

# Enabling Informed Treatment Choices: Development of an Evidence Portal for Children and Young People's Mental Health in Norway

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## Background

Many who work to improve children and young people's mental health, as well as patients and their next of kin, struggle in their attempt to find and apply trustworthy evidence. Internationally, several evidence portals exist enabling access to summarised research. However, none of these target children and young people specifically.

## Objective

To describe the editorial principles and methods used to develop an evidence portal for children and young people's mental health in Norway

## Method

We use transparent and explicit methods in our search and inclusion of research. The content of the portal is largely based on the IN SUM, an extensive database of systematic reviews, supplemented by evidence based guidelines. Only reviews published the last five years of satisfactory quality (DARE-criteria) are included. All reviews are quality-assessed (AMSTAR), and the certainty of the evidence is evaluated using GRADE. Evidence summaries are created using plain language, and effect estimates are communicated both as textual and numerical information. All content is open access.

## Result

The first version of the evidence portal includes twelve chapters addressing a common mental health disorder. Each such chapter includes: 1. A 1-page patient information brochure, 2. A description of the condition, 3. An introduction to diagnostics and screening, and 4. An evidence overview of treatment choices. The evidence portal also includes a number of generic chapters, addressing treatments not restricted to a specific condition such as transdiagnostic interventions. Other content includes referral to guidelines and links to patient organizations.

## Conclusion

The portal is the first of its kind in Norway, and as far as we know, world-wide. Providing easy access to summarised evidence on the effects of treatments will support providers, children and their next of kin in making informed choices. This systematization of the research literature will also reveal evidence gaps and point the direction for new research initiatives.

Patient and healthcare consumer involvement: Feedback from patients is a key element of the development, and user-representatives are invited to contribute as peer-reviewers and authors. The

Evidence portal is also planned to be user-tested, feedback from this testing will shape the further development of the portal.