

Supporting Information

S1. Search Strategies Legend

We created specific search strategies for each database using index terms related to 'pathways to care,' 'mental health,' and 'Africa'. We took cues from the following research to guide the development of our search strategy.

For 'pathways to care' search terms:

Daghash, H., Abdullah, K.L. and Bin Ismail, M.D., 2019. The strategy of development and implementation of care pathway: literature review. *International Journal of Integrated Care*, 19(4), p.569. DOI: <https://doi.org/10.5334/ijic.s3569>. Wilczynski NL, Marks S, Haynes RB. (2007) Search Strategies for Identifying Qualitative Studies in CINAHL. *Qualitative Health Research*; 17(5):705-710. doi:10.1177/1049732306294515

Latina R, Salomone K, D'Angelo D, Coclite D, Castellini G, Gianola S, Fauci A, Napoletano A, Iacorossi L, Iannone P. Towards a New System for the Assessment of the Quality in Care Pathways: An Overview of Systematic Reviews. *International Journal of Environmental Research and Public Health*. 2020; 17(22):8634. <https://doi.org/10.3390/ijerph17228634>

For 'mental health' search terms:

Mansfield, R., Patalay, P. & Humphrey, N. A systematic literature review of existing conceptualisation and measurement of mental health literacy in adolescent research: current challenges and inconsistencies. *BMC Public Health* 20, 607 (2020).
<https://doi.org/10.1186/s12889-020-08734-1>

For 'Sub-Saharan Africa' search terms:

Awini E, Agyepong IA, Owiredu D, et al Burden of mental health problems among pregnant and postpartum women in sub-Saharan Africa: systematic review and meta-analysis protocol *BMJ Open* 2023;13:e069545. doi: 10.1136/bmjopen-2022-069545

We used the World Bank country classification 2019 (on Embase) and 2021 (on Medline) for this review and ran an expert group database search for Sub-Sahara African countries.

S2. Table. Embase and Medline

1	exp clinical pathway/ or pathway* to care.mp. or exp patient care/
2	health seeking behavior/
3	access to care/
4	((pathway* to care or clinical pathway* or (health adj2 behavio?r) or access to care or patient journey or healthcare pathway* or service access or care continuum or care routes or treatment) adj2 access).mp.
5	1 or 2 or 3 or 4
6	mental health/
7	mental disorder/
8	psychiatry/
9	(mental health or (mental adj2 wellness) or mental disorder* or psychological health or emotional health or mental fitness or psychosocial well-being or behavio* health or psychiatr* wellness or Lunac* or melancholia or hyster* or nervous breakdown or madness or moral insanity or bipolar disorder* or psychotic disorder or anxiety or anxiety disorder* or depression or schizophreni*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword heading word, floating subheading word, candidate term word]
10	6 or 7 or 8 or 9
11	"Africa south of the Sahara"/
12	("Africa South of the Sahara" or sub-Saharan Africa or subSaharan Africa).ti,ab.
13	Central Africa.ti,ab.
14	Eastern Africa.ti,ab.

15	Southern Africa.ti,ab.
16	Western Africa.ti,ab.
17	Seychelles/
18	Seychelles.ti,ab.
19	Benin/
20	(Benin or Dahomey).ti,ab.
21	Burkina Faso/
22	(Burkina Faso or Burkina Fasso or Upper Volta).ti,ab.
23	Burundi/
24	(Burundi or Ruanda-Urundi).ti,ab.
25	Central African Republic/
26	(Central African Republic or Ubangi-Shari).ti,ab.
27	Chad/
28	Chad.ti,ab.
29	Democratic Republic Congo/
30	((((Democratic Republic or DR) adj2 Congo) or Congo-Kinshasa or Belgian Congo or Zaire or Congo Free State).ti,ab.
31	Eritrea/
32	Eritrea.ti,ab.
33	Ethiopia/
34	(Ethiopia or Abyssinia).ti,ab.
35	Gambia/
36	Gambia.ti,ab.

37	Guinea/
38	(Guinea not (New Guinea or Guinea Pig* or Guinea Fowl or Guinea-Bissau or Portuguese Guinea or Equatorial Guinea)).ti,ab.
39	Guinea-Bissau/
40	(Guinea-Bissau or Portuguese Guinea).ti,ab.
41	Liberia/
42	Liberia.ti,ab.
43	Madagascar/
44	(Madagascar or Malagasy Republic).ti,ab.
45	Malawi/
46	(Malawi or Nyasaland).ti,ab.
47	Mali/
48	Mali.ti,ab.
49	Mozambique/
50	(Mozambique or Mocambique or Portuguese East Africa).ti,ab.
51	Niger/
52	(Niger not (Aspergillus or Peptococcus or Schizothorax or Cruciferae or Gobius or Lasius or Agelastes or Melanosuchus or radish or Parastromateus or Orius or Apergillus or Parastromateus or Stomoxys)).ti,ab.
53	Rwanda/
54	(Rwanda or Ruanda).ti,ab.
55	Sierra Leone/
56	(Sierra Leone or Salone).ti,ab.

57	Somalia/
58	(Somalia or Somaliland).ti,ab.
59	south sudan/
60	South Sudan.ti,ab.
61	Tanzania/
62	(Tanzania or Tanganyika or Zanzibar).ti,ab.
63	Togo/
64	(Togo or Togolese Republic or Togoland).ti,ab.
65	Uganda/
66	Uganda.ti,ab.
67	Angola/
68	Angola.ti,ab.
69	Cameroon/
70	(Cameroon or Kamerun or Cameroun).ti,ab.
71	Cape Verde/
72	(Cape Verde or Cabo Verde).ti,ab.
73	Comoros/
74	(Comoros or Glorioso Islands or Mayotte).ti,ab.
75	Congo/
76	(Congo not ((Democratic Republic adj3 Congo) or congo red or crimean-congo)).ti,ab.
77	Cote d'Ivoire/
78	(Cote d'Ivoire or Cote d'Ivoire or Ivory Coast).ti,ab.
79	eswatini/

80	(eSwatini or Swaziland).ti,ab.
81	Ghana/
82	(Ghana or Gold Coast).ti,ab.
83	Kenya/
84	(Kenya or East Africa Protectorate).ti,ab.
85	Lesotho/
86	(Lesotho or Basutoland).ti,ab.
87	Mauritania/
88	Mauritania.ti,ab.
89	Nigeria/
90	Nigeria.ti,ab.
91	"sao tome and principe"/
92	(Sao Tome adj2 Principe).ti,ab.
93	Senegal/
94	Senegal.ti,ab.
95	Sudan/
96	(Sudan not South Sudan).ti,ab.
97	Zambia/
98	(Zambia or Northern Rhodesia).ti,ab.
99	Zimbabwe/
100	(Zimbabwe or Southern Rhodesia).ti,ab.
101	Botswana/
102	(Botswana or Bechuanaland or Kalahari).ti,ab.

103	Equatorial Guinea/
104	(Equatorial Guinea or Spanish Guinea).ti,ab.
105	Gabon/
106	(Gabon or Gabonese Republic).ti,ab.
107	Mauritius/
108	(Mauritius or Agalega Islands).ti,ab.
109	Namibia/
110	(Namibia or German South West Africa).ti,ab.
111	South Africa/
112	(South Africa or Cape Colony or British Bechuanaland or Boer Republics or Zululand or Transvaal or Natalia Republic or Orange Free State).ti,ab.
113	or/11-112 [ALL SUB-SAHARAN AFRICA COUNTRIES]
114	5 and 10 and 113

S3. Table. CINAHL

S15	S7 AND S12 AND S13 AND S14
S14	Niger/ or (Niger not (Aspergillus or Peptococcus or Schizothorax or Cruciferae or Gobius or Lasius or Agelastes or Melanosuchus or radish or Parastromateus or Orius or Apergillus or Parastromateus or Stomoxys)).ti,ab. or Rwanda/ or (Rwanda or Ruanda).ti,ab. or Sierra Leone/ or (Sierra Leone or Salone).ti,ab. or Somalia/ or (Somalia or Somaliland).ti,ab. or south sudan/ or South Sudan.ti,ab. orTanzania/ or (Tanzania or Tanganyika or Zanzibar).ti,ab. or Togo/ or (Togo or Togolese Republic or Togoland).ti,ab. or Uganda/ or Uganda.ti,ab. or Angola/ or Angola.ti,ab. or Cameroon/ or (Cameroon or Kamerun or Cameroun).ti,ab. or Cape Verde/ or (Cape Verde or Cabo Verde).ti,ab. or Comoros/ or (Comoros or Glorioso Islands or Mayotte).ti,ab. or Congo/ or (Congo not ((Democratic Republic adj3 Congo) or congo red or crimean-congo)).ti,ab. or Cote d'Ivoire/ or (Cote d'Ivoire or Cote dlvoire or Ivory Coast).ti,ab. or eswatini/ or (eSwatini or Swaziland).ti,ab. or Ghana/ or (Ghana or Gold Coast).ti,ab. or Kenya/ or (Kenya or East Africa Protectorate).ti,ab. or Lesotho/ or (Lesotho or Basutoland).ti,ab. or Mauritania/ or Mauritania.ti,ab. or Nigeria/ or Nigeria.ti,ab. or "sao tome and principe"/ or (Sao Tome adj2 Principe).ti,ab. or Senegal/ or Senegal.ti,ab. or Sudan/ or (Sudan not South Sudan).ti,ab. or Zambia/ or (Zambia or Northern Rhodesia).ti,ab. or Zimbabwe/ or (Zimbabwe or Southern Rhodesia).ti,ab. or Botswana/ or (Botswana or Bechuanaland or Kalahari).ti,ab. or Equatorial Guinea/ or (Equatorial Guinea or Spanish Guinea).ti,ab. or Gabon/ or (Gabon or Gabonese Republic).ti,ab. or Mauritius/ or (Mauritius or Agalega Islands).ti,ab. or Namibia/ or (Namibia or German South West Africa).ti,ab. or South Africa/ or (South Africa or Cape Colony or British Bechuanaland or Boer Republics or Zululand or Transvaal or Natalia Republic or Orange Free State).ti,ab.
S13	"Africa south of the Sahara"/ or ("Africa South of the Sahara" or sub-Saharan Africa or subSaharan Africa).ti,ab. or Central Africa.ti,ab. or Eastern Africa.ti,ab. or Southern Africa.ti,ab. or Western Africa.ti,ab. or Seychelles/ or Seychelles.ti,ab. or Benin/ or (Benin or Dahomey).ti,ab. or Burkina Faso/ or (Burkina Faso or Burkina Fasso or Upper Volta).ti,ab. or Burundi/ or (Burundi or Ruanda-Urundi).ti,ab. or Central African Republic/ or (Central African Republic or Ubangi-Shari).ti,ab. or Chad/ or Chad.ti,ab. or

	Democratic Republic Congo/ or (((Democratic Republic or DR) adj2 Congo) or Congo-Kinshasa or Belgian Congo or Zaire or Congo Free State).ti,ab. or Eritrea/ or Eritrea.ti,ab. or Ethiopia/ or (Ethiopia or Abyssinia).ti,ab. or Gambia/ or Gambia.ti,ab. or Guinea/ or (Guinea not (New Guinea or Guinea Pig* or Guinea Fowl or Guinea-Bissau or Portuguese Guinea or Equatorial Guinea)).ti,ab. or Guinea-Bissau/ or (Guinea-Bissau or Portuguese Guinea).ti,ab. or Liberia/ or Liberia.ti,ab. or Madagascar/ or (Madagascar or Malagasy Republic).ti,ab. or Malawi/ or (Malawi or Nyasaland).ti,ab. or Mali/ or Mali.ti,ab. or Mozambique/ or (Mozambique or Mocambique or Portuguese East Africa).ti,ab.
S12	S8 OR S9 OR S10 OR S11
S11	mental health or (mental adj2 wellness) or mental disorder* or psychological health or emotional health or mental fitness or psychosocial well-being or behavio* health or psychiatr* wellness or Lunac* or melancholia or hyster* or nervous breakdown or madness or moral insanity or bipolar disorder* or psychotic disorder or anxiety or anxiety disorder* or depression or schizophreni*
S10	psychiatry/
S9	mental disorder/
S8	mental health/
S7	S1 OR S2 OR S3 OR S4 OR S5 OR S6
S6	(pathway* to care or clinical pathway*) or (health adj2 behavio?r) or access to care or patient journey or healthcare pathway* or service access or care continuum or care routes or treatment at
S5	((pathway* to care or clinical pathway* or (health adj2 behavio?r) or access to care or patient journey or healthcare pathway* or service access or care continuum or care routes or treatment) adj2 access)
S4	access to care or access to healthcare or access to services
S3	access to care/
S2	health seeking behavior/
S1	clinical pathway/ or pathway* to care or patient care/

S4. Table. Global Index Medicus – world Health Organization

AND	clinical pathway/ or pathway* to care or patient care/ or health seeking behavior/ or access to care/ or access to care or access to healthcare or access to services or ((pathway* to care or clinical pathway* or (health adj2 behavio?r) or access to care or patient journey or healthcare pathway* or service access or care continuum or care routes or treatment) adj2 access)
	mental health/ or mental disorder/ or psychiatry/ or mental health or (mental adj2 wellness) or mental disorder* or psychological health or emotional health or mental fitness or psychosocial well-being or behavio* health or psychiatr* wellness or Lunac* or melancholia or hyster* or nervous breakdown or madness or moral insanity or bipolar disorder* or psychotic disorder or anxiety or anxiety disorder* or depression or schizophreni*
	"Africa south of the Sahara"/ or ("Africa South of the Sahara" or sub-Saharan Africa or subSaharan Africa).ti,ab. or Central Africa.ti,ab. or Eastern Africa.ti,ab. or Southern Africa.ti,ab. or Western Africa.ti,ab. or Seychelles/ or Seychelles.ti,ab. or Benin/ or (Benin or Dahomey).ti,ab. or Burkina Faso/ or (Burkina Faso or Burkina Fasso or Upper Volta).ti,ab. or Burundi/ or (Burundi or Ruanda-Urundi).ti,ab. or Central African Republic/ or (Central African Republic or Ubangi-Shari).ti,ab. or Chad/ or Chad.ti,ab. or Democratic Republic Congo/ or (((Democratic Republic or DR) adj2 Congo) or Congo-Kinshasa or Belgian Congo or Zaire or Congo Free State).ti,ab. or Eritrea/ or Eritrea.ti,ab. or Ethiopia/ or (Ethiopia or Abyssinia).ti,ab. or Gambia/ or Gambia.ti,ab. or Guinea/ or (Guinea not (New Guinea or Guinea Pig* or Guinea Fowl or Guinea-Bissau or Portuguese Guinea or Equatorial Guinea)).ti,ab. or Guinea-Bissau/ or (Guinea-Bissau or Portuguese Guinea).ti,ab. or Liberia/ or Liberia.ti,ab. or Madagascar/ or (Madagascar or Malagasy Republic).ti,ab. or Malawi/ or (Malawi or Nyasaland).ti,ab. or Mali/ or Mali.ti,ab. or Mozambique/ or (Mozambique or Mocambique or Portuguese East Africa).ti,ab. or Niger/ or (Niger not (Aspergillus or Peptococcus or Schizothorax or Cruciferae or Gobius or Lasius or Agelastes or Melanosuchus or radish or

	Parastromateus or Orius or Apergillus or Parastromateus or Stomoxys)).ti,ab. or Rwanda/ or (Rwanda or Ruanda).ti,ab. or Sierra Leone/ or (Sierra Leone or Salone).ti,ab. or Somalia/ or (Somalia or Somaliland).ti,ab. or south sudan/ or South Sudan.ti,ab. orTanzania/ or (Tanzania or Tanganyika or Zanzibar).ti,ab. or Togo/ or (Togo or Togolese Republic or Togoland).ti,ab. or Uganda/ or Uganda.ti,ab. or Angola/ or Angola.ti,ab. or Cameroon/ or (Cameroon or Kamerun or Cameroun).ti,ab. or Cape Verde/ or (Cape Verde or Cabo Verde).ti,ab. or Comoros/ or (Comoros or Glorioso Islands or Mayotte).ti,ab. or Congo/ or (Congo not ((Democratic Republic adj3 Congo) or congo red or crimean-congo)).ti,ab. or Cote d'Ivoire/ or (Cote d'Ivoire or Cote dlvoire or Ivory Coast).ti,ab. or eswatini/ or (eSwatini or Swaziland).ti,ab. or Ghana/ or (Ghana or Gold Coast).ti,ab. or Kenya/ or (Kenya or East Africa Protectorate).ti,ab. or Lesotho/ or (Lesotho or Basutoland).ti,ab. or Mauritania/ or Mauritania.ti,ab. or Nigeria/ or Nigeria.ti,ab. or "sao tome and principe"/ or (Sao Tome adj2 Principe).ti,ab. or Senegal/ or Senegal.ti,ab. or Sudan/ or (Sudan not South Sudan).ti,ab. or Zambia/ or (Zambia or Northern Rhodesia).ti,ab. or Zimbabwe/ or (Zimbabwe or Southern Rhodesia).ti,ab. or Botswana/ or (Botswana or Bechuanaland or Kalahari).ti,ab. or Equatorial Guinea/ or (Equatorial Guinea or Spanish Guinea).ti,ab. or Gabon/ or (Gabon or Gabonese Republic).ti,ab. or Mauritius/ or (Mauritius or Agalega Islands).ti,ab. or Namibia/ or (Namibia or German South West Africa).ti,ab. or South Africa/ or (South Africa or Cape Colony or British Bechuanaland or Boer Republics or Zululand or Transvaal or Natalia Republic or Orange Free State).ti,ab.
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S5. Table. Selection criteria

Category	Inclusion	Exclusion
Article type	Peer-reviewed articles, research studies, empirical studies, grey literature (dissertations and theses).	Narrative/scoping reviews, opinion/correspondence/commentary articles, pre-prints, abstracts, and conference presentations.
Study type and design	Qualitative studies (case study analysis, discourse analysis, focus group discussion-based, interview-based, action research, grounded theory, observation, participant observation); mixed-method studies where qualitative evidence is epistemologically distinct from and reported separately to quantitative evidence.	Quantitative studies, qualitative process evaluations, realist evaluations, study protocols
Environment/setting	SSA in the context of the local mental health system, regulatory, and policymaking settings in the same environments, research, and development.	North Africa, LMICs that are not part of SSA, High-income countries in the context of the local mental health system, regulatory and policymaking settings that pertain to mental health services in high-income countries, primarily.
Perspective	Stakeholder perspective, e.g., mental health researchers and healthcare workers, regulators, policymakers, health managers, formal health service providers, informal health service providers, partner organizations, and caregivers.	Studies in which mental health service delivery is not the primary focus.