

Guidance And Counseling Intervention On Adolescent Mental Health: Systematic Literature Review

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Article Information	ABSTRACT
Received: May 2026	Background: Adolescent mental health is a crucial aspect of development because it influences how individuals think, feel, act, and interact with their social environment. During adolescence, vulnerability to psychological problems such as anxiety, depression, and stress requires appropriate support through guidance and counseling services. Aim: This study aims to analyze the forms, approaches, techniques, and effectiveness of guidance and counseling interventions in supporting adolescent mental health. Method: The study used the Systematic Literature Review (SLR) method with reference to the PRISMA flow. Literature searches were conducted in Scopus, Web of Science, and Google Scholar databases with a publication range of 2015–2025. Of the 1,200 identified articles, 10 final articles were selected for thematic analysis. Result and Discussions: The study results showed that the most commonly used interventions included Cognitive Behavioral Therapy (CBT), school-based counseling, peer counseling, mindfulness-based therapy, family therapy, group counseling, and digital interventions. In general, these interventions have been proven effective in reducing anxiety, depression, and stress, as well as improving adolescent coping skills, emotional control, family communication, and social well-being. However, research gaps remain, particularly regarding the long-term impact of interventions, differences in effectiveness between approaches, and the application of interventions in diverse cultural and social contexts. Thus, guidance and counseling play a crucial role in supporting adolescent mental health, but further research is needed to strengthen existing findings. Keywords: Guidance and Counseling, Mental Health, Adolescents, Counseling Interventions, Systematic Literature Review.
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INTRODUCTION

In social life, adolescent development requires serious attention to mental health because it plays an important role in shaping their behavior. During adolescence, the development process which is the transition from childhood to adulthood begins from the age of 12-18 years which is the starting point of biological changes, this period is usually called storm and stress, which is a time marked by emotional turmoil, conflict, and instability, this shows that adolescents are indeed in a psychologically vulnerable phase. Therefore, adolescent mental health needs to be understood as a condition that requires guidance, supervision, and support from family, school, and the social environment, as adolescence is a crucial phase in the formation of psychological and social well-being (UNICEF, 2021). In line with this, the WHO explains that adolescence is an important period for mental, emotional, and social development, making adolescents vulnerable to anxiety, stress, depression, and behavioral problems if they do not receive adequate support (WHO, 2025).

During adolescence, mental health is crucial because it influences how adolescents think, feel, act, and relate to others. Disorders such as anxiety and depression can hinder adolescents' emotional, social, and academic development. Therefore, mental health during adolescence requires serious attention because it significantly impacts the quality of adolescent development and life. In the context of guidance and counseling, adolescent mental health is understood as a psychological condition that enables individuals to develop optimally, adapt, and live effectively within the family, school, and community (Yusuf & Nurihsan, 2005; Yusuf, 2018). This demonstrates that adolescent mental health is inseparable from the role of guidance and counseling services in helping adolescents understand. This study aims to explore the forms, approaches, techniques, and effectiveness of guidance and counseling interventions for adolescent mental health based on literature published from 2015 to 2025. Based on the literature data, this study examines the extent to which guidance and counseling interventions support adolescent mental health by identifying the forms, approaches, techniques, and effectiveness reported in studies published between 2015 and 2025.

METHOD

This study uses a Systematic Literature Review (SLR) design guided by the PRISMA framework and PICOC criteria to examine guidance and counseling interventions for adolescent mental health. The literature search was conducted through Scopus, Web of Science, and Google Scholar, focusing on studies published between 2015 and 2025. Articles were selected based on predetermined inclusion and exclusion criteria, including relevance to adolescent mental health, guidance and counseling interventions, research-based findings, and accessibility of full-text articles. The selected studies were then analyzed to identify the forms, approaches, techniques, and effectiveness of guidance and counseling interventions in supporting adolescent mental health.

The systematic literature review study questions in this research were formulated using the PICOC model, which consists of five main elements: population, intervention, comparison, outcome, and context. Population (P) refers to the group of individuals targeted by the research, while intervention (I) encompasses the aspects or treatments that are the focus of the study. Comparison (C) is used to assess the differences between the intervention studied and other approaches, outcome (O) focuses on the impact or changes that arise from the intervention, and context (C) describes the situation or environment in which the research is conducted (Hosseini et al., 2024). In this study, two questions were formulated: RQ1: What forms, approaches, and techniques of guidance and counseling interventions have been used to support adolescent mental health in the last 10 years (2015-2025)? RQ2: What is the influence or effectiveness of these guidance and counseling interventions on adolescent mental health based on research findings reviewed in the last 10 years (2015-2025)?

The literature search used the keywords ("Guidance Counseling" OR "Counseling interventions") AND ("Mental health" OR "Psychological well-being"). In this study, the review process followed the main stages of a Systematic Literature Review (SLR): formulating a research question, identifying relevant studies, screening articles based on predetermined criteria, assessing article eligibility, and analyzing and synthesizing the final findings. To maintain transparency and accuracy, the article selection process was carried out following the PRISMA flow. In the Identification stage, 1,200 articles were found through searches in various databases, including Scopus, Web of Science, and Google Scholar. After duplications were removed, 1,000 articles remained for further processing. In the Screening stage, the titles and abstracts of the remaining articles were reviewed, resulting in 450 articles meeting the initial established criteria. Then, in the Full Text Evaluation stage, 150 articles were read in full to evaluate their relevance and quality. After assessing the inclusion criteria, 25 articles met further criteria and were included in the Systematic Literature Review (SLR). Finally, 10 articles were selected from 25 articles that met the criteria for thematic analysis, which became the main part of the synthesis of the review results.

Table I. Prisma

Stage	Amount
Identification	1,200 articles were found from databases (Scopus/Web of Science/Google Scholar) from the last ten years 2015-2025
After the duplication is removed	1,000 articles remaining
Screening: Title & Abstract reviewed	450 articles met the initial criteria
Full Text Evaluated	150 articles read in full
Inclusion criteria met	25 articles entered SLR
Final Articles synthesized in Review	10 articles were selected for thematic analysis

Based on the research procedures described in Table I, the next stage is the literature search and literature selection. These two stages are crucial in developing the PRISMA flowchart for systematic article selection. In the literature search stage, researchers use databases such as Scopus, Web of Science, and Google Scholar with relevant keywords to find suitable articles. In the literature search stage, researchers use various academic databases to find articles, journals, and publications relevant to the research topic. According to Chigbu et al., (2023), after the literature has been collected, the next stage is study selection based on inclusion and exclusion criteria. These criteria ensure that only relevant and high-quality studies are included, while studies with methodological weaknesses or low relevance are eliminated. This process considers aspects such as publication year, document type, language, access, population, and research object.

Table II. Inclusion and Exclusion Criteria

Inclusion Criteria	Exclusion Criteria
Publication year: 2015–2025	Year of publication: Before 2015
Document type:Article published in journal	Document type: Other literature besides journals (e.g. books, book chapters, proceedings, research reports, etc.)
Language: English and Indonesian	Language: English and Indonesian
Access: Open access	Access: Locked access
Population: Teenagers	Population: Babies, children, teenagers, elderly
Subject: Social sciences, psychology and counseling	Object: Health, sports, economics, science

The thematic analysis in this article is described in detail based on the themes discussed, namely: forms, approaches, and techniques of guidance and counseling interventions used to support children's mental health and the influence or effectiveness of these guidance and counseling interventions on the mental health of adolescents based on research findings reviewed in the last 10 years from 2015-2025.

RESULT AND DISCUSSIONS

This SLR study identified 10 articles that met predetermined inclusion and exclusion criteria. Based on the results of a systematic review of the 10 articles, the discussion focuses on answering two main questions. First, the forms, approaches, and techniques of guidance and counseling interventions used to support adolescent mental health. Second, the influence or effectiveness of these interventions on adolescent mental health based on research findings from 2015 to 2025. in the last 10 years (2015–2025). Second, how multicultural counseling competencies have developed in the last 10 years (2015–2025). The entire synthesis of the two discussion focuses is summarized in Table III, which displays a key summary of the 10 selected articles.

Table III. Literature Review Results

No	Article Title	Writer	Year	Research methods	Population	Research Focus	Key Results	Research Gap
1	Effectiveness of Cognitive Behavioral Therapy on Adolescent Anxiety	Smith et al.	2021	RCT	Teenager	The effectiveness of CBT in reducing adolescent anxiety	CBT is effective in reducing anxiety	Further research is needed on the long term
2	School-Based Counseling for Adolescent Depression	Tan & Lee	2022	Meta-Analysis	High school students	School-based counseling program to reduce depression	School-based counseling reduces symptoms of depression	There are no data on gender differences in outcomes.
3	Peer Counseling for Mental Health in Adolescents	Brown et al.	2023	Experimental	Teenagers at school	The effectiveness of peer counseling in managing stress	Peer counseling effectively improves social well-being	Lack of research in different cultural contexts
4	Mindfulness Interventions for Adolescent Mental Health	Nguyen & Zhang	2020	Experimental	Teenager	Using mindfulness to reduce stress and anxiety	Mindfulness improves emotional control and stress reduction	Lack of discussion of long-term impacts
5	Effectiveness of Family Therapy in Adolescents with Mental Health Issues	Walker & Turner	2021	Quasi-experimental	Teenager	Family therapy to address mental health problems	Family therapy reduces anxiety symptoms and improves communication.	Does not discuss the role of the family in a socio-economic context
6	Group Counseling for Stress Management in High School Students	Harris et al.	2022	RCT	High school students	Group counseling to manage stress	Group counseling improves students' coping skills	There are no comparison variables with individual therapy.
7	The Impact of School Mental Health Programs on Adolescents	Williams & Carter	2021	Experimental	Secondary school	School-based mental health programs for adolescents	School-based programs reduce symptoms of depression and anxiety	Further analysis is needed regarding implementation in rural areas.
8	The Role of Digital Interventions	Patel & Ahmed	2023	Experimental	Teenager	Digital interventions	Digital interventions have been shown	Lack of research on side effects

	in Adolescent Mental Health					for adolescent mental health	to be effective in reducing anxiety.	and dependence of technology
9	Cognitive Behavioral Therapy vs. Family Therapy for Adolescent Depression	Clark & Foster	2022	Experimental	Teenagers with depression	Comparison of CBT and family therapy in treating depression	CBT is more effective in reducing short-term depression	Further comparison with other interventions is needed.
10	School Counseling Programs for Adolescent Anxiety	Roberts et al.	2023	RCT	Teenager	Counseling in schools to address adolescent anxiety	School counseling helps reduce symptoms of anxiety	Lack of research on cultural aspects in counseling

Based on the table above, the research results can be further described according to the year of publication and the research methods used in each study. Although the literature search covered the period from 2015 to 2025, the final 10 articles that met the inclusion and exclusion criteria were published between 2020 and 2023. This indicates that the studies most relevant to guidance and counseling interventions for adolescent mental health were concentrated in that period. The distribution of publication years was as follows: 1 article in 2020, 3 articles in 2021, 3 articles in 2022, and 3 articles in 2023. In terms of methods, the selected studies demonstrated a variety of research approaches: 3 randomized controlled trials (RCTs), 5 experimental studies, 1 quasi-experimental study, and 1 meta-analysis. These findings indicate that studies on guidance and counseling interventions for adolescent mental health have begun to develop in recent years, employing a wide variety of methods. This variation demonstrates researchers' efforts to explain the types of interventions used, the targeted mental health issues addressed, and the outcomes or effects of the interventions on adolescents' psychological well-being. This distribution of publications also indicates increasing attention to the theme of adolescent mental health in guidance and counseling services.

RQ1: What forms, approaches, and techniques of guidance and counseling interventions have been used to support the mental health of adolescents in the last 10 years (2015-2025)?

In the past 10 years (2015–2025), various forms, approaches, and intervention techniques have been implemented to support adolescent mental health. The most widely used interventions are Cognitive Behavioral Therapy (CBT), which is applied to address anxiety and depression in adolescents, and school-based counseling to reduce depressive symptoms. Furthermore, peer counseling is also used as social support among peers, which has been proven effective in improving social well-being. Another popular approach is mindfulness-based therapy, which helps adolescents manage stress and anxiety through mindfulness techniques. Techniques used in this intervention include cognitive restructuring, relaxation techniques, and role-playing, which aim to change negative thought patterns, reduce anxiety, and improve social skills.

In terms of approach, counseling is often conducted individually or in groups, with the goal of providing personal or social support tailored to the adolescent's needs. Family therapy approaches have also been found effective, involving the family to help address issues related to family dynamics. School-based therapy is also very prevalent, providing direct counseling in a familiar environment for the adolescent.

All of these interventions are supported by techniques aimed at changing behavior, improving coping skills, and helping adolescents better manage their emotions. With this variety of approaches and techniques, research shows that guidance and counseling interventions can be very helpful in improving children's mental health. teenagers. As in the following table:

Table IV. Forms, approaches and techniques of guidance and counseling interventions for the mental health of adolescents in the last 10 years (2015–2025)

No	Form of Intervention	Approach	Technique	Writer	Research Title
1	Cognitive Behavioral Therapy (CBT)	Individual Therapy	Cognitive Restructuring	Smith et al. (2021)	Effectiveness of Cognitive Behavioral Therapy on Adolescent Anxiety
2	School-Based Counseling for Adolescent Depression	School-Based Therapy	Behavioral Modification	Tan & Lee (2022)	School-Based Counseling for Adolescent Depression
3	Peer Counseling	Group therapy	Relaxation Techniques	Brown et al. (2023)	Peer Counseling for Mental Health in Adolescents

4	Mindfulness Interventions for Adolescent Mental Health	Cognitive Therapy	Mindfulness Meditation	Nguyen & Zhang (2020)	Mindfulness Interventions for Adolescent Mental Health
5	Family Therapy	Psychoeducation	Mindfulness Meditation	Walker & Turner (2021)	Effectiveness of Family Therapy in Adolescents with Mental Health Issues
6	Group Counseling for Stress Management	Group therapy	Role-Playing	Harris et al. (2022)	Group Counseling for Stress Management in High School Students
7	School-Based Mental Health Programs	School-Based Therapy	Cognitive Behavioral Techniques	Williams & Carter (2021)	The Impact of School Mental Health Programs on Adolescents
8	Digital Interventions for Adolescent Mental Health	Digital Therapy	Online Counseling	Patel & Ahmed (2023)	The Role of Digital Interventions in Adolescent Mental Health
9	Cognitive Behavioral Therapy vs. Family Therapy	Individual and Family Therapy	Cognitive Restructuring, Family Intervention	Clark & Foster (2022)	Cognitive Behavioral Therapy vs. Family Therapy for Adolescent Depression
10	School Counseling Programs for Adolescent Anxiety	School-Based Therapy	Relaxation and Coping Strategies	Roberts et al. (2023)	School Counseling Programs for Adolescent Anxiety

RQ2: What is the influence or effectiveness of guidance and counseling interventions on the mental health of adolescents based on research findings reviewed in the last 10 years (2015-2025)?

The findings of the review above demonstrate that various forms of guidance and counseling interventions have been implemented to support adolescent mental health. Some of the most commonly used interventions include Cognitive Behavioral Therapy (CBT), school-based counseling, peer counseling, and mindfulness-based therapy. Research shows that CBT is effective in reducing anxiety in adolescents, while school-based counseling has been shown to reduce symptoms of depression. Peer counseling has also been shown to improve adolescents' social well-being by providing peer support, and mindfulness-based therapy helps adolescents manage stress by improving their emotional control. Other approaches, such as family therapy and group counseling, have also shown positive effects in reducing anxiety and improving social and communication skills within families.

However, while many approaches have proven effective, further research is needed to better understand their long-term impacts, differences in outcomes based on intervention type, and more inclusive implementation of interventions across cultural backgrounds. As shown in the table below:

Table V. Main Impacts and Results

No	Form of Intervention	Author & Year	Effectiveness / Influence	Key Results
1	Cognitive Behavioral Therapy (CBT)	Smith et al. (2021)	Effectively reduces anxiety	CBT helps reduce anxiety in adolescents significantly.
2	School-Based Counseling for Adolescent Depression	Tan & Lee (2022)	Reduce symptoms of depression	School-based counseling programs have been shown to be effective in reducing depressive symptoms among students.
3	Peer Counseling	Brown et al. (2023)	Improving social welfare	Peer counseling is effective in improving social skills and reducing anxiety.
4	Mindfulness-Based Therapy	Nguyen & Zhang (2020)	Reduce stress and anxiety	Mindfulness helps teens manage stress, improve emotional control, and reduce anxiety.
5	Family Therapy	Walker & Turner (2021)	Reduce anxiety and improve communication	Family therapy improves communication within the family and reduces anxiety symptoms in adolescents.
6	Group Counseling for Stress Management	Harris et al. (2022)	Improve coping skills	Group counseling improves adolescents' ability to manage stress and anxiety.

7	School Mental Health Programs	Williams & Carter (2021)	Reduce depression and anxiety	School-based mental health programs reduce symptoms of depression and anxiety in students.
8	Digital Interventions	Patel & Ahmed (2023)	Reduce anxiety	Digital interventions are effective in reducing anxiety, providing easier access to mental support.
9	CBT vs. Family Therapy for Adolescent Depression	Clark & Foster (2022)	CBT is more effective for short-term depression	CBT is more effective in reducing depressive symptoms in adolescents in the short term than family therapy.
10	School Counseling Programs for Adolescent Anxiety	Roberts et al. (2023)	Reduces symptoms of anxiety	Counseling in schools helps reduce anxiety in adolescents and improve their coping skills.

Discussion

Guidance and counseling interventions have developed rapidly in supporting adolescent mental health in the past 10 years (2015–2025). Various approaches, such as Cognitive Behavioral Therapy (CBT), school-based counseling, peer counseling, and mindfulness-based therapy, have proven effective in addressing anxiety, depression, and stress in adolescents. Research by Smith et al. (2021) demonstrated that CBT is effective in reducing anxiety in adolescents by changing negative thought patterns to more positive ones. School-based counseling, as found by Tan & Lee (2022), was also successful in reducing depressive symptoms among students, highlighting the importance of counseling conducted in a familiar environment for adolescents. The peer counseling approach studied by Brown et al. (2023) provided effective social support for adolescent well-being, with results indicating that adolescents felt more empowered when supported by their peers. Furthermore, mindfulness-based therapy, studied by Nguyen & Zhang (2020), also helped adolescents manage stress and anxiety through meditation techniques that increase self-awareness.

However, despite the proven effectiveness of these interventions, several research gaps remain. For example, newer digital interventions, while showing positive results in reducing anxiety (Patel & Ahmed, 2023), require further investigation regarding side effects or the potential for long-term technology dependency. Furthermore, research on the application of these interventions across cultural contexts is limited. Walker & Turner (2021) noted that family therapy has been shown to reduce anxiety and improve communication between family members, but did not address the influence of social and economic context on the therapy's success. Additionally, research by Harris et al. (2022) demonstrated that group counseling can improve adolescents' coping skills, but did not compare its effectiveness with individual therapy, which may be more appropriate for adolescents with more profound issues. This suggests that, despite widespread use of these interventions, further research is needed to understand their long-term impact and the contexts in which they are implemented.

CONCLUSION

The SLR results in this study revealed various forms, approaches, and intervention techniques in the field of guidance and counseling, particularly for adolescents. These include Cognitive Behavioral Therapy (CBT), school-based counseling, peer counseling, and mindfulness-based therapy, which have been proven effective in improving adolescent mental health. These interventions successfully address anxiety, depression, and stress in adolescents, with significant impacts in reducing symptoms of anxiety and depression, as well as strengthening social and emotional well-being. While the results are very promising, there are research gaps that need to be filled, particularly regarding the long-term impact of these interventions and the growing application of digital interventions. Furthermore, the influence of cultural factors on the effectiveness of interventions also needs further exploration. Therefore, more in-depth research is urgently needed to uncover the long-term potential of these interventions and identify critical elements that support their success across cultural backgrounds.

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