

Podcasts Potention as a Medium for Educating Young People About Mental Health: A Scoping Review

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ABSTRACT

Background: Podcasts a relatively new form of digital media, offer a flexible audio format that can be accessed anytime and anywhere. With the increasing use of podcasts among the younger generation, podcasts have the potential to be a medium for mental health education. **Objectives:** To explore research findings on the potential of podcasts as an educational medium for young people's mental health. **Method:** This review utilized three databases PubMed, ProQuest, Science Direct and Science Searched using the main keywords "Health Podcasts" and Mental" and help keywords. Articles were full text, English language, restricted to the last five years and country, as well as full text and free access. **Discussion:** This study reviewed 11 articles out of 5,372 that were screened and analyzed. Podcasts are used as a reference for mental health education due to easy accessibility, comprehensive mental health literacy, relatable presenters' life experiences, or discussions featuring professionals. podcasts reduce stigma and increase informal help-seeking, reducing feelings of loneliness. Podcasts with different presenter experiences based on demographic profiles and personal experiences of mental health are significant as psychoeducational tools for personal and/or professional development. However, the accuracy, transparency, and credibility of professional websites are still to be evaluated of podcasts as educational media especially related to mental health issues. **Conclusions:** This study summarizes the potential of podcasts as a significant educational medium for mental health with its various advantages. Mental health experts are needed to produce quality educational podcast content. This content will fulfill the audience's need for accurate and reliable information about mental health.

Keywords: Health Promotion, Mental Health, Podcast.

INTRODUCTION

SDG target 3.4 for 2030 is to improve mental health and well-being and reduce premature deaths from non-communicable diseases by a third. The UN incorporated mental health into the SDGs in September 2015. This move recognised the UN's burden of mental illness and established mental health as a global development priority. Mental health is an important issue for young people (WHO, 2022). The prevalence of mental health disorders among adolescents and young adults is increasing globally, caused by factors such as academic, social and economic pressures. Efforts can be made to prevent mental health problems through mental health-related education and health promotion efforts (Priyana, 2023; Willenberg et al., 2020)

Mental health prevention and promotion efforts can be done by increasing mental health literacy. Results showed mental health literacy was positively associated with help-seeking behaviour and negatively associated with stigma, shame and negative attitudes towards mental health. Factors associated with higher levels of mental health literacy included gender, younger age and education level. The results suggest that marginalised groups often have lower levels of mental health literacy and significantly higher levels of stigma related to mental health and those from lower socioeconomic backgrounds (Noroozi et al., 2018). The results point to factors that affect young people's well-being, including social and cultural shifts, as well as the challenge of adapting to technological advances. Lack of access to

mental health services has become an increasingly common problem.

The World Health Organisation (2022) states that 80% of people experiencing mental health difficulties do not have access to affordable and quality mental health services. Young people are active users of technology, including social media and other digital platforms (WHO, 2022). Research results show that social media platforms are popular places to share personal experiences, seek information, and offer person-to-person support among people living with mental illness. Lacking access to formal services, mental health-related podcasts can be a valuable alternative for promoting mental health literacy, especially in areas where such services are inadequate. Podcasts as a tool to promote public education due to their accessible nature, and jargon-free language style. Podcasts are an innovative tool for disseminating mental health and dementia information, especially in the context of increased risks associated with face-to-face interactions. Podcasts give listeners access to a wide range of topics, often featuring experts in the field whose books and resources might otherwise be out of reach. These inherent advantages should not be underestimated, yet this medium still needs to be further researched (Wills, 2020).

Although research on the effectiveness of podcasts as an educational tool is still relatively new, several studies show the positive potential of podcasts in improving health literacy, including mental health literacy. Podcasts can provide interactive, engaging and digestible content, thus encouraging closer communication between information providers and listeners, especially among younger generations who tend to be more receptive to innovative digital media (Laban et al., 2022). The potential of podcasts as a medium for mental health education appears promising, but further

research is needed to explore how podcasts can be optimised for this purpose. Therefore, this article aims to review research findings related to the potential of podcasts as a tool for mental health education among young people.

METHODS

This review uses a scoping review method that aims to map and provide an overview of the literature covered (Arksey and O'Malley, 2005; Pham et al., 2014). A scoping review is conducted by identifying research questions, identifying related studies using a systematic literature search based on the formulated research questions, collecting study results, tabulating findings, collating, analyzing, describing and reporting results (Arksey and O'Malley, 2005). The review was guided by the first question, 'how do young people get information about mental health?', and utilized three databases: PubMed, ProQuest, Science Direct. The main keywords used were 'Mental Health Podcast'. Articles used were published full-text articles and articles published up to 2024 (limited to the last five years). The articles referred to the discussion of the potential of Podcasts as a medium of information related to mental health among young people. The focus of this review is the benefits of Podcasts and their drawbacks.

A search of the 3 databases yielded 3,488 articles. The articles were screened based on year of publication (last five years), free fulltext, and title with 23 articles. The screened articles were then reviewed with a focus on duplication and reading the abstract and the entire article, leaving 11 articles. All articles were re-read with attention to the appropriateness and clarity of results in each article and it was decided that 11 articles were appropriate for this review. Detailed procedures related to the article search process are shown in Figure 1.

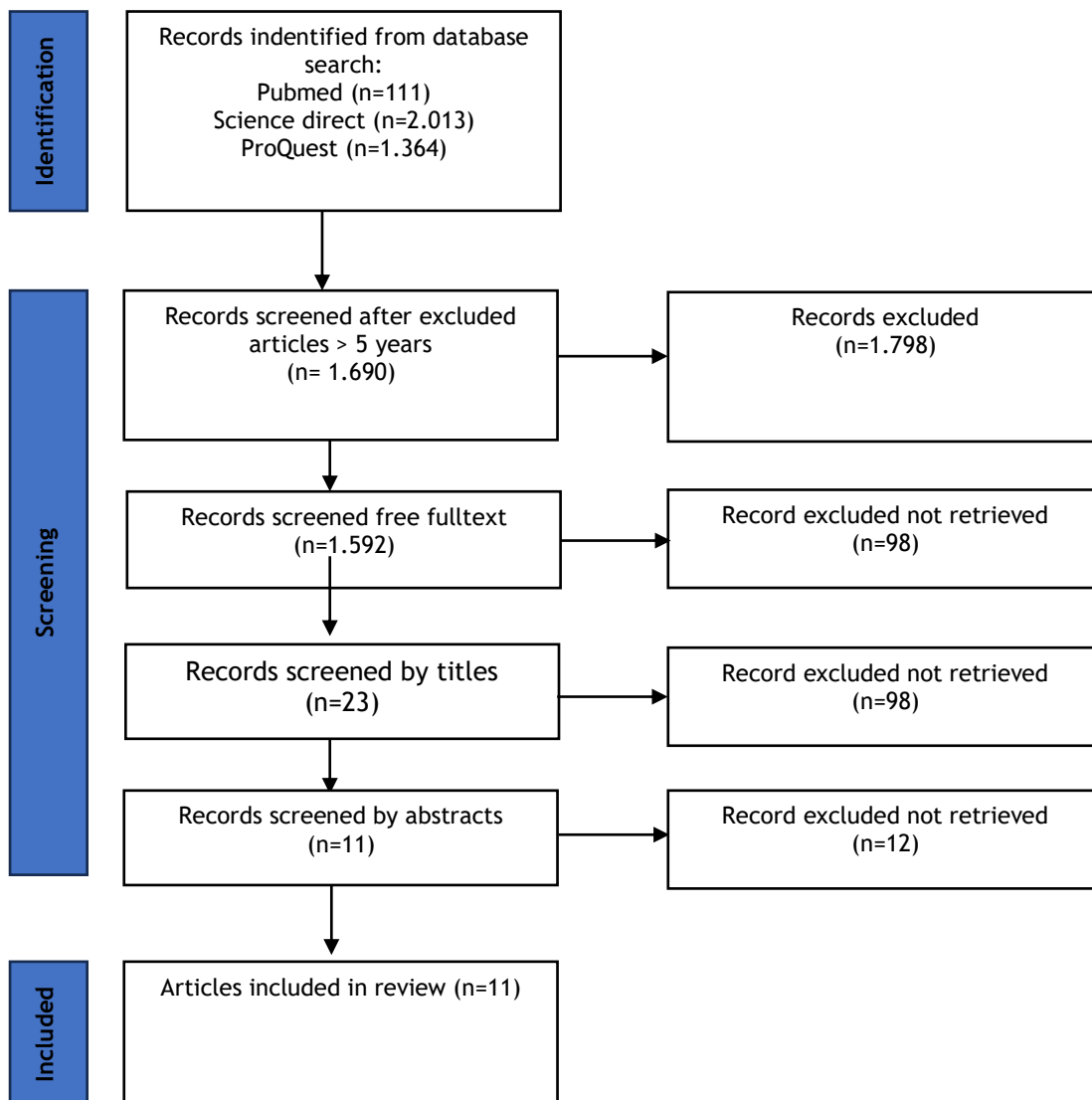


Figure 1. Flow Diagram of Scoping Review

RESULTS AND DISCUSSION

The findings from eleven journals on the potential of podcasts as a medium for educating young people about mental

health indicate that podcasts have promise as a tool for mental health education (Table 1).

Table 1. The Result of Scoping Review

No.	Article Title, Author, Year	Research Purposes	Material and Method	Result	Conclusion
1.	Article Title: "You're more engaged when you're listening to somebody tell their story": A qualitative exploration into the mechanisms of the podcast 'menopause: unmuted' for communicating	Explore the mechanisms through which women connect with the 'menopause: unmuted' podcast, which presents menopause	Qualitative with a sample of 30 women aged 40-60 years interviewed after listening to a podcast	The podcast series used to deliver health information about menopause was positively received, which is in line with Fisher's narrative theory. Women connected strongly with the content due to format, and	Health information in podcasts about menopause was positively received. Women strongly connected with the content due to the strength of the voice, the narrative, and

	health information	information in a storytelling format.		the strength of the voice, the narrative format, and including storytellers who were experts by experience. Increasing the diversity of storytellers and story content in future health podcasts may increase audience engagement.	including storytellers who were experts in their field.
	Author: Philippa A. Shaw, at. All				
	Year: 2022				
2.	Article Title: 'SurgTalk': Educational Outcomes Associated with Development of a Surgical Podcast for Undergraduate Medical Students	Title: The aim of this study was to assess the educational outcomes associated with the implementation of a surgical podcast series for undergraduate medical students.	Two conversational case-based podcast episodes were recorded covering 2 common surgical presentations. Final-year medical students were recruited prospectively in January 2023 and underwent a baseline multiple choice question (MCQ) test covering the material within the podcast episodes. Participants were then provided with the episode files through encrypted Google Drive links. Two weeks following baseline assessment, students repeated the initial MCQ test and completed a postpodcast reaction survey. Data were analyzed using a paired t-test, multivariable regression analyses, and simple	Fifty students were enrolled in the study. All participants undertook the baseline assessment. About 98% completed the postpodcast MCQ, while 94% completed the postpodcast reaction survey. All participants who undertook the reaction survey (n = 47) found the podcast helpful in explaining surgical concepts, 92% of participants found the podcast enjoyable to listen to. The most commonly reported activity undertaken while listening was "commuting/driving" (n = 24, 48%). The mean baseline MCQ score was 44.6%. The mean postpodcast MCQ score was 65.51%. There was a mean absolute increase in test score of 20.2% from baseline which was statistically significant (95%CI 14.67-25.6, p<0.001).	Implementation of this podcast series was associated with a statistically significant improvement in mean test score from baseline, reflecting knowledge acquisition. There was a positive user reaction and students were able to listen while performing other activities. Further evaluation of the educational outcomes associated with podcast use, particularly the effects on knowledge retention and clinical competence, is required
	Author: Susan O'Neill MB, BCh, at. All				
	Year: 2024				

			descriptive statistics.		
3.	<p>Article Title: What do men gain from listening to men's mental health podcast episodes?</p> <p>Author: Holly Murphy, Sam Watling, Jack Woodhams, Gary Shepherd)</p> <p>Year: 2023</p>	<p>Researchers consider podcasts an efficient way to promote health information and offer social support to individuals who are unable to access services.</p>	<p>'What do men gain from listening to men's mental health podcast episodes?' A 'gain' for participants in this context is a direct or indirect benefit to the individual because of listening to the podcast. We view benefits as acquisition of information, insight or resources, a reduction in negative feelings or experiences or an increase in positive feelings and experiences.</p>	<p>Five interconnected themes were identified which described a listener's reflections: understanding other men's lived experiences; facilitating male intimacy; combating male isolation; learning how to seek help and reflecting on a culture of positive masculinity.</p>	<p>The podcasts promote more inclusive, flexible versions of masculinity which encourage reflection on an individual's lived experience. Listening to men's mental health podcast episodes may provide a vehicle for men to initiate new ways of seeking informal help, reducing feelings of loneliness and fostering male intimacy. Recommendations on how the findings of this research can assist podcast creators develop episodes promoting flexible masculinity are discussed.</p>
4.	<p>Article Title: Podcasts as a tool for enhancing mental health literacy: An investigation of mental health-related podcasts</p> <p>Author: Naoise Ó Caoilte, Sharon Lambert, Raegan Murphy, Gillian Murphy)</p> <p>Year: 2023</p>	<p>The present research seeks to explore the motivations and experiences of mental health-related podcast listeners.</p>	<p>Data was gathered via an online survey (N = 722) and analysed to examine factors associated with participants' reasons for, and experiences of listening to mental health-related podcasts.</p>	<p>Results indicate that mental health-related podcast listeners' motivations and experiences are centred around developments in mental health literacy. Participants with the lowest levels of education and mental health literacy reported the most significant benefits from listening to mental health-related podcasts.</p>	<p>These findings provide evidence for positive outcomes of listening to mental health-related podcasts. Future research should aim to deepen our understanding of the medium, with emphasis on investigating their potential use as a psychoeducational tool for personal and/or professional development.</p>
5.	<p>Article Title: Health Care Professional and Caregiver Attitudes Toward and Usage of Medical</p>	<p>The aim of the study was to explore the awareness and views of</p>	<p>This survey study was conducted and distributed via in-person collection from</p>	<p>In total, 125 health care professionals and 126 caregivers completed the survey. Of those</p>	<p>Health care professionals appear to be more engaged in medical education</p>

Podcasting: health professionals and parents/caregivers about podcasting as a health education tool. parents/caregivers (≥18 years old) in the waiting room of an academic pediatric primary care clinic, targeted social media promotion, and listservs for health care professionals in pediatrics. Statistical analysis included chi-square tests of independence between categorical variables. surveyed, 81% (101/125) of health care professionals and 55% (69/126) of parents/caregivers listened to podcasts (P<.001). Health care professionals and parents/caregivers listed the same top 3 quality indicators for medical podcasts. Podcast listeners were more likely to have higher incomes and use professional websites for information. The survey elicited a variety of reasons for podcast nonengagement. podcasts than parents/caregivers. However, similar factors were valued when evaluating the quality of a pediatric podcast: accuracy, transparency, and credibility. Professional websites may be one avenue to increase podcast uptake. More needs to be done to explore the use of podcasts and digital media for medical information.

Author: Clement Lee 1, Melissa S Zhou 1, Evelyn R Wang 1, Matthew Huber 1, Katie K Lockwood 1 2, Joanna Parga 1

Year: 2022

6.	<p>Article Title: A New Podcast for Reducing Stigma Against People Living With Complex Mental Health Issues: Co-design Study</p> <p>Author: Elise Carrotte, Fincina Hopgood, Michelle Blanchard, Christopher Groot, Lisa Phillips</p> <p>Year 2023</p>	<p>The Co-Design and Anti-Stigma Podcast Research (CASPR) study aimed to collaborate with key target audience members to inform the development of a new podcast. This podcast primarily aims to reduce listeners' stigmatizing attitudes toward people living with complex mental health issues.</p>	<p>This study was adapted from Experience-Based Co-Design methodology. The first part, information gathering, involved a web-based mixed methods survey with 629 Australian podcast listeners to explore their interest and concerns around podcasts. Then, a series of focus groups were held with a purposive sample of 25 participants to explore the potential benefits and challenges of the podcast format. Focus group participants included people with lived experience of complex mental</p>	<p>Most survey respondents (537/629, 85.3%) indicated a willingness to listen to a podcast about experiences of mental illness stigma; participants indicated preference for semistructured episodes and a mixture of light and serious content. Focus group participants identified potential challenges with appealing to listeners, making the content emotionally resonant and engaging, and translation to listeners' attitude change. The co-design committee collaborated to achieve consensus on the focus of individual episodes: domains where stigma and discrimination are</p>	<p>The co-design process informed a podcast design that features lived experience narratives with an explicit focus on stigma and discrimination, highlighting the realities of stigma while acknowledging progress in the space and how listeners can contribute toward social change. This study allowed for an in-depth discussion around the strengths and limitations of such a podcast according to different target audience members. The co-design committee designed key elements of a podcast that has the potential to minimize the limitations of</p>
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health issues, media and communication professionals, and people interested in workplace mental health. The second part, co-design, constituted 3 meetings of a co-design committee with 10 participants drawn from the focus groups to design the podcast using brainstorming and decision-making activities.

common, such as workplaces and health care settings; the structure of individual episodes: storyboards that centralize guests with lived experience, featuring explicit discussions around stigma and discrimination; and overarching content principles, including a sincere, empathetic, and hopeful tone; using plain language; having clear calls to action; and providing listener resources.

the format while embracing the benefits of podcast-based storytelling. Once produced, the podcast will be evaluated for its impact on attitude change.

7.	Article Title: There's no waiting list, just press play: listeners experiences of mental health-related podcasts Author: Noise O Caoilte, Sharon Lambert, Raegan Murphy Year: 2024	Title: The aim of this study was to understand what listeners of mental health podcasts obtain from this medium.	The study gathered data, via an online survey (n=722). This article reports on the responses to open-ended questions: 'What do you take away from listening to mental health-related podcasts? What do you learn about yourself (or a loved one)? What do you find most useful about listening to mental health-related podcasts? Inductive thematic analysis was utilised.	Thematic analysis produced five core themes: accessibility, mental health literacy, potential pitfalls, reassurance and lived experiences. Accessibility of material and discussions featuring professionals and people with lived experience were reported key highlights.	Results indicate that podcasts influence the development of mental health literacy, reduce stigma and increase help-seeking. Given the challenges with service access in underserved populations, there is a potential role for the use of podcasts in rural regions.
8.	Article Title: An Active Model of Research Translation for the General Public: Content Analysis of a YouTube-Based	This study aims to examine an innovative model of research translation, The	We applied conventional content analysis of the YouTube transcript data and directed content	The key HLP features are direct-to-the-consumer, zero-cost, bilingual, and actionable content. We identified 3 main	This Active Model of Research Translation offers a way to synthesize scientific evidence and

<p>Health Podcast</p> <p>Author: Maka Tsulukidze, Stuart W. Grande, John A. Naslund</p> <p>Year: 2023</p>	<p>Huberman Lab Podcast (HLP), developed by Andrew Huberman, Professor of Neurobiology and Ophthalmology at the Stanford School of Medicine. The HLP leverages social media to deliver health information translated into specific, actionable practices and health strategies directly to the general public. This research characterizes the HLP as an Active Model of Research Translation and assesses its potential as a framework for replicability and wider adoption.</p>	<p>analysis of viewers' YouTube comments to 23 HLP episodes released from January to October 2021, reflecting the time of data analysis. We selected 7 episodes and a welcome video, to describe and identify key characteristics of the HLP model. We analyzed viewer comments for 18 episodes to determine whether viewers found the HLP content valuable, accessible, and easy to implement.</p>	<p>organizing categories and subcategories as the key elements of the HLP: (1) Why: Educate and Empower and Bring Zero Cost to Information to the General Public; (2) What: Tools and Protocols; Underlying Mechanisms; and Grounded in Science; (3) How: Linear and Iterative Knowledge Building Process; Lecture-Style Sessions; Interactive and Consumer Informed; Easily Accessible; and Building the Community. Analysis of viewers' comments found strong consumer support for the key HLP model elements.</p>	<p>deliver it directly to end users in the form of actionable tools and education. Timely evidence translation using effective consumer engagement and education techniques appears to improve access and confidence related to health information use and reduces challenges to understanding and applying health information received from health providers. Framing complex content in an approachable manner, engaging the target audience, encouraging participation, and ensuring open access to the content meet current recommendations for leveraging social media or other digital platforms for disseminating science and research findings to the general public, and are likely key contributors to HLP impact and potential for success. The model offers a replicable framework for translating and disseminating scientific evidence. Similar active</p>
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models of research translation can have implications for accessing health information and implementing health strategies for improved outcomes. Areas for further investigation are specific and measurable impacts on health, usability, and relevance of the model for reaching marginalized and high-risk populations.

9.	Article Title: Podcasts as a Method to Deliver Education on Stigma Surrounding Opioid Use Disorder	The objective of this research was to evaluate the effectiveness of a podcast miniseries to reduce stigma surrounding opioid use disorder (OUD) among student pharmacists.	Students in their second and third professional years from two schools of pharmacy listened to five, 10-23 min podcasts incorporated into their coursework. The podcasts highlighted: (1) interviews with OUD professionals and those with lived experiences; (2) types of stigma and how it affects health outcomes; (3) OUD disease state processes, and (4) harm reduction strategies. Surveys assessed changes in perception of OUD and its associated stigma and included free-response and Likert scale	There was a statistically significant change from baseline for each survey question, demonstrating a decrease in stigma towards OUD. Free-responses were categorized into four learning domains: (1) Impact of stigma on access to care; (2) Compassion and empathy; (3) Resources and support; and (4) Call to action. Podcasts can be an effective tool to reduce student pharmacist stigma associated with OUD.	The results of this study show that podcasts can be utilized as an effective method to help lower the stigma associated with OUD among student pharmacists. Podcasts can give students a unique learning experience and can allow for asynchronous learning on topics that may be more sensitive.
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Year: 2022

questions. Subjects (n = 121) who completed a pre- and post-podcast survey were included. Paired t-tests assessed changes in survey responses from baseline and a content analysis was performed on all free-responses.

10.	<p>Article Title: Radio, Podcasts, and Music Streaming—An Electroencephalography and Physiological Analysis of Listeners' Attitude, Attention, Memory, and Engagement</p>	<p>This current study analyses how the brain responds to these formats and suggests that they offer different branding opportunities .</p>	<p>Sixty participants (30 male) were recruited for the current research via an external recruiter located in Sydney, Australia. Participants. Specifically, each participant was exposed to two of the following three audio formats: radio, podcasts, and music streaming.</p>	<p>The results revealed that music streaming elicited more positive attitudes, higher attention, greater levels of memory encoding, and increased physiological arousal compared to either radio or podcasts. This study emphasises the importance for brands of utilising diverse audio channels for unique branding and marketing opportunities.</p>	<p>In conclusion, this study shows the differential impact of audio formats on consumer engagement and offers a nuanced understanding of strategic brand positioning in the auditory marketing domain. Engagement levels across radio, podcasts, and music streaming did not exhibit significant variations, suggesting an intrinsic capacity within all auditory media to secure consumer engagement. Remarkably, radio was associated with the highest engagement levels, which may prompt a reevaluation of the medium's role in contemporary advertising strategies, particularly in its capacity to catch audience attention. Music streaming</p>
	<p>Author: Shannon Bosshard, Emma Rodero, Isabel Rodriguez-de-dios, Jamie Brickner</p> <p>Year: 2024</p>	<p>Participants' engagement, attitude, attention, memory, and physiological arousal were measured while each audio format was consumed.</p>			

emerged as a superior format in fostering positive attitudes, increasing attention, enhancing memory encoding, and elevating physiological arousal compared to its counterparts. These attributes highlight the potent emotional and cognitive influence of music streaming, indicating its preeminence in capturing consumer interest and sustaining brand recognition amidst the pervasive challenge of advertisement avoidance. Conversely, despite their educational design, podcasts elicited the lowest levels of memory encoding. This unexpected outcome suggests a potential incongruence between podcasting's intended function as a medium for knowledge dissemination and the actual cognitive engagement it facilitates. The implications of these findings are multifaceted for marketers. Radio, podcasts, and music

streaming's distinct experiential dimensions manifest unique opportunities for crafting marketing communications . Music streaming's profound engagement positions it as an effective conduit for attention-centric branding efforts. Furthermore, radio's enduring engagement underscores its value in auditory marketing campaigns. A diversified approach, harnessing the distinctive advantages offered by each audio format, could thus be pivotal in optimizing brand impact and recall in the consumer's brain.

11.	<p>Article Title: Why people listen: Motivations and outcomes of podcast listening</p> <p>Author: Stephanie J. Tobin</p> <p>Year: 2024</p>	<p>The aim of this preregistered study was to identify dispositional predictors of podcast listening and examine the associations between aspects of podcast listening, dispositional predictors, and psychological outcomes.</p>	<p>Three hundred and six adults from a range of countries completed an online questionnaire that assessed individual difference predictors (the Big Five personality factors, curiosity, need to belong, age, and gender), aspects of podcast listening (amount, format, setting, device, and</p>	<p>As predicted, openness to experience, interest-based curiosity, and need for cognition positively predicted podcast listening. Contrary to predictions, need to belong negatively predicted podcast listening, and time spent listening to podcasts was not associated with autonomy, competence, relatedness, meaning, or</p>	<p>Overall, the findings support the idea that informational motives can play a role in podcast listening, and that some aspects of listening are associated with positive outcomes.</p>
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social aspects), and potential outcomes (autonomy, competence, relatedness, meaning, mindfulness, and smartphone addiction). smartphone addiction. However, certain aspects of podcast listening (e.g., parasocial relationships and social engagement) were related to positive outcomes and to our predictor variables. Furthermore, neuroticism negatively predicted podcast listening.

The results of the study identified several key themes that highlight the potential of podcasts as a health promotion medium related to mental health for young people including: 1) positive reception and knowledge acquisition and educational impact, 2) diverse listener demographics and experiences, 3) involvement of mental health professionals, 4) effective podcast design and structure, and 5) reducing stigma and promoting social change. However, podcasts also face challenges, most notably the pitfall that they may not always successfully engage listeners deeply on a cognitive level.

Positive Reception and Knowledge Acquisition And Educational Impact

Podcasts serve as educational tools that provide insights into various mental health conditions. Podcasts typically contain interviews with mental health professionals who offer credible information and practical advice to overcome mental health challenges. This educational component is crucial in uncovering mental health issues, increasing understanding, and encouraging individuals to seek help when needed. The results showed that Podcasts have been positively received, especially those that use storytelling methods and feature narrators with first-hand experience, which increases emotional engagement and fosters a strong connection with listeners. Participants generally found podcasts enjoyable, with high levels of satisfaction-92% of listeners said they enjoyed the experience. In addition, podcasts offer a convenient

medium for multitasking, as many listeners engage with the content while travelling or driving, highlighting their practicality as an educational tool (Bossard et al., 2024).

The results showed podcasts have been shown to significantly improve knowledge acquisition and retention. listeners experienced a 20.2% increase in test scores, demonstrating the effectiveness of podcasts as an educational resource. Mental health podcasts, in particular, have been shown to be beneficial in increasing mental health literacy, reducing stigma, and encouraging help-seeking behaviour, especially among male listeners. Podcasts are particularly beneficial for individuals with lower educational backgrounds or limited health literacy, thereby helping to reduce educational disparities. In addition, podcasts can foster a supportive environment where listeners can connect with similar experiences, thereby reducing feelings of loneliness (Caoilte et al., 2023).

Diverse Audience Demographics And Experiences

Many mental health podcasts feature personal narratives from hosts or guests who share their struggles and coping strategies. These stories create a sense of connection, helping listeners feel less isolated in their experiences. Demographic profiles and listeners' personal experiences with mental health issues influence how they benefit from podcasts. For example, podcasts that target men's mental health, such as 'MenGage,' challenge traditional

masculine norms, fostering social connection and reducing isolation. These podcasts also provide a flexible approach to seeking help (Shaw et al., 2022). The results show that the personal stories shared in this podcast create a sense of belonging among listeners who may feel alone in their struggles. Hearing relatable experiences can validate feelings and encourage listeners to seek help or share their own stories (Murphy et al., 2024).

Professional Engagement

Healthcare professionals and caregivers are also engaging with educational podcasts, especially those that prioritise accuracy, transparency and credibility. Podcasts offer a valuable resource for professional development by enabling asynchronous learning, allowing healthcare professionals to stay informed while managing their busy schedules (Lomayesva et al., 2020). Podcasts allow healthcare providers to learn whenever they want, fitting education into their busy lives without the need to attend in person. Many podcasts cover various medical specialities and current issues, providing insights that can be directly applied in the clinical setting. Research results suggest listening to podcasts can foster a sense of community among healthcare professionals, as they share experiences and knowledge through discussions and interviews (O'Neill et al., 2024).

Some notable podcasts have emerged as favourites among healthcare professionals such as *The Clinical Problem Solvers* which offers case-based learning tools to improve clinical reasoning skills, *MedTalk* which features interviews with doctors who share their passion for medicine and teaching. The podcasts exemplify how audio content can effectively support continuing education in the medical field, encouraging individual growth and community engagement among healthcare providers.

Effective Podcast Design And Structure

The results show effective podcast design often involves co-creation with individuals who have first-hand experience, ensuring that the content resonates emotionally while providing educational value. the involvement of individuals who have first-hand experience with the topic will add

authenticity and depth to the conversation within the podcast. Their stories can provide unique insights that resonate with listeners on a personal level. Involving a variety of voices ensures a richer narrative and allows for a broader understanding of the subject matter (Lomayesva et al., 2020).

Many successful podcasts use a semi-structured format, blending serious and light-hearted content while offering clear calls to action and providing additional resources for listeners. The semi-structured format allows the host to guide the discussion while remaining open to organic conversation. This balance can lead to unexpected insights and engaging content. Mixing serious topics with lighter moments will help keep listeners engaged and make complex topics more approachable (Caoilte et al., 2023).

Reducing Stigma And Driving Social Change

Results The study showed that long-term listeners of mental health podcasts reported more positive attitudes towards individuals with mental health conditions and lower levels of stigma associated with therapy seeking. By normalising discussions around mental health, these podcasts contribute significantly to public awareness and acceptance, making it easier for individuals to talk about their own experiences (E. Carrotte et al., 2023). The results show that podcasts that address sensitive topics, such as mental health stigma and opioid use disorder, have shown success in reducing stigma and changing public attitudes, especially in educational settings. Podcasts that emphasise empathy and hope while centred on these lived experiences also have the potential to drive broader social change by promoting understanding of stigmatised issues (Caoilte et al., 2024).

The results indicated gaining new perspectives, which contributed to a better understanding of mental health topics and reduced stigma. The results showed exposure to mental health content through podcasts fostered a greater willingness to seek help, especially among those who felt frustrated with barriers in traditional mental health services. Podcasts that emphasise empathy and hope, often featuring first-hand experiences, can foster broader social change by promoting

understanding of stigmatised issues. Participants said that they felt less isolated in their struggles because of the shared narratives presented in these podcasts (E. R. Carrotte et al., 2023a).

Podcast Challenges

Despite these benefits, podcasts sometimes fall short in encouraging deep cognitive engagement, with some evidence suggesting lower memory retention compared to other media formats. Research results suggest the framing of mental health topics in podcasts can significantly influence public perceptions and attitudes (Lee et al., 2022). Negative stereotypes perpetuated through podcasts can contribute to a culture of discrimination against individuals with mental health problems, impacting their social interactions and access to opportunities (E. R. Carrotte et al., 2023b). However, podcasts offer considerable potential in rural and underserved areas, where they can improve health literacy and bridge gaps in healthcare access (Tobin & Guadagno, 2022).

CONCLUSION

The analysis of eleven journals highlights the potential of podcasts as an effective medium for educating young people about mental health. The key themes identified—positive reception and engagement, knowledge acquisition, diverse audience experiences, professional and parental engagement, effective design, and the role in reducing stigma—underscore the value of podcasts in mental health education. Podcasts, particularly those featuring storytelling and lived experiences, have been positively received and demonstrate significant benefits in increasing knowledge retention, enhancing mental health literacy, and fostering social connections. They also provide a flexible learning tool for busy professionals and caregivers.

However, challenges remain, particularly in achieving deep cognitive engagement, as some listeners may experience lower memory retention compared to other formats. Despite this, podcasts hold significant promise, especially in rural and underserved areas where access to healthcare services is

limited. When designed effectively, with attention to emotional engagement and audience diversity, podcasts can maximize their educational and social impact, driving both individual learning and broader societal change.

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