

The effectiveness of positive mental health programs in young's and adults: A systematic Review

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Introdução & objetivos: Mental health promotion often mentions to positive mental health, seeing mental health as a resource, as a value on its own and as a basic human right crucial to social and economic development. Positive mental health serves as a potent protective element against mental illness (WHO, 2001).

Mental health is not something inert and definitive but a dynamic and variable state. The positive perspective pursues to define mental health through health. His basic hypothesize is: “health is equal to something more than lack of illness”, so allows work in healing, prevention and promotion (Canut, M., 1999). The benefits of positive mental health have been reported in terms of low levels of depression, anxiety, suicide and high levels of literacy, self-efficacy and professional competence. The aim of this systematic review is to identify, appraise and synthesize the best evidence for the effectiveness of programs of positive mental health in young's and adults.

Metodologia: A systematic review was conducted. Electronic database including CINAHL, Embase, MEDLINE, Pubmed, Scopus and Cochrane-Central were searched in December 2016 and again in April 2017. Quality assessment and data extraction: studies were reviewed and data extracted by two independent reviewers using Joanna Briggs Institute standardized critical appraisal and data extraction instruments. Data synthesis: six studies met the inclusion criteria for the analysis. Due to subject matter, study population, and methodological variation between the identified studies, statistical pooling was not possible and a meta-analysis could not be performed.

Resultados e discussão: The results suggest that positive mental health programs improve mental health of adult people.

Evidence for a program with sessions planed in community settings only for adults done for trained professionals needs to be strengthened.

Conclusões: The review findings indicate that interventions promoting the positive mental health of young adults (over 18 years) can be implemented effectively in community settings with dis-

tinct programs and results.

This review found insufficient evidence regarding the effectiveness of positive mental health only for adults.

Palavras-chave: *Positive mental health; Health promotion; Program; Community.*

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