markowitz, Watson, Rowan, Kubiak)	(p=0.03); no effect at 2.5- month follow-up - Statistically improved stigmatizing attitudes and beliefs (p < 0.0001 to 0.034) - Reduced stigma toward mental illness (p=0.014), not toward severe mental illness (p=0.892)	stigma, attitudes, and beliefs.