



# Efektivitas Intervensi Online Self-Help terhadap Gangguan Mental Umum pada Populasi Rentan: Studi Meta-Analysis

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**Abstract.** This study aims to address gaps in the prevalence of common mental disorders, limitations in mental health professionals, and restricted access to quality therapy among vulnerable populations. A systematic literature review and meta-analysis were conducted in accordance with the Joanna Briggs Institute (JBI) evidence synthesis framework and the PRISMA 2020 guidelines. Eligible studies included randomized controlled trials involving vulnerable individuals with symptoms or diagnosed mental disorders, unguided online self-help intervention, and passive control conditions (treatment as usual, waitlist, or no treatment). Studies involving vulnerable groups with severe disabilities and group-based self-help interventions were excluded. Peer-reviewed articles and group-based self-help intervention were excluded. Peer-reviewed articles were search in PubMed and Scopus from 2015 to September 2025. Risk of bias was assessed using the Cochrane Risk of Bias tools for randomized trials (ROB 2). Data were synthesized using meta-analytical methods and narrative summaries. A total of 20 studies involving 7.415 participants met the inclusion criteria. The result indicated that online self-help interventions were effective in reducing symptoms of depression (SMD = -0.26, CI 95%: -0.43; -0.09,  $p < 0.001$ ) and anxiety (SMD = -0.22, CI 95%: -0.41; -0.41,  $p = 0.0016$ ), demonstrating small effect sizes. Online self-help interventions also showed potential to improve psychological well-being (SMD = 0.34, CI 95%: -0.04: 0.72,  $p = 0.3294$ ), although this effects was not statistically significant ( $p = 0.3294$ ). These findings should be interpreted with caution due to subtanstial heterogeneity in depression and anxiety outcomes, as well as the limited number of studies assessing psychological well-being. This study was registered in the Internasional Prospective Register of Systematic Reviews (PROSPERO ID: CRD420251172175).

**Keywords:** *intervensi unguided online self-help, gangguan mental umum, permasalahan psikologis, populasi rentan, tinjauan literatur sistematis, meta analisis*

**Abstrak.** Pentingnya penelitian ini adalah untuk memberikan bukti dan alternatif intervensi yang bisa mengatasi gap masalah prevalensi atau gangguan mental umum, keterbatasan profesional, dan aksesibilitas terapi berkualitas pada populasi rentan. Penelitian ini menguji efektivitas intervensi *online self-help* terhadap gangguan mental umum pada populasi rentan. Metode yang digunakan untuk menjawab pertanyaan penelitian dengan tinjauan literatur sistematis dan meta-analisis berdasarkan *evidence synthesis* oleh JBI dan PRISMA 2020. Kriteria inklusi berupa individu rentan yang memiliki gejala atau terdiagnosis gangguan mental, intervensi *online unguided self-help*, dengan kontrol pasif (*treatment as usual, waitlist, dan tidak ada perlakuan*), serta studi eksperimen acak. Kelompok rentan dengan disabilitas berat dan intervensi *self-help* berbentuk kelompok tidak dilibatkan. Pencarian literatur *peer-review* dilakukan di *Pubmed* dan *Scopus* dari 2015 hingga September 2025. Risiko bias dalam penelitian ini diukur menggunakan *risk of bias tools for randomized control trial (ROB-2)*. Hasil



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temuan disintesis menggunakan meta-analisis dan ringkasan naratif. Terdapat 20 studi yang memenuhi kriteria inklusi dan jumlah partisipan sebanyak 7.415 orang. Hasil penelitian menunjukkan bahwa intervensi *online self-help* efektif dalam menurunkan gejala depresi (SMD = 0.26, CI 95%: -0.43; -0.09,  $p < 0.001$ ) dan kecemasan (SMD = -0.22, CI 95%: -0.41; -0.41,  $p = 0.0016$ ) dengan efek kecil. Intervensi juga berpotensi memiliki manfaat untuk meningkatkan kesejahteraan psikologis (SMD = 0.34, CI 95%: -0.04; 0.72,  $p = 0.3294$ ). Hasil ini harus dimaknai secara hati-hati karena tingginya heterogenitas pada keluaran depresi dan kecemasan, serta kecilnya jumlah artikel pada keluaran kesejahteraan psikologis. Penelitian ini terdaftar pada *Internasional Prospective Register of Systematic Review* (PROSPERO ID: CRD420251172175).

**Keywords:** *unguided online self-help, common mental illness, common mental problems, vulnerable population, systematic literature review, meta analysis.*