**Supplementary Documents**

**Supplementary Material**

Supplementary Appendix 1: Full search strategy utilised for MEDLINE via Ovid.

1. exp Help-Seeking Behavior/

2. exp Social Stigma/

3. exp Masculinity/

4. "help seek\* behavio?r".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

5. "service utilisation".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

6. "service utilization".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

7. "Stigma\*".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

8. "Masculin\*".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

9. "gender role\*".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

10. (help adj3 seek\*).mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

11. (seek\* adj2 treatment).mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

12. (barrier\* adj7 help seeking).mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

13. (barrier\* adj7 treatment).mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

14. "service use".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

15. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14

16. exp Mental Health/

17. exp Mental Disorders/

18. exp Depression/

19. exp Depressive Disorder/

20. exp Substance-Related Disorders/

21. exp Opioid-Related Disorders/

22. exp Mood Disorders/

23. (mental adj disorder?).mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

24. (mental adj health).mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

25. 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24

26. exp Randomized Controlled Trials as Topic/

27. "Randomi?ed controlled trial".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

28. "RCT".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

29. "Programme".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

30. "Program".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

31. "Brochure".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

32. "Workshop?".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

33. "Intervention?".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

34. exp Clinical Trial/

35. Pilot.m\_titl.

36. Pilot.ab.

37. 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36

38. exp Men/

39. Male.m\_titl.

40. "Men".mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

41. Gender.mp. [mp=title, abstract, original title, name of substance word, subject heading word, keyword heading word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]

42. exp male/ not exp female/

43. 38 or 39 or 40 or 41 or 42

44. 15 and 25 and 37 and 43

Supplementary Table 1: Summary of uptake and dropout figures of the interventions.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Author** | **Approached/Expressed Interest (N)** | **Eligible (%)** | **Recruited to Study (%)** | **Allocated to intervention (%)** | **Dropped out of Intervention (%)** | **Lost to Follow-up (%)** |
| Hammer & Vogel (2010) | 4,967 | 1,397 (28%) | 1,397 (100%) | n/a | 0 | 0 |
| King et al (2018) | 354 | 354 (100%) | 354 (100%) | 179 (50%) | 7 (4%) | 2 (1%) |
| MacNeil et al (2018) | 20 | 20 (100%) | 14 (70%) | 14 (100%) | n/a | n/a |
| McFall et al (2000) | n/a | 594 (n/a) | 594 (100%) | 302 (51%) | 5 (2%) | 7 (2%) |
| Pal et al (2007 | 495 | 163 (33%) | 90 (55%) | 45 (50%) | 0 (0%) | 3 (7%) |
| Rochlen et al (2006) | n/a | 209 (n/a) | 209 (100%) | n/a | n/a | n/a |
| Syzdek et al (2014) | 61 | 26 (43%) | 23 (88%) | 12 (52%) | 0 (0%) | 0 (0%) |
| Syzdek et al (2016) | 76 | 72 (95%) | 35 (49%) | 18 (51%) | 0 (0%) | 0 (0%) |
| Yousaf & Popat (2015) | n/a | 69 (n/a) | 69 (100%) | 34 (49%) | 0 (0%) | 0 (0%) |

n/a = Data not available

*Note:* Percentages are calculated based on total participants available (i.e. recruitment % is calculated from those eligible, allocation % is calculated from those recruited, drop out % is calculated from those allocated to intervention arm and lost to follow-up % is calculated from those completing the intervention arm).