
ABSTRACT

Delivering internet-based information to promote help-seeking for depression: A literature review

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Given the high prevalence of depression and treatment barriers, many studies have investigated interventions to promote help-seeking. However, due to limited costs, it is often hard to deliver information or conduct psycho-education in person, and even if conducted, there is a limited effect in facilitating help-seeking behavior. Use of internet or online services may overcome these limitations. This literature review investigates the effectiveness of delivering internet-based information in facilitating help-seeking for depression. Results of the literature review revealed studies that indicate significant effects of internet-based information delivery in increasing help-seeking attitude, intention, and behavior. In consideration of the Japanese context, future directions for research examining effective utilization of internet-based information delivery in promoting help-seeking are discussed.

Key Words: depression, help-seeking, internet, delivering information
