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REVIEW

Psychosocial and mental health interventions developed by health professionals

Intervenciones psicosociales y de salud mental desarrolladas por profesionales de la salud

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ABSTRACT

Introduction: psychosocial interventions in mental health are becoming increasingly important in protecting patients' mental health, as these tools are an easy, safe and effective way to prevent and treat mental health disorders in individuals.
Objective: to identify from the scientific literature the psychosocial and mental health interventions developed by health professionals.
Method: narrative review through searches in databases provided by the Cooperative University of Colombia, such as BVS and Taylor & Francis, and in search engines such as SciELO and Google Scholar, where 30 scientific articles in English and Spanish were identified, taking into account the inclusion and exclusion criteria.
Results: participants were identified between 35 weeks of gestation and 76 years of age, with a predominance of the 30-60 age group. Likewise, it was established that the predominant type of diagnosis or history in 30 % of cases was people with some type of psychopathology. It was established that 63 % of the articles analysed included interventions that sought to use a single method to cover mental health promotion, mental disorder prevention and mental illness treatment. Similarly, 44 % of the interventions carried out were music therapy, and the health professionals who were most actively involved in the application of the interventions were nurses and psychologists.
Conclusions: this research is of great importance for human talent in health, as this narrative review identified psychosocial interventions that are effective in improving the mental health of individuals, families and groups. Among these interventions, music therapy, auriculotherapy and aromatherapy stood out, among others that had positive effects on participants.

Keywords: Psychosocial Intervention; Mental Health; Aromatherapy; Music Therapy.

RESUMEN

Introducción: las intervenciones psicosociales en salud mental cada día van cogiendo más importancia en cuanto a proteger la salud mental del paciente, siendo estas herramientas una forma fácil segura eficaz al momento de prevenir y tratar las alteraciones en la salud mental de un individuo.
Objetivo: identificar desde la literatura científica cuales son las intervenciones Psicosociales y de salud mental desarrolladas por profesionales de salud.
Método: revisión narrativa mediante búsqueda en las bases de datos facilitadas por la Universidad Cooperativa de Colombia como BVS y Taylor y Francis y en buscadores como SciELO y google académico, donde se pudieron identificar 30 artículos científicos en los idiomas inglés y español teniendo en cuenta los criterios de inclusión y exclusión.
Resultados: se identificaron participantes entre las 35 semanas de gestación hasta los 76 años de vida

predominando el grupo de edad de 30 – 60 años, Así mismo, se estableció que el tipo de diagnóstico o antecedente predominante en un 30 % fueron personas con algún tipo de psicopatología, por otro lado, Se estableció que el 63 % de los artículos analizados comprendían intervenciones que buscaban con un solo método abarcar la promoción de la salud mental, la prevención del trastorno mental y el tratamiento del enfermedades mentales, de igual forma, que el 44 % de las intervenciones realizadas fueron de musicoterapia y los profesionales de salud que tuvieron una participación más activa en cuanto a la aplicación de las intervenciones fueron los enfermeros y los psicólogos.
Conclusiones: la investigación en de gran importancia para el talento humano en salud ya que por medio de esta revisión narrativa se pudieron identificar intervenciones psicosociales que resultan ser efectivas en cuanto a mejorar la salud mental de las personas, familias o colectivos. Dentro de estas intervenciones se destacó la musicoterapia, la Auriculoterapia y la aromaterapia, entre otras realizadas que tuvieres efectos positivos en los participantes.

Palabras clave: Intervención Psicosocial; Salud Mental; Aromaterapia; Musicoterapia.

INTRODUCTION

Psychosocial interventions in mental health are becoming increasingly important in protecting patients' mental health, as these tools are an easy, safe, and effective way to prevent and treat mental health disorders in individuals.

Non-pharmacological interventions play an important role in reinforcing and counteracting the stressors that humans experience, which, according to scientific literature, are the most common cause of mental disorders.[1]

Currently, mental disorders represent a public health problem, so healthcare professionals must be aware of and implement these types of interventions in their care plans, not only when patients show changes in their mental health, but also as protective factors to prevent the patient from developing these types of disabling diseases that can become chronic, like other conditions known for their severity and cost, such as hypertension and diabetes, among others.[2]

Although there is not much literature that indicates which psychosocial interventions applied to people are helpful, effective, and efficient in one way or another in improving mental health-related symptoms, there are currently few studies that demonstrate that these types of non-pharmacological interventions can represent a positive change in the mental health of an individual, their family, and the community.

What are the psychosocial and mental health interventions developed by health professionals?

Objective

To identify psychosocial and mental health interventions developed by health professionals from the scientific literature.

METHOD

Design

A narrative review was conducted as the methodology for this research.

Population

We included articles found in the Cooperative University of Colombia databases that refer to psychosocial interventions in mental health.

Sample

Studies that met the inclusion and exclusion criteria were considered.

Identification

Primary research articles were included, including randomised controlled trials, mixed studies, cohort studies, controlled clinical trials, uncontrolled clinical studies, longitudinal studies, and quasi-experimental studies

Combination with Booleans: In the research, formulas were developed taking into account Boolean ANDs based on the descriptors mentioned above, consolidated in the following table.

Selection

After conducting a search in the Cooperative University of Colombia database, articles identifying the interventions applied were selected, taking into account the following inclusion criteria.

Table 1. Descriptors selected for searching the information sources

Descriptors in Spanish	Definition	Descriptors in English
Salud Mental	Emotional, psychological and social well-being of an individual or group	Mental Health
Intervención Psicosocial	"Providers who deliver psychosocial interventions, including psychologists, psychiatrists, social workers, counsellors/ therapists, primary care physicians and other non-psychiatric physicians, nursing professionals, physiotherapists and occupational therapists, religious leaders, lay and peer providers, for professionals and caregivers, as well as automated providers (e.g. e.g., Internet/audio/video interventions). Combinations of provider options are sometimes used."	Psychosocial Intervention
Aromaterapia	'The use of fragrances and plant essences to affect or alter a person's mood or behaviour and to facilitate physical, mental and emotional well-being.'	Aromatherapy
Terapia Musical	"Use of music as an adjunct therapy in the treatment of neurological, mental and behavioural disorders.	Music Therapy
Acupunctura	"The occupational discipline of traditional Chinese methods of acupuncture therapy for treating illness through the insertion of needles along specific pathways or meridians.	Acupuncture

Source: DeCS & MeSH search descriptors.

Table 2. Combination of Booleans

Formulas in English	Formulas in Spanish
Mental health AND interventions	Intervenciones AND salud mental
Psychosocial AND mental health interventions	Intervenciones psicosociales AND salud mental
Aromatherapy AND intervention AND mental health	Aromaterapia AND intervención AND salud mental
Music therapy AND intervention AND mental health	Musicoterapia AND intervención AND salud mental
Acupuncture AND intervention AND nursing	Acupuntura AND intervención AND enfermería
Aromatherapy AND mental health	Aromaterapia AND salud mental
Music therapy AND mental health	Musicoterapia AND salud mental

Source: DeCS & MeSH search descriptors.

Inclusion criteria

Language: Articles in Spanish and English were included.

Time range: A search covering more than 10 years was necessary, as the studies found did not provide evidence of the types of interventions applied to the participants. For this reason, articles published between 2009 and 2022 were considered.

Type of publication: Scientific articles were included, with full texts containing studies whose methodology consisted of randomised controlled trials, mixed studies, cohort studies, controlled clinical trials, uncontrolled clinical studies, longitudinal studies, and quasi-experimental studies.

Sources of information

The articles were extracted from the Cooperative University of Colombia databases, such as BVS and Taylor & Francis, and from the search engines SciELO and Google Scholar. Articles that reported on psychosocial interventions carried out by healthcare professionals to prevent and treat mental health disorders were taken into account.

Inclusion

Once the articles were located, the titles were read, the abstracts were reviewed, and the full text of the studies that met the research objectives and disclosed the name and type of intervention applied were read. Finally, the selected articles were entered into Mendeley.

Information Analysis

Before selecting the articles, the initial searches were recorded in Excel, including the total number of articles found and reviewed, and, finally, those selected for full reading. These were entered into the Excel data template, where the information was filtered to extract the study variables, such as the title, authors, years of publication, country where the studies were conducted, journal in which the article was published, objective of the study, study design, type of sampling, sociodemographic variables such as age, sex, population,

pathological history of the population, sample, and information related to the research objective, such as the name of the intervention, type of intervention, description of the intervention, time the intervention was applied, instruments used, and the professionals who applied the interventions, conclusions, recommendations, and limitations of the studies. Once the information was compiled, a final sample of 30 articles was obtained. Finally, a new Excel data template was used to group the information, taking into account the most frequently repeated sociodemographic variables and the variables related to psychosocial interventions, after which each was defined.

Ethical considerations

This narrative review does not involve close contact with human beings, as all the information was extracted from scientific studies. Therefore, it did not require any intervention with people, which is why it is considered risk-free research according to Resolution 8430 of 1993, Article 11.[3]

RESULTS AND DISCUSSION

The final sample included 30 articles published between 2009 and 2022 in Brazil, the United States, Germany, China, Korea, Denmark, Spain, the Netherlands, Hong Kong, Japan, Jordan, Norway, Switzerland, and Tunisia.

Among these, we found randomised controlled trials (n=8), mixed trials (n=8), experimental trials (n=4), cohort trials (n=3), controlled clinical trials (n=2), prospective randomised trials (n=1), uncontrolled clinical trials (n=1), longitudinal trials (n=1), observational (n=1), and quasi-experimental (n=1).

As shown in the following flowchart, 30 articles were analysed out of the 33,879 found, of which 33,849 were excluded because the type of intervention used to conduct the studies was not evident.

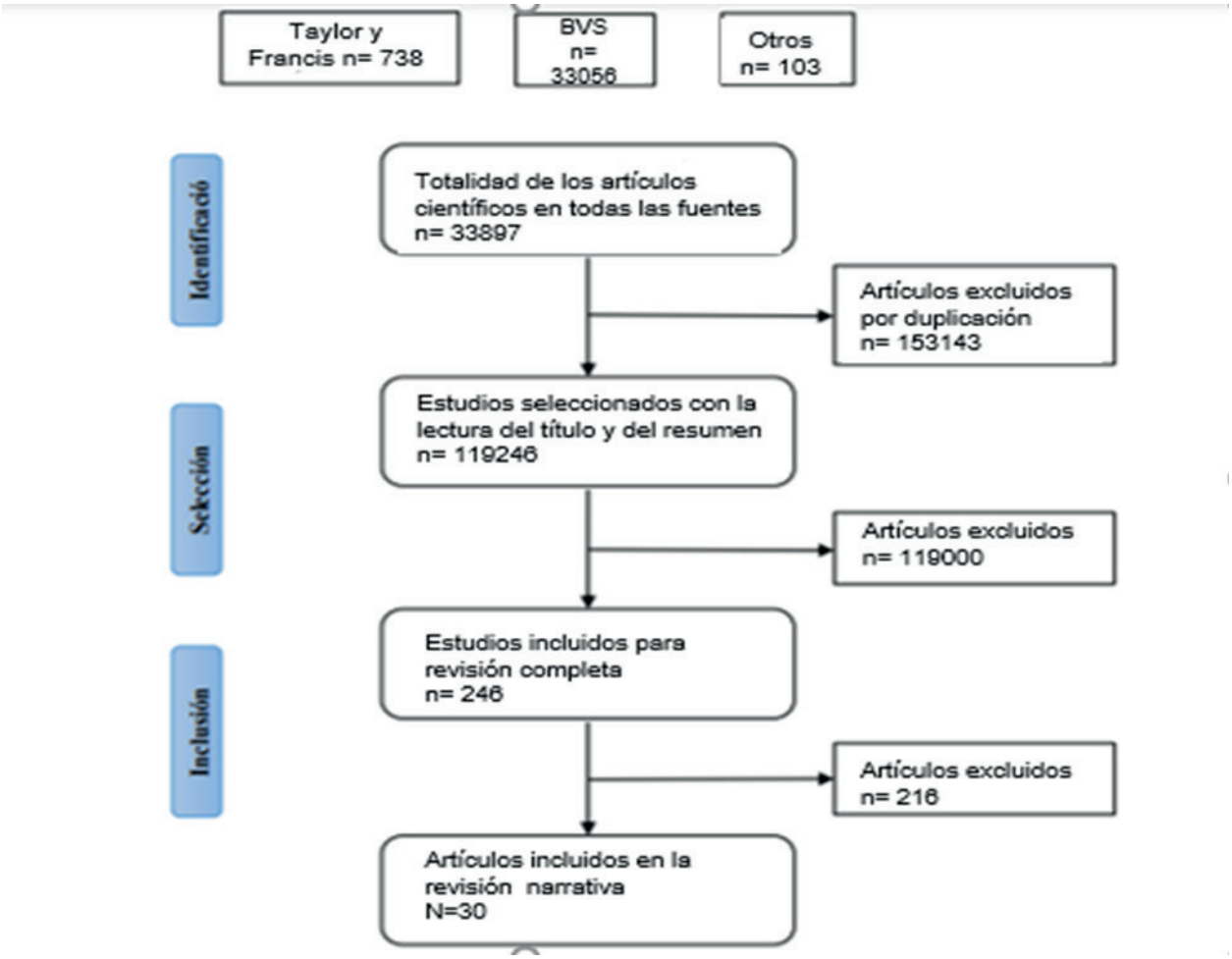

Figure 1. PRISMA Flowchart

Results of sociodemographic variables

When analysing the studies, it was observed that children and adults aged between 35 weeks of gestation and 76 years participated in the research, with the 30-60 age group predominating.[4,5,6,7,8,9,10,11,12,13,14,15,16,17,18] For this reason, it has been deduced that psychosocial interventions are not only aimed at adults but can be applied at any stage of life

Similarly, it was established that 56 % of the population was female [7,8,9,10,11,12,14,15,16,17,19,20,21,22,23,24] above because some of the studies were aimed at pregnant women, breastfeeding women and mothers who migrated with their children.

It was also established that the predominant type of diagnosis or history in 30 % of cases was people with some psychopathology.[4,7,13,15,25,27,28] Results of the type of population involved in the studies, such as the migrant population, where there is a prevalence of disorders caused by trauma experienced while trying to migrate to other countries in order to seek refuge and improve their living conditions, as well as populations such as HIV-positive patients and cancer patients, among others.

Results of variables related to psychosocial interventions

In response to the research objective, the selected articles showed several types of effective and efficient psychosocial interventions that help mitigate symptoms of anxiety, stress, depression, and fear in people exposed to conditions that alter their mental health.

It was established that 63 % of the articles analysed included interventions that sought to cover the promotion, prevention and treatment of mental disorders using a single method,[5,8,11,12,14,15,16,17,18,22,23,26,27,28,29,30,31] while 10 % sought only mental health promotion,[6,19,20] 7 % sought only mental disorder prevention,[7,25] and 20 % sought treatment.[4,9,10,13,21]

It was also established that 44 % of the interventions carried out were music therapy, 14 % aromatherapy and 10 % acupuncture,[7,8,9,10,11,13,14,15,16,17,18,23,24,26,28,29,30] without neglecting other types of interventions identified in the studies that proved to be effective in managing mental health disorders.[31,32,33,34,35]

As for the effectiveness of the interventions, we can say that not all of them proved to be effective, as some showed poor results in treating anxiety, fear, loneliness, and depression, among other traumas identified during the research.[36] In this case, the interventions that stood out most were music therapy, as it was found to be an effective, safe, and low-cost tool for treating mental health-related disorders, given that it can be applied at any time to people at any stage of life. This may be because the interventions sought to address anxiety, fear, loneliness, and depression, among other traumas identified during the research. Safe and low-cost tool for treating mental health disorders, considering that it can be applied to people at any time and any stage of life. This may be because the interventions sought to address different aspects of individuals' mental health, thus falling short when evaluating their effectiveness.[37,38,39,40]

On the other hand, the health professionals most actively involved in implementing the interventions were nurses and psychologists, bearing in mind that many of the articles analysed did not indicate the type of professional who carried out the study. It was also established that Brazil is the country that most frequently implements this type of non-pharmacological intervention within its care plan, with 7 of the 30 studies analysed.[41,42,43,44,49,50,55]

Limitations

One limitation of this narrative review was the difficulty researchers had in identifying the profession of the people who carried out the studies. Few articles indicated the type of professional who applied the interventions and merely stated that they were health professionals without mentioning their particular profession.

CONCLUSIONS

This research is of great importance for human talent in mental health. This narrative review identified non-pharmacological interventions that effectively improve the mental health of individuals, families, and communities. Music therapy, auriculotherapy, and aromatherapy stood out, among others, as they positively affected participants.

Although few studies show which health professionals participate in psychosocial interventions that help reduce and/or improve the mental health of individuals and their families, this research established that nursing professionals are heavily involved in implementing these interventions. These interventions aim to improve and maintain the mental health of people suffering from a condition that puts their emotional health at risk. Similarly, psychologists, doctors, and therapists specialising in music therapy also participate in non-pharmacological interventions to promote mental health in the community.

RECOMMENDATIONS

Future studies would be useful in revealing the type of professionals who apply the interventions that contribute to improving people's mental health. They would also continue designing interventions and evaluating their effectiveness as a tool for preventing, promoting, and treating mental disorders based on scientific evidence.

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