

**Table S3.** Interventions to reduce the stigma related to depression and anxiety disorders.

Author, Year	Population (Number and Configuration)	Assessment / Intervention	Study Type	Comparator	Forms of Measurement	Outcome / Main Findings
<b>LIU et al., 2023</b>	15 studies; 78 participants (LGBTQ+ youth)	Digital mental health interventions: telehealth, web/mobile apps, serious games, social networks, and online groups	Systematic review (CT/qualitative/quantitative)	—	Qualitative impressions; quantitative results not statistically presented	<b>Level 1 evidence:</b> Structured and formal intervention showed reduced depressive symptoms compared to waitlist control. No statistical value found.
<b>Craig et al., 2021b</b>	78 participants	8-session online CBT	CT	Waitlist control	Beck-II, COPE, adolescent stress measure, Hope Scale	<b>Depression:</b> $b = -5.30$ , $p = 0.005$ , $d = 0.60$ <b>Stress:</b> $b = 0.51$ , $p = 0.005$ <b>Coping resources:</b> $b = 0.27$ , $p = 0.059$
<b>TÓTH et al., 2022</b>	22 studies (9 RCTs, 13 quasi-experimental); employees, managers, and business owners	Interventions: Mental Health First Aid, Psychological First Aid, Suicide Prevention Skills Training delivered online, in person, or mixed	Systematic review	With and without intervention	Personal/perceived depression stigma scale, mental health knowledge, open-mindedness scale, knowledge/efficacy scales, discrimination/deviation scales	<b>Level 3 evidence:</b> 1-hour online training for government employees ( $n=507$ ): reduced stigma. 12-hour in-person training ( $n=199$ ): reduced personal stigma lasting 2 years. Mixed format to health workers ( $n=192$ ): long-lasting stigma reduction.

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<b>Griffiths et al., 2016</b>	507 government employees (Australia)	MH-Guru online psychoeducational induction (2 × 30-minute modules)	CT	Waitlist control	DSS-Personal; GASS-Personal	<b>Post-test:</b> - Depression: $t(421) = 6.4, p < 0.001$ - Anxiety: $t(416.6) = 5.5, p < 0.001$ <b>6-month follow-up:</b> - Depression: $t(339.8) = 2.8, p < 0.005$ - Anxiety: $t(326.3) = 4.1, p < 0.001$ <b>Level 2 evidence:</b> Significant reductions in stigma.
<b>Arthur et al., 2020</b>	128 community leaders (Southern Ghana)	Mental health literacy with problem-solving approach using videos and real-life narratives (depression, schizophrenia), PowerPoint, exercises	CT (Pre-post)	—	Stigma questionnaire (personal and perceived stigma)	<b>Level 2 evidence:</b> Public stigma perceived as high. Personal stigma: 1.18 (95% CI: 3.51–1.14) Perceived stigma: 3.10 (95% CI: 5.63–0.57)