

Supplementary Materials

Table S1: Search strategy and number of hits per database (current to 31 March 2024).

Database	String	Number of records
PubMed (Medline)	((refugees) OR ("Refugees"[Mesh]) OR (immigrants) OR (transients) OR (migrants) OR (asylum seekers) OR ("Transients and Migrants"[Mesh]) OR ("Emigrants and Immigrants"[Mesh])) AND ((access) OR ("Health Services Accessibility"[Mesh])) AND ((mental health) OR (mental health services) OR ("Mental Health"[Mesh]) OR ("Mental Health Services"[Mesh]))	1235
EMBASE	('migrant'/exp OR 'emigrants and immigrants' OR 'migrant' OR 'migrants' OR 'asylum seeker'/exp OR 'asylum seeker' OR 'asylum seekers' OR 'refugee'/exp OR 'refugee' OR 'refugees' OR 'migration'/exp OR 'emigration and immigration' OR 'human migration' OR 'migration' OR 'migration rate' OR 'rate, migration' OR 'residential mobility' OR 'transients and migrants') AND ('health care access'/exp OR 'access to care' OR 'access to health care' OR 'access to health services' OR 'access to healthcare' OR 'accessibility of care' OR 'accessibility of health care' OR 'accessibility of health services' OR 'accessibility of healthcare' OR 'accessible health care' OR 'accessible health services' OR 'accessible healthcare' OR 'health care access' OR 'health care accessibility' OR 'health services accessibility' OR 'healthcare access' OR 'healthcare accessibility') AND ('mental health'/exp OR 'condition, mental' OR 'health, mental' OR 'mental care' OR 'mental condition' OR 'mental factor' OR 'mental health' OR 'mental help' OR 'mental service' OR 'mental state' OR 'mental status' OR 'mental status schedule' OR 'psychic health') AND ('controlled study'/exp OR 'control group study' OR 'control group trial' OR 'controlled study' OR 'controlled trial')	235
PsycINFO	((DE "Refugees") OR (DE "Immigration")) AND (DE "Health Care Access") AND (DE "Mental Health")	24
CINAHL	((MH "Migrants") OR (MH "Immigrants") OR (MH "Refugees")) AND (MH "Health Services Accessibility") AND ((MH "Mental Health") OR (MH "Mental Health Services"))	463

Table S2: Reference list of the studies excluded from full text analysis and reasons for exclusion.

Author, Year	Reason for exclusion
Abdi et al., 2022 [1]	No outcomes of interest.
Anastario & Schmalzbauer, 2008 [2]	No outcomes of interest.
Barwick et al., 2013 [3]	Population is mixed, and disaggregated data on the migrant subgroup are not provided.
Bernhardt et al., 2019 [4]	No outcomes of interest.
Bikenstock et al., 2022 [5]	Qualitative/descriptive data only available.
Bogatzki et al., 2023 [6]	Full text not available in English.
Burchert et al., 2019 [7]	Qualitative/descriptive data only available.
de Graaf et al., 2023 [8]	No outcomes of interest.
Diamond et al., 2019 [9]	No outcomes of interest.
Documet et al., 2020 [10]	No outcomes of interest.
Eylem et al., 2021 [11]	No outcomes of interest.
Ferrari et al., 2016 [12]	No outcomes of interest.

Guerin et al., 2003 [13]	No outcomes of interest.
Hall et al., 2018 [14]	No outcomes of interest.
Jalisi et al., 2018 [15]	Qualitative/descriptive data only available.
Kaltman et al., 2011 [16]	Population is mixed, and disaggregated data on the migrant subgroup are not provided.
Kim et al., 2002 [17]	Qualitative/descriptive data only available.
Kim et al., 2023 [18]	Qualitative/descriptive data only available.
Klimidis et al., 2006 [19]	The population are general practitioners, not migrants.
McBride et al., 2016 [20]	No outcomes of interest.
Morgan et al., 2018 [21]	Population is mixed, and disaggregated data on the migrant subgroup are not provided.
Morina et al., 2017 [22]	No outcomes of interest.
Nazzal et al., 2014 [23]	Qualitative/descriptive data only available.
Nygren et al., 2018 [24]	No outcomes of interest.
Ornelas et al., 2023 [25]	No outcomes of interest.
Ospina-Pinillos et al., 2019 [26]	Qualitative/descriptive data only available.
Rosenberg et al., 2022 [27]	No outcomes of interest.
Rusch et al., 2020 [28]	Qualitative/descriptive data only available.
Sabri et al., 2024 [29]	No outcomes of interest.
Salt et al., 2017 [30]	Qualitative/descriptive data only available.
Serneels et al., 2017 [31]	Qualitative/descriptive data only available.
Sorkin et al., 2019 [32]	No outcomes of interest.
Valdez et al., 2018 [33]	Population is mixed, and disaggregated data on the migrant subgroup are not provided.
Valdez et al., 2022 [34]	No outcomes of interest.
Vroegindewey & Sabri, 2022 [35]	Qualitative/descriptive data only available.
Vu et al., 2016 [36]	Population is internal migrants.
Widmann et al., 2022 [37]	No outcomes of interest.
Wong et al., 2014 [38]	Population is internal migrants.
Zhu et al., 2013 [39]	Population is internal migrants.

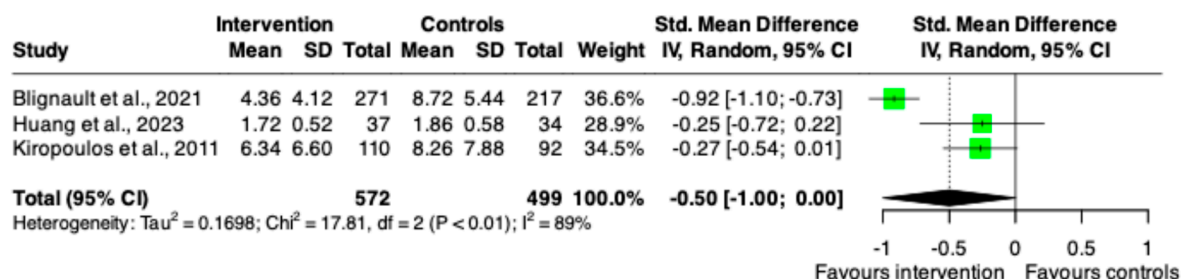


Figure S1: Forest plot of depression among intervention and control groups.

Abbreviations (in alphabetical order): IV: inverse variance; SD: standard deviation; 95% CI: 95% confidence interval.

Legend: The measures of depression across the studies were scaled as lower scores indicate lower depression.

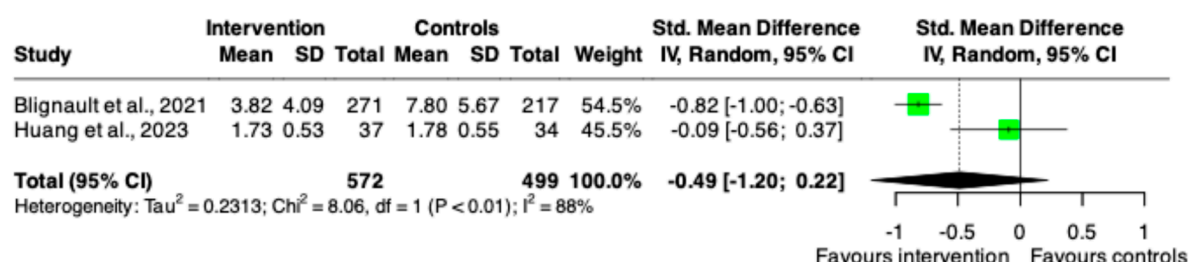


Figure S2: Forest plot of anxiety among intervention and control groups.

Abbreviations (in alphabetical order): IV: inverse variance; SD: standard deviation; 95% CI: 95% confidence interval.

Legend: The measures of anxiety across the studies were scaled as lower scores indicate lower anxiety.

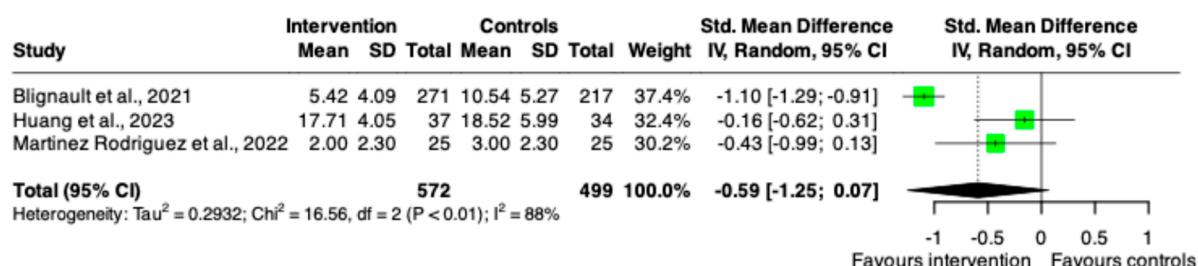


Figure S3: Forest plot of stress among intervention and control groups.

Abbreviations (in alphabetical order): IV: inverse variance; SD: standard deviation; 95% CI: 95% confidence interval.

Legend: The measures of stress across the studies were scaled as lower scores indicate lower stress.

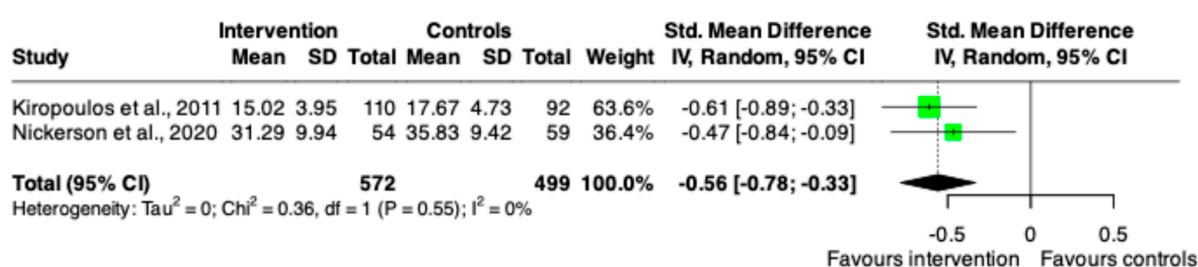


Figure S4: Forest plot of stigma among intervention and control groups.

Abbreviations (in alphabetical order): IV: inverse variance; SD: standard deviation; 95% CI: 95% confidence interval.

Legend: The measures of stigma across the studies were scaled as lower scores indicate lower stigma.

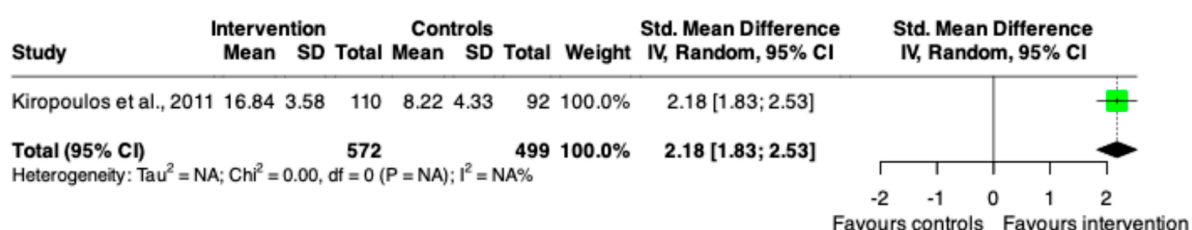


Figure S5: Forest plot of health literacy among intervention and control groups.

Abbreviations (in alphabetical order): IV: inverse variance; SD: standard deviation; 95% CI: 95% confidence interval.

Legend: The measures of health literacy across the studies were scaled as higher scores indicate higher health literacy.

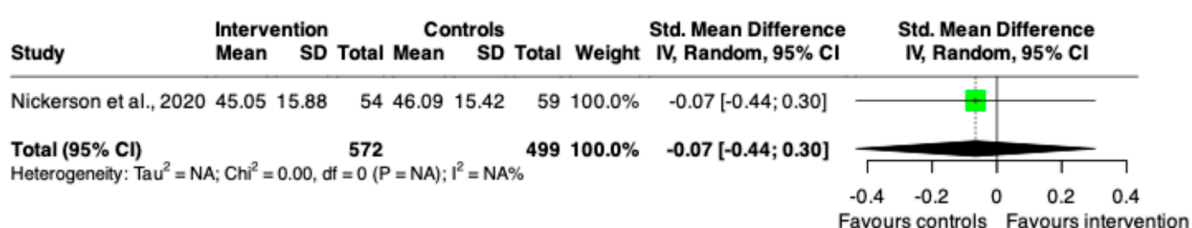


Figure S6: Forest plot of help seeking among intervention and control groups.

Abbreviations (in alphabetical order): IV: inverse variance; SD: standard deviation; 95% CI: 95% confidence interval.

Legend: The measures of help seeking across the studies were scaled as higher scores indicate higher help seeking.

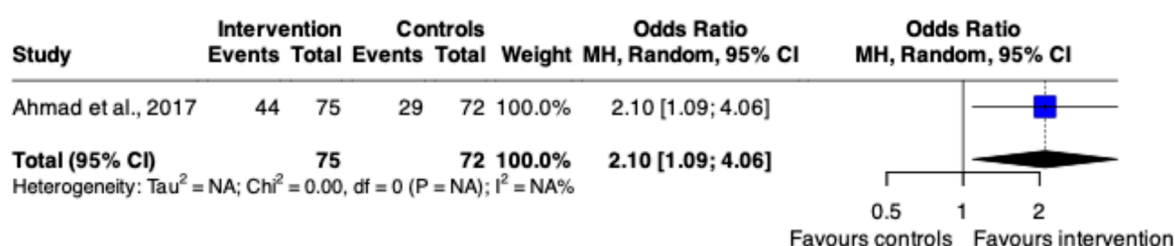


Figure S7: Forest plot of service access among intervention and control groups.

Abbreviations (in alphabetical order): MH: Mantel-Haenszel; SD: standard deviation; 95% CI: 95% confidence interval.

Legend: Higher rates indicate higher access.

References

1. Abdi, S.M.; Miller, A.B.; Agalab, N.Y.; Ellis, B.H. Partnering with Refugee Communities to Improve Mental Health Access: Going from “Why Are They Not Coming” to “What Can I (We) Do Differently?” *Cultur Divers Ethnic Minor Psychol* **2022**, *28*, 370–378, doi:10.1037/cdp0000476.
2. Anastario, M.; Schmalzbauer, L. Piloting the Time Diary Method among Honduran Immigrants: Gendered Time Use. *J Immigr Minor Health* **2008**, *10*, 437–443, doi:10.1007/s10903-007-9109-z.
3. Barwick, M.; Urajnik, D.; Sumner, L.; Cohen, S.; Reid, G.; Engel, K.; Moore, J. Profiles and Service Utilization for Children Accessing a Mental Health Walk-in Clinic versus Usual Care. *Journal of evidence-based social work* **2013**, *10*, doi:10.1080/15433714.2012.663676.

4. Bernhardt, L.J.; Lin, S.; Swegman, C.; Sellke, R.; Vu, A.; Solomon, B.S.; Cuneo, C.N. The Refugee Health Partnership: A Longitudinal Experiential Medical Student Curriculum in Refugee/Asylee Health. *Acad Med* **2019**, *94*, 544–549, doi:10.1097/ACM.0000000000002566.
5. Birkenstock, L.; Chen, T.; Chintala, A.; Ngan, A.; Spitz, J.; Kumar, I.; Loftis, T.; Fogg, M.; Malik, N.; Henderson Riley, A. Pivoting a Community-Based Participatory Research Project for Mental Health and Immigrant Youth in Philadelphia During COVID-19. *Health Promot Pract* **2022**, *23*, 32–34, doi:10.1177/15248399211033311.
6. Bogatzki, L.; Miredin, J.; Millet, S.; Lipinski, L.; Molle, M.; B, R.; D, M.; M, O. [The Konstanz Model Project for Refugees with Mental Disorders : Coordinated Psychotherapeutic Treatment Involving Trained Peer Support (KOBEG)]. *Der Nervenarzt* **2023**, *94*, doi:10.1007/s00115-023-01524-1.
7. Burchert, S.; Alkneme, M.S.; Bird, M.; Carswell, K.; Cuijpers, P.; Hansen, P.; Heim, E.; Harper Shehadeh, M.; Sijbrandij, M.; van't Hof, E.; et al. User-Centered App Adaptation of a Low-Intensity E-Mental Health Intervention for Syrian Refugees. *Front Psychiatry* **2019**, *9*, 663, doi:10.3389/fpsyt.2018.00663.
8. de Graaff, A.M.; Cuijpers, P.; Twisk, J.W.R.; Kieft, B.; Hunaidy, S.; Elsayy, M.; Gorgis, N.; Bouman, T.K.; Lommen, M.J.J.; Acarturk, C.; et al. Peer-Provided Psychological Intervention for Syrian Refugees: Results of a Randomised Controlled Trial on the Effectiveness of Problem Management Plus. *BMJ Ment Health* **2023**, *26*, e300637, doi:10.1136/bmjment-2022-300637.
9. Diamond, L.; Izquierdo, K.; Canfield, D.; Matsoukas, K.; Gany, F. A Systematic Review of the Impact of Patient-Physician Non-English Language Concordance on Quality of Care and Outcomes. *J Gen Intern Med* **2019**, *34*, 1591–1606, doi:10.1007/s11606-019-04847-5.
10. Documet, P.I.; Macia, L.; Boyzo, R.; Thompson, A.F.; Amruthapuri, R. Outcomes from a Male-to-Male Promotores Intervention in an Emerging Latino Community. *J Immigr Minor Health* **2020**, *22*, 717–726, doi:10.1007/s10903-019-00939-w.
11. Eylem, O.; van Straten, A.; de Wit, L.; Rathod, S.; Bhui, K.; Kerkhof, A.J.F.M. Reducing Suicidal Ideation among Turkish Migrants in the Netherlands and in the UK: The Feasibility of a Randomised Controlled Trial of a Guided Online Intervention. *Pilot and Feasibility Studies* **2021**, *7*, 30, doi:10.1186/s40814-021-00772-9.
12. Ferrari, M.; Ahmad, F.; Shakya, Y.; Ledwos, C.; McKenzie, K. Computer-Assisted Client Assessment Survey for Mental Health: Patient and Health Provider Perspectives. *BMC Health Serv Res* **2016**, *16*, 516, doi:10.1186/s12913-016-1756-0.
13. Guerin, P.B.; Diiriye, R.O.; Corrigan, C.; Guerin, B. Physical Activity Programs for Refugee Somali Women: Working out in a New Country. *Women Health* **2003**, *38*, 83–99, doi:10.1300/J013v38n01_06.
14. Hall, B.J.; Shi, W.; Garabiles, M.R.; Chan, E.W.W. Correlates of Expected eMental Health Intervention Uptake among Filipino Domestic Workers in China. *Glob Ment Health (Camb)* **2018**, *5*, e33, doi:10.1017/gmh.2018.25.
15. Jalisi, A.; Vazquez, M.G.; Bucay-Harari, L.; Giusti, F.; Contreras, J.; Batkis, D.; Batkis, M.; Polk, S.; Cook, B.; Page, K.R. Testimonios, A Mental Health Support Group for Latino Immigrants in an Emergent Latino Community. *J Health Care Poor Underserved* **2018**, *29*, 623–632, doi:10.1353/hpu.2018.0046.
16. Kaltman, S.; Pauk, J.; Alter, C.L. Meeting the Mental Health Needs of Low-Income Immigrants in Primary Care: A Community Adaptation of an Evidence-Based Model. *Am J Orthopsychiatry* **2011**, *81*, 543–551, doi:10.1111/j.1939-0025.2011.01125.x.

17. Kim, M.J.; Cho, H.-I.; Cheon-Klessig, Y.S.; Gerace, L.M.; Camilleri, D.D. Primary Health Care for Korean Immigrants: Sustaining a Culturally Sensitive Model. *Public Health Nurs* **2002**, *19*, 191–200, doi:10.1046/j.0737-1209.2002.19307.x.
18. Kim, M.K.; Su, G.S.; Chan, A.N.Y.; Fu, Y.; Huang, Y.; Huang, C.-C.; Hires, B.; Chu, M. Cultural-Responsiveness of the Mental Health First Aid Training for Asian Immigrant Populations in Greater Boston, Massachusetts. *Res Sq* **2023**, rs.3.rs-3449868, doi:10.21203/rs.3.rs-3449868/v1.
19. Klimidis, S.; Minas, H.; Kokanovic, R. Ethnic Minority Community Patients and the Better Outcomes in Mental Health Care Initiative. *Australas Psychiatry* **2006**, *14*, 212–215, doi:10.1080/j.1440-1665.2006.02279.x.
20. McBride, J.; Russo, A.; Block, A. The Refugee Health Nurse Liaison: A Nurse Led Initiative to Improve Healthcare for Asylum Seekers and Refugees. *Contemp Nurse* **2016**, *52*, 710–721, doi:10.1080/10376178.2016.1238774.
21. Morgan, A.U.; D’Alonzo, B.A.; Dupuis, R.; Whiteman, E.D.; Kallem, S.; McClintock, A.; Fein, J.A.; Klusaritz, H.; Cannuscio, C.C. Public Library Staff as Community Health Partners: Training Program Design and Evaluation. *Health Promot Pract* **2018**, *19*, 361–368, doi:10.1177/1524839917735304.
22. Morina, N.; Ewers, S.M.; Passardi, S.; Schnyder, U.; Knaevelsrud, C.; Müller, J.; Bryant, R.A.; Nickerson, A.; Schick, M. Mental Health Assessments in Refugees and Asylum Seekers: Evaluation of a Tablet-Assisted Screening Software. *Confl Health* **2017**, *11*, 18, doi:10.1186/s13031-017-0120-2.
23. Nazzal, K.H.; Forghany, M.; Geevarughese, M.C.; Mahmoodi, V.; Wong, J. An Innovative Community-Oriented Approach to Prevention and Early Intervention with Refugees in the United States. *Psychol Serv* **2014**, *11*, 477–485, doi:10.1037/a0037964.
24. Nygren, T.; Berg, M.; Sarkohi, A.; Andersson, G. Development of an Internet-Based Cognitive Behavioral Therapy Self-Help Program for Arabic-Speaking Immigrants: Mixed-Methods Study. *JMIR Res Protoc* **2018**, *7*, e11872, doi:10.2196/11872.
25. Ornelas, I.J.; Rao, D.; Price, C.; Chan, G.; Tran, A.; Aisenberg, G.; Perez, G.; Maurer, S.; Nelson, A.K. Promoting Mental Health in Latina Immigrant Women: Results from the Amigas Latinas Motivando El Alma Intervention Trial. *Soc Sci Med* **2023**, *321*, 115776, doi:10.1016/j.socscimed.2023.115776.
26. Ospina-Pinillos, L.; Davenport, T.; Mendoza Diaz, A.; Navarro-Mancilla, A.; Scott, E.M.; Hickie, I.B. Using Participatory Design Methodologies to Co-Design and Culturally Adapt the Spanish Version of the Mental Health eClinic: Qualitative Study. *J Med Internet Res* **2019**, *21*, e14127, doi:10.2196/14127.
27. Rosenberg, J.; McDonough, R.P.; O’Brien, C.; Ganjavi, F.; Sharifi, M. Pilot Wellness Program With Adapted Social-Emotional Learning and COVID-19 Curriculum for Refugee Youth. *Health education & behavior : the official publication of the Society for Public Health Education* **2022**, *49*, doi:10.1177/10901981211048830.
28. Rusch, D.; Walden, A.L.; DeCarlo Santiago, C. A Community-Based Organization Model to Promote Latinx Immigrant Mental Health Through Advocacy Skills and Universal Parenting Supports. *Am J Community Psychol* **2020**, *66*, 337–346, doi:10.1002/ajcp.12458.
29. Sabri, B.; Perrin, N.; Hagos, M. The Being Safe, Health and Positively Empowered Pilot Randomized Controlled Trial: A Digital Multicomponent Intervention for Immigrant Women with Cumulative Exposures to Violence. *Cultural Diversity & Ethnic Minority Psychology* **2024**, No Pagination Specified-No Pagination Specified, doi:10.1037/cdp0000635.
30. Salt, R.J.; Costantino, M.E.; Dotson, E.L.; Paper, B.M. “You Are Not Alone” Strategies for Addressing Mental Health and Health Promotion with a Refugee Women’s Sewing

- Group. *Issues Ment Health Nurs* **2017**, 38, 337–343, doi:10.1080/01612840.2017.1289287.
31. Serneels, G.; Villanueva O'Driscoll, J.; Imeraj, L.; Vanfraussen, K.; Lampo, A. An Intervention Supporting the Mental Health of Children with a Refugee Background. *Issues Ment Health Nurs* **2017**, 38, 327–336, doi:10.1080/01612840.2017.1285969.
 32. Sorkin, D.H.; Rizzo, S.; Biegler, K.; Sim, S.E.; Nicholas, E.; Chandler, M.; Ngo-Metzger, Q.; Paine, K.; Nguyen, D.V.; Mollica, R. Novel Health Information Technology to Aid Provider Recognition and Treatment of Major Depressive Disorder and Posttraumatic Stress Disorder in Primary Care. *Med Care* **2019**, 57 Suppl 6 Suppl 2, S190–S196, doi:10.1097/MLR.0000000000001036.
 33. Valdez, C.R.; Ramirez Stege, A.; Martinez, E.; D'Costa, S.; Chavez, T. A Community-Responsive Adaptation to Reach and Engage Latino Families Affected by Maternal Depression. *Fam Process* **2018**, 57, 539–556, doi:10.1111/famp.12310.
 34. Valdez, C.R.; Wagner, K.M.; Stumpf, A.; Saucedo, M. A Storyboarding Approach to Train School Mental Health Providers and Paraprofessionals in the Delivery of a Strengths-Based Program for Latinx Families Affected by Maternal Depression. *American journal of community psychology* **2022**, 70, doi:10.1002/ajcp.12588.
 35. Vroegindewey, A.; Sabri, B. Using Mindfulness to Improve Mental Health Outcomes of Immigrant Women with Experiences of Intimate Partner Violence. *Int J Environ Res Public Health* **2022**, 19, 12714, doi:10.3390/ijerph191912714.
 36. Vu, L.T.H.; Nguyen, N.T.K.; Tran, H.T.D.; Muhajarine, N. mHealth Information for Migrants: An e-Health Intervention for Internal Migrants in Vietnam. *Reproductive Health* **2016**, 13, 55, doi:10.1186/s12978-016-0172-6.
 37. Widmann, M.; Apondi, B.; Musau, A.; Warsame, A.H.; Isse, M.; Mutiso, V.; Veltrup, C.; Schalinski, I.; Ndeti, D.; Odenwald, M. Reducing Khat Use among Somalis Living in Kenya: A Controlled Pilot Study on the Modified ASSIST-Linked Brief Intervention Delivered in the Community. *BMC Public Health* **2022**, 22, 2271, doi:10.1186/s12889-022-14681-w.
 38. Wong, W.C.; Ho, P.S.; Liang, J.; Holroyd, E.A.; Lam, C.L.; Pau, A.M. Road to Better Health and Integration: A Delphi Study on Health Service Models for Hong Kong Migrants. *International Journal for Equity in Health* **2014**, 13, 127, doi:10.1186/s12939-014-0127-x.
 39. Zhu, C.; Geng, Q.; Yang, H.; Chen, L.; Fu, X.; Jiang, W. Quality of Life in China Rural-to-Urban Female Migrant Factory Workers: A before-and-after Study. *Health and Quality of Life Outcomes* **2013**, 11, 123, doi:10.1186/1477-7525-11-123.