

**Why do children and adolescents (not) seek and access professional help for their mental health problems? *A systematic review of quantitative and qualitative studies***

*European Child and Adolescent Psychiatry*

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Electronic Supplementary Material 3: Full list of eligibility criteria

A study was selected for inclusion if:

- 1) Participants were children/adolescents.
- 2) Children's/Adolescents' perceived barriers/facilitators to accessing professional help for their mental health problems were reported.
- 3) Study addressed mental health problems; emotional and/or behavioural problems; or a specific mental health disorder.
- 4) Study was published in English in a peer-reviewed journal.

A study was excluded if:

- 1) Study did not report barriers/facilitators to accessing treatment for mental health problems in children/adolescents.
- 2) Study was a review or a theoretical article.
- 3) Study was not published in English in a peer-reviewed journal.
- 4) Study only reported parental/caregiver's perceived barriers/facilitators to accessing treatment for mental health problems.
- 5) Study only reported factors associated with or predictors of parent or child/adolescent help seeking behaviour/service use/help seeking intentions.
- 6) Study only reported findings from an intervention designed to address one or more barrier to help-seeking.
- 7) Study only reported perceived barriers/facilitators to accessing ongoing to treatment, not *initial* access to treatment.
- 8) Study only reported perceived barriers/facilitators to accessing treatment for autism spectrum disorder or developmental disabilities.
- 9) Participants in the study were not children or adolescents.
- 10) The mean age of the children/adolescents was >18 years or if the sample included adults >21 years.
- 11) Study did not report any qualitative or quantitative data that could be extracted.
- 12) Study only reported perceived barriers/facilitators to accessing medication or inpatient psychiatric care.
- 13) Participants in the study represented a special population (i.e., children/adolescents with an intellectual or developmental disability, young offenders, children/adolescents with mental health problems in the context of a specific physical health condition, looked after children).
- 14) Study only reported perceived barriers/facilitators to accessing parenting support not specifically targeted at mental health problems in children.