

Digital Interventions for Youth Mental Health: A Meta-Analysis

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Abstract. This meta-analysis investigates the effectiveness of digital interventions in improving mental health outcomes for youth. Analyzing data from multiple studies, the research reveals that digital platforms can significantly enhance access to mental health resources and support, particularly in underserved populations. The findings advocate for the integration of digital solutions in youth mental health strategies, emphasizing their potential to bridge gaps in traditional care models.

Keywords: Digital Interventions, Youth Mental Health, Meta-Analysis, Access to Care, Mental Health Resources

Introduction

The increasing prevalence of mental health issues among youth necessitates innovative approaches to care delivery. Digital interventions offer promising solutions by providing accessible mental health resources and support through online platforms. This meta-analysis evaluates the impact of digital interventions on youth mental health outcomes, synthesizing data from various studies. The results indicate that digital interventions can effectively improve mental health access and outcomes, particularly in underserved populations. These findings highlight the potential of digital solutions to complement traditional care models and expand the reach of mental health services for young individuals.

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References

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