Podcast For Promoting Mental Health Literacy On Parents: Study Narrative Review

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Abstract. Mental health literacy is the ability to manage and understand mental health well. Mental health literacy has become a trending topic at present. Mental health literacy is important for parents to understand various aspects of mental health, including causes, symptoms, and handling of mental health issues within the family. Studies on mental health literacy among parents are still very limited. One of the digital media for mental health literacy is podcasts. This study aims to explain that podcasts can be a promotional medium for mental health literacy. The scope of the research includes analyzing how podcast content can enhance parents' knowledge and understanding of mental health, as well as parents' ability to support the family's mental health. The research method is a literature study in the form of a narrative review. The results of this study explain how podcasts can serve as a promotional medium for mental health literacy among parents, including how to create an appropriate mental health literacy podcast. It can be concluded that podcasts are favored as a medium for mental health literacy and have proven to be an effective digital medium in increasing parents' mental health literacy, thereby supporting the family's mental well-being.

Keywords: Mental health literacy, Parents, Podcast, Review

Introduction

Mental health refers to a state of well-being where a person is able to handle life's challenges, understand their strengths, be productive in their work, and actively contribute to society. It includes making decisions, building relationships, and creating a healthy environment [1]. Mental health literacy typically refers to the understanding of how to recognize different mental disorders, access relevant health information, comprehend the risk factors and causes of mental health conditions, and be aware of available treatment options. Mental health literacy also encompasses attitudes that support proper care [2]. The fundamental idea of mental health literacy includes four key components: reducing the stigma surrounding mental disorders, understanding mental illnesses and their treatments, maintaining mental well-being, and seeking help effectively [3].

The lack of mental health literacy regarding mental health disorders can cause individuals to be reluctant to seek psychotherapy services [4]. The ability to recognize mental disorders is crucial for knowing when and how to seek help. As individuals with mental disorders may sometimes be unaware of their condition, it is important for those close to them, such as family members, to develop the skills necessary to provide support, listen, and assist in the process of seeking help [5].

Several studies on mental health literacy among parents are still limited [5], [6]. Parents' understanding of the symptoms, causes, and treatments of mental disorders affects their ability to recognize the issues their family members are experiencing [7]. Parents must also possess mental health knowledge to meet the psychological needs of family members, reduce the stigma associated with mental disorders, and recognize changes in their own mental health before addressing those in their family members [8].

Parents need to improve their mental health literacy to provide accurate and reliable help and information to their children and families [5]. Enhancing mental health literacy among individuals can be achieved through digital media, one of which is podcasts. Research conducted by Casares found that podcasts are becoming increasingly popular as a medium for promoting mental health. Similarly, research by Tobin and Guadagno suggested that listening to mental health literacy podcasts can enhance mental health literacy and provide additional information [10].

Based on the phenomena described, this study aims to explore the role of podcasts as a media for promoting mental health literacy among parents and to understand how podcasts can be effectively received by listeners.

Method

This research employs a literature review approach using the narrative review technique. This technique does not have a specific topic search strategy, merely reviewing topics of interest without being systematic or following a particular protocol [11]. The steps involved include a) conducting a search, b) identifying keywords, c) reviewing abstracts and articles, and d) documenting results (see **Fig. 1**) [11].
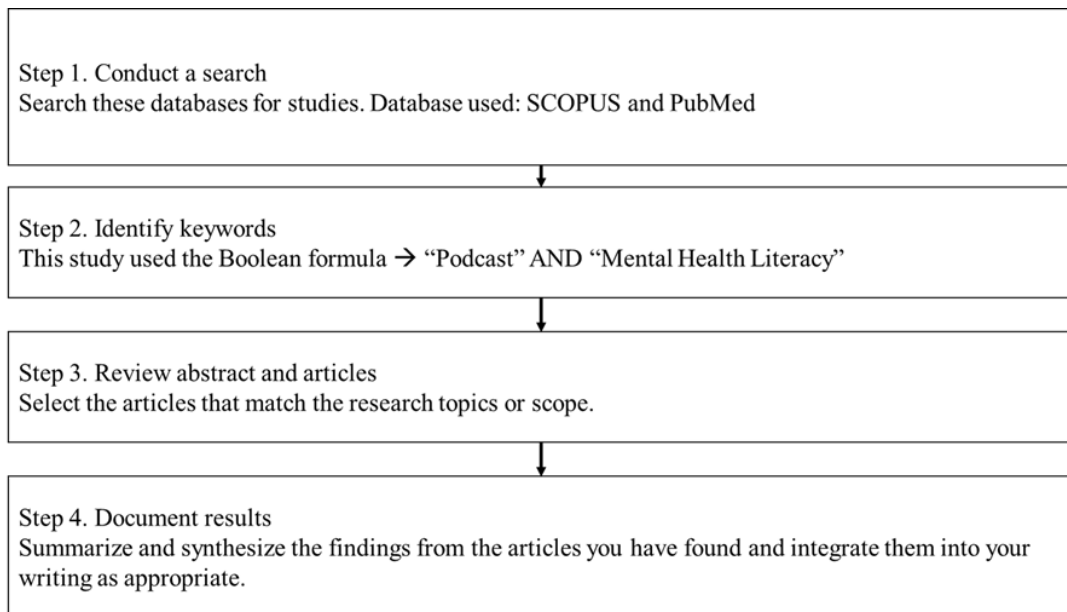
fig. 1. Research Procedures

Result

Based on the database search results, journals related to mental health literacy and podcasts were found. However, the researcher did not find many articles specifically discussing mental health podcasts for parents. This aligns with studies indicating that the number of studies addressing mental health literacy among parents is still limited [5]. Therefore, the researcher synthesized several articles to generate new information. This aligns with studies indicating that the number of studies addressing mental health literacy among parents is still limited [5]. Therefore, the researcher synthesized several articles to generate new information. The researcher summarized and synthesized the articles found (see **Table 1**) into sub-themes for discussion.

Table 1. analyzed articles

Author(s)	Title	Method	Findings
(Carrotte et al., 2023)	Podcast, mental health, and stigma: Exploring motivations, behaviors, and attitude among listener	*Cross-sectional*	Mental health podcasts are likely to have lived experience compared to general podcast listeners. Listening to mental health podcasts is linked to reduced stigmatizing attitudes and increased knowledge about mental health.
(Casares, 2022)	Embracing the Podcast Era: Trends, Opportunities, & Implications for Counselors	Literature review	This study provides the popularity and recent trends of podcasts, how podcasts are used in educational and clinical settings, and how to produce podcast resources

Author(s)	Title	Method	Findings
(E. Carrotte et al., 2023)	A New Podcast for Reducing Stigma Against People Living With Complex Mental Health Issues: Co-design Study	Cross-sectional	The majority of survey respondents (537 out of 629, or 85.3%) expressed a willingness to listen to a podcast discussing experiences of mental illness stigma. Participants showed a preference for semistructured episodes that blend both lighthearted and serious content.
Caoilte et al. (2023)	Podcasts as a tool for enhancing mental health literacy: An investigation of mental health-related podcasts	*Cross-sectional*	The findings show that listeners of mental health-related podcasts are primarily motivated by and focused on improving their mental health knowledge. Individuals with the lowest levels of education and mental health literacy experienced the most significant benefits from listening to these podcasts.
Kusaka et al. (2022)	Mental Health Literacy Programs for Parents of Adolescents: A Systematic Review	Literature review	Future studies need to investigate whether mental health literacy programs have any actual impact on parental behaviors. The number of studies that assessed mental health literacy in parents are limited. Parents may lack sufficient knowledge about the causes, symptoms, and treatment of mental health issues, making it challenging for them to identify mental health problems in their children.
Sampaio et al. (2022)	Mental Health Literacy: It Is Now Time to Put Knowledge into Practice	Literature review	Most of the research carried out the domains of mental health literacy focused on adolescents and young adults. There is a low level of mental health literacy in the population.
Wills, D. C. (2020)	Using mental health podcasts for public education	Cross-sectional	Criteria for podcast evaluations, Participants felt that podcasts lasting 16 to 30 minutes were a reasonable length and enjoyed listening to them while relaxing, exercising, or commuting to and from work.
Kirkpatrick & Lee (2021)	The impact of source and message relevance on audience responses to health podcasts	Cross-sectional	The perceived source of competence, trustworthiness, effectiveness, health behavioral intentions, and podcast download intentions are higher when source of the podcast is an expert than an experienced or layperson. The high-relevance podcast is higher to podcast download intentions, and the low-relevance podcast is higher to health behavioral intentions.
Kusaka et al. (2024)	A survey of mental health literacy in parents and guardians of teenagers	Cross-sectional	While caregivers are generally willing to support adolescents with mental health issues, there is still a need for increased knowledge about mental health and a stronger intention to seek help from professionals..

Discussion

Mental Health Literacy on Parents

Understanding of mental health literacy in non-Western countries is often poor, with limited accessibility [19]. Furthermore, studies indicate that parents' mental health literacy can also be influenced by religion, culture, ethnicity, and belief systems [6], [20]. This aligns with research showing that mental health issues are influenced by stigma and discrimination [12], [21]. Additionally, many people still associate mental health problems with myths, such as the influence of spirits [22].

Parents with mental health literacy possess the ability to recognize mental disorders, have knowledge about treatment options, know how to seek appropriate help, and can provide support to their families [18]. Additionally, parents need to enhance their mental health literacy to provide accurate and reliable help and information to their children and families [5]. Besides assisting and supporting their family, parents with mental health literacy can also help themselves by recognizing their own mental state and seeking appropriate assistance. Based on the research conducted by Caoilte et al. it was explained that a mother who had listened to a mental health literacy podcast felt helped in understanding her daughter's mental health issue [23]. Ivanova et al. showed through their research that parents with high mental health literacy can to detect emotional and behavioral problems in children early and improve the quality of the family environment [24].

Research on mental health literacy among parents and its evidence remains very limited [6], [20]. This statement is supported by studies indicating that research on mental health literacy often focuses on adolescents or young adults [15]. However, some studies have found that there is an increase in mental health knowledge among parents, and parents feel more confident in handling mental health issues in their children [6], [25], [26]. Therefore, Kusaka et al. suggest that future research should explore the impact of mental health literacy on parental behaviors [5].

Parental Mental Health Literacy Through Podcast

One of the countries with a high percentage of internet users who frequently listen to podcasts is Indonesia, with 38.2% as of January 2024 [27]. Podcasts discussing mental health are highly favored by listeners because they offer a variety of topics, perspectives, and opinions [9]. Podcasts are increasingly being used by counselors, counseling students, and educational counselors to provide information to the public, including parents and professionals in the mental health field. These podcasts offer advice on improving well-being, meditation, psychoeducation, and translating research findings.

The use of podcasts is effective in enhancing mental health literacy among parents because of the convenience of listening anytime and anywhere (e.g., while cooking, relaxing, etc.), and they can be downloaded on smartphones or computers [10], [12], [13]. Podcasts are a highly impactful digital medium for promoting mental health literacy, particularly among individuals with low mental health literacy and those with lower educational levels who gain knowledge by listening to mental health literacy podcasts. Listening to podcasts can be comparable to individual counseling sessions [23].

Individuals with low levels of mental health literacy use podcasts as a medium for psychoeducation, such as learning new information and skills and enhancing their understanding of their own mental state [28]. Podcasts serve as a digital medium to reduce stigmatizing attitudes towards mental health disorders. Research by E. Carrotte et al. shows that listening to podcasts helps reduce discrimination, encourages seeking help, boosts individual self-esteem, and increases knowledge among the general public, particularly parents [12], [13].

Listening to mental health literacy podcasts is very helpful for individuals who find it difficult to meet with professionals and access formal services due to barriers (such as access, waiting lists, and affordability). The use of podcasts as a medium is highly effective in promoting mental health literacy because they are easily accessible and can reach areas with inadequate mental health literacy services [16]. Increasing mental health literacy can reduce the stigma associated with mental disorders, enhance help-seeking behaviors, and encourage early intervention. Podcasts are easier to use and more engaging for the public compared to other educational media, such as books or articles [14]. Therefore, podcasts can be used as a medium to promote mental health literacy among parents.

Podcast Criteria and Resources

Casares explains that in recent years, counselors and professionals have been increasingly involved in the podcast production process [9]. For instance, the Indonesian Social Psychology Association (Ikatan Psikologi Sosial) released the "Pisang Goreng Podcast" (berita.ikatanpsikologisosial.org/?s=podcast) [29]. In educational institutions, the Executive Board of Psychology Students at Diponegoro University released a podcast titled "Peer Counseling" (https://open.spotify.com/show/2mot6w7agRtSHVO8tcExso) [30]. Additionally, digital communities like Psikologid, which discusses psychology applications, self-improvement, and mental health in Indonesia, also produce podcasts (https://open.noice.id/catalog/bd830a1f-e0b7-4f4c-bdd4-d78d08d6b15d) [31].

Podcasts created and aimed at mental health literacy should ideally meet several criteria that have been proven to impact listeners' willingness to listen to or access the podcasts. Kirkpatrick and Lee found that listeners prefer mental health podcasts when they are hosted by an expert or professional (Mean = 6.50; SD = 0.85), as listeners tend to trust them more (Mean = 6.23; SD = 0.88), and perceive the speaker's competence or ability regarding mental health issues (Mean = 5.93; SD = 0.75) [17]. This helps cultivate intentions for healthy behavior (Mean = 5.30; SD = 1.27) and intentions to download the Podcast (Mean = 3.35; SD = 1.89). Moreover, the content or material presented in the Podcast tends to evoke the intention of listeners to download and engage in mentally healthy behaviors when the content is highly relevant or currently trending among the audience [17]. The criteria for mental health podcasts preferred by listeners, according to studies, include: 1) Accuracy of information: Information obtained by listeners should be based on scientific evidence or individual experiences (survivors); 2) Ease of understanding: Topics and discussions in the Podcast should be presented in an organized manner, 3) Language: Language delivery should be in terms understandable to the general public and free from jargon, 4) Duration: Podcasts should not be too long to prevent listener boredom and ensure the message is easily captured, 5) Information value: Podcasts should have engaging content and provide meaningful impact for listeners, 6) Accessibility: Podcasts should be easily downloadable or accessible for listening, 7) Audio quality: The clarity of sound in the Podcast, with minimal interruptions (sound gaps/skipping), and 8) Cost: Listeners prefer

podcasts that are free or inexpensive. These criteria ensure that mental health podcasts are effective in reaching and engaging their target audience [16].

According to Werner, an experienced podcaster and journalist, there are four criteria that a podcast should ideally have to increase awareness of mental health issues [32]. First, the Podcast should be able to raise awareness of the causes of mental health problems. Second, the Podcast should empower listeners with positive messages. Third, the Podcast should help amplify voices that are often unheard by society. Fourth, the Podcast should be able to inspire action, both locally and nationally. Based on the explanations from the study and the experiences of podcasters regarding the criteria for mental health podcasts, it can be concluded that creating a mental health podcast is not only aimed at individuals but also at the wider community. The information conveyed in the Podcast is expected to raise awareness among individuals and be heard and understood by all segments of society, thus promoting an overall increase in mental health literacy. Sources for professionals, counselors, or educators to promote mental health literacy through podcasts can be found in books, websites (such as Lifehacker NPR.org), or based on individual experiences [9]. Creating a podcast is not particularly difficult; it can be done by watching tutorial videos that are widely available on the internet. Some software that helps podcasters for free or at a low cost includes Anchor, Audacity, or Zoom for creating podcasts, and platforms like SoundCloud, Spotify, or Libsyn for uploading podcasts [9].

Conslusion

The study of mental health literacy among parents is still limited. Parental mental health literacy is influenced by cultural, religious, and belief system factors and can lead to stigma and discrimination. The use of podcasts as a medium for mental health literacy education has proven to be effective because they are easily accessible, can be listened to anytime, and are engaging for listeners. A good podcast should have accurate information, be easy to understand, use clear language, be of short duration, have relevant and engaging content, have good audio quality, and be affordable. Podcasts can increase awareness, empower listeners, amplify rarely discussed issues, and encourage local and national action.

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