

#### Multimedia Appendix File 4. Full-text assessment and list of excluded studies

<b>List of excluded studies (N=96)</b>
<i>Reason: Clinical sample or specific subpopulation (N=42)</i>
[1–42]
<i>Reason: Engagement strategy not assessed/reported (N=28)</i>
[43–70]
<i>Reason: Intervention in other field than mental health promotion (N=13)</i>
[71–83]
<i>Reason: Paediatric population (N=8)</i>
[84–91]
<i>Reason: Wrong setting/study design (N=6)</i>
[92–96]

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