Table S1.

Included Sources

Authors	Title	Location	Methodology	Sample size	Age	Sex	PCE theme (s)	Outcome(s) assessed	Results
Adolescent Health Research Group (2003)	A health profile of New Zealand youth who attend secondary school	New Zealand	Cross-sectional survey	9,570	12-18 years	male 46.2%, female 53.8%	Relations, Land, Culture	Depression, Suicidal thoughts	No association tested (prevalence report)
Allen et al. (2018)	Multi-Level Cultural Intervention for the Prevention of Suicide and Alcohol Use Risk with Alaska Native Youth: a Nonrandomized Comparison of Treatment Intensity.	United States	Longitudinal survey	128	12-18 years	male 40%, female 60%	Relations, Land, Culture	Suicide risk	Culturally-grounded intervention activities promoting relational influences at all levels increased protective factors: Reasons for Life (against suicide risk) and Reflective Processes.
Angelino et al. (2024)	Cultural Connection and Well-being for American Indian Adolescents	United States	Cross-sectional survey	122	12-18 years	39.3% assigned male at birth, 60.7% assigned female at birth	Relations, Culture	Loneliness, Emotional stress, Mental health and wellbeing	Cultural connection was correlated with improved wellbeing and mental health markers (loneliness, friendship, and emotional support). Higher friendship and emotional support scores were correlated with lower loneliness scores. Friendship was positively correlated with ethnic identity, tribal affiliation, and emotional support. Emotional support was also positively correlated with ethnic identity and tribal affiliation. High levels of ethnic identity and tribal affiliation were correlated with improved wellbeing.
Asdigian et al. (2023)	Grounding evidence-based prevention within cultural context: promising effects of substance use prevention adapted for American Indian families.	United States	Longitudinal, cohort	118	10-14 years	55% male, 45% female	Relations	Stress management, Overall wellbeing	Youth reported significant improvements in substance use resistance skills, stress management, family cohesion, and overall wellbeing.
Barnett et al. (2020)	A Pilot Evaluation of Culture Camps to Increase Alaska Native Youth Wellness	United States	Longitudinal survey	111	13-18 years	male 43.25%, female 56.75%	Relations, Culture, Identity	Self-esteem, Emotional states, Belongingness, Mattering to others, Coping skills	Improved mood, increased sense of belonging, and increased ability to cope with life stressors.
Blacklock et al. (2019)	Identification with ancestral culture is associated with fewer internalizing problems among older Naskapi adolescents	Canada	Cross-sectional survey	61	11-18 years	male 47.5%, 52.5% female	Relations, Land, Culture	Anxiety, Depression, PTSD	The magnitude of the inverse association between cultural identity and number of clinical internalizing symptoms appears to increase in significance later in adolescence.

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Browne et al. (2022)	Mentoring and depressive symptoms of youth: Examining prospective and interactive associations with mentoring relationship quality	United States	Cross-sectional survey	2,003	9-16 years	44.9% male, 55.1% female	Relations, Culture	Depression	Decreased depressive symptoms; higher youth-reported relationship quality with their mentor predicted larger reduction in depressive symptoms.
Burden & Roddy (2024)	The effects of polyvictimization and cultural connectedness on indigenous youth's mental health and negative coping mechanisms	United States	Secondary data analysis, cross-sectional	359	13-20 years	male 48%, female 52%	Relations, Land, Culture	Negative mental health experiences, Negative coping mechanisms, PTS symptoms, Suicidality	Living full-time on tribal land and viewing culture as a source of strength were significantly associated with reduction in all four outcomes. Support systems were significantly associated with reduction in negative coping mechanisms.
Chambers et al. (2021)	Feasibility, Acceptability, and Preliminary Impact of Asdzáán Be'eená: An Intergenerational, Strength-Based, and Culturally Grounded Program to Improve the Health of Navajo Families.	United States	Longitudinal, cohort	36	8-11 years	Female only	Relations, Culture, Identity	Self-esteem, Self-efficacy, Depression, Anxiety, ADHD, Somatic complaints	Girls: Significant increases in self-esteem, self-efficacy, parent–child relationship quality, social support, and cultural health knowledge. Caregivers: Increased family engagement in Navajo culture and parent–child communication, along with improved child functioning (fewer internalizing and externalizing behaviors).
Clarke & Jensen (1998)	'The effects of social support, life events, and demographic factors on depression among Maori and Europeans in New Zealand rural, town, and urban environments': Erratum	New Zealand	Cross-sectional survey	342	16+ years	43.3% male, 56.7% female	Relations	Depression	No detected moderating effect of social support on life events in reducing depression.

Authors	Title	Location	Methodology	Sample size	Age	Sex	PCE theme (s)	Outcome(s) assessed	Results
Crooks et al. (2017)	Two Years of Relationship-Focused Mentoring for First Nations, Metis, and Inuit Adolescents: Promoting Positive Mental Health	Canada	Longitudinal, cohort	105 (survey), 28 (subsample for interviews)	11-14 years	50.5%, 49.5% female	Relations, Culture	Positive mental health, Life satisfaction	Participants receiving 2 years of mentoring reported greater positive cultural identity and better mental health as compared to those receiving 1 or no years of mentoring. Interviewees reported development of positive relationships with fellow group members and facilitators; opportunities for participation in fun, hands-on activities; and allowed for learning about their culture and the development of valuable healthy relationship skills.
Dalton et al. (2015)	Australian Indigenous youth's participation in sport and associated health outcomes: Empirical analysis and implications	Australia	Cross-sectional survey	639 Indigenous subsample	15-19 years	48.8% male, 51.2% female	Culture	Risk of mental health disorder	Found that Indigenous youth who participate in sport are 3.5 times more likely to report good general health and 1.6 times more likely to have no probable serious mental illness. Participation in sport was a significant predictor of positive health outcomes for both general and mental health.
DeWit et al. (2017)	Mentoring Relationships and the Mental Health of Aboriginal Youth in Canada	Canada	Longitudinal survey	859	6-17 years	50.6% male, 49.4% female	Relations, Culture	ADHD, Emotional problems, Social anxiety	Decreased emotional problems and symptoms of social anxiety and distress in new situations and with unfamiliar peers.
Ersan & Rodriguez (2021)	A Positive Youth Development Perspective on Mental Distress among American Indian/Alaska Native Youth	United States	Cross-sectional survey	3,736	mean age 14.7 years	47% male, 53% female	Relations	Risk of mental distress, Risky behaviors associated with mental distress	When the protective factors were added into the full model, the magnitudes of the risk factors each dropped. Major findings: adding protective factors in the model of student characteristics and risk factors reduced the likelihood of experiencing mental distress and reduced the negative accumulating effects of risk factors.

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Eskasoni et al. (2022)	Two-eyed Seeing for youth wellness: Promoting positive outcomes with interwoven resilience resources	Canada	Qualitative interviews, photo, and video compilations by youth participants	8	14-18 years	male and female	Relations, Culture, Identity	Youth well-being, Resilience resources, Resilience process	Relational supports and engagement with Indigenous heritage are resilience resources that support youth health and happiness.
Fullerton et al. (2019)	Suicide Attempt Resiliency in American Indian, Hispanic, and Anglo Youth in New Mexico: The Influence of Positive Adult Relationships.	United States	Cross-sectional survey	13,045	grades 9-12	MISSING	Relations	Suicide attempt	The odds of suicide attempt declined with increasingly positive adult relationships, supporting the hypothesis that such relationships are protective with respect to suicide attempts. In addition, most of the variables showed a dose-response relationship with suicide attempts. The odds of prior year suicide attempt decreased by nearly half for each reported relational support statement endorsed. Positive relationships with adults in the home had a greater effect on suicide attempts than relationships outside the home. Among American Indian/Alaska Native students, only relationships with adults in the home remained significant. Having an adult at home who believes in their success was significant for American Indian/Alaska Native adolescents. Believing that there is an adult outside of home and school who really cares about them was associated with reduced suicide attempt rates.
Gartland et al. (2024)	The Childhood Resilience Study: Resilience and emotional and behavioural wellbeing experienced by Australian Aboriginal and Torres Strait Islander boys and girls aged 5-9 years	Australia	Longitudinal, cohort	231	5-9 years	male 56%, female 44%	Relations, Land, Culture	Well-being, Mental health competence	Higher resilience was strongly associated with wellbeing and high mental health competence. Compared with the Childhood Resilience Study sample, children in the Aboriginal Families Study had higher mean resilience scores in the personal and family domains.

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Gibson et al. (2024)	Project Yarn Circle: development and pilot evaluation of a cultural connection suicide prevention program for Aboriginal and Torres Strait Islander young people.	Australia	Longitudinal, cohort	111	Mean age 13.26 years	44.1% male, 55% female, 0.9% unspecified	Relations, Culture	Suicidal ideation, Positive ideation/reasons for living, Self-esteem	Reduced suicidal ideation; increased positive ideation/reasons for living; higher self-esteem; increased cultural connectedness. Greater cultural connectedness associated with greater cultural identity clarity, peer cultural competence, strength from culture, salience of cultural continuity, and sense of belonging.
Gloppen et al. (2018)	Associations between bullying involvement, protective factors, and mental health among American Indian youth	United States	Cross-sectional survey	1,409	grades 8-11	57.5% male, 42.5% female	Relations, Identity	Internalizing symptoms, Suicide contemplation, Suicide attempt	Higher reported protective factors predicted fewer internalizing symptoms and suicidality even in the presence of bullying involvement.
Goodkind et al. (2012)	"We're still in a struggle": Diné resilience, survival, historical trauma, and healing	United States	Qualitative individual interviews	12 families	12-17 years	42.8% male, 57.2% female	Relations, Culture	Historical trauma, Healing, Survival, Resilience	Revitalization of traditional knowledge, culturally-based healing practices, intergenerational education, and social change are essential to promoting mental health and wellbeing among Navajo youth.
Gray et al. (2016)	Individual- and community-level determinants of Inuit youth mental wellness	Canada	Cross-sectional survey	452	15-30 years	MISSING	Relations, Land	Self-esteem, Suicidal ideation	Inuit identity, participation in traditional activities, and community-level social support were found to be protective against suicidal ideation and supportive of self-esteem.

Authors	Title	Location	Methodology	Sample size	Age	Sex	PCE theme (s)	Outcome(s) assessed	Results
Hatala et al. (2020)	Land and nature as sources of health and resilience among Indigenous youth in an urban Canadian context: a photovoice exploration	Canada	Qualitative photovoice and individual interviews	28	16-25 years	42.8% male, 57.2% female	Land	Coping, Resilience, Hope	Engagement with and a connection to nature, either by way of being present in nature and viewing nature in their local urban context, was a central aspect of the young peoples' photos and their stories about those photos. Three of the main themes that emerged from the youth photos and follow-up interviews: (1) nature as a calming place; (2) building metaphors of resilience; and (3) providing a sense of hope. These local processes were shown to help youth cope with stress, anger, fear, and other general difficult situations they may encounter and navigate on a day-to-day basis.
Herman et al. (2024)	The resounding influence of benevolent childhood experiences	Canada, United States	Secondary data analysis, longitudinal	441	11-18 at baseline of 9-wave annual study	male 42%, female 58%	Relations, Land, Culture	Self-esteem, Sense of purpose, Optimism, Wellbeing.	BCE scores positively associated with Flourishing Scale scores for wellbeing.
Isaacson et al. (2018)	Native Elder and Youth Perspectives on Mental Well-Being, the Value of the Horse, and Navigating Two Worlds.	United States	Talking Circles	14 (6 Elders, 8 youth)	13-17 years	12.5% male, 87.5% female	Relations, Culture	Identity development, Resilience	Both groups felt cultural traditions and language, education, relationships, and interactions with horses have significant roles in enhancing identity development and resilience in youth. Both youth and elders said that resilient youth are able to successfully navigate challenges when they: (a) know their indigenous identity, (b) participate in cultural activities, (c) have strong family ties, and (d) are able to learn in an environment where their culture is championed.

Authors	Title	Location	Methodology	Sample size	Age	Sex	PCE theme (s)	Outcome(s) assessed	Results
Isaak & Marchessault (2008)	Meaning of Health: The Perspectives of Aboriginal Adults and Youth in a Northern Manitoba First Nations Community	Canada	Qualitative individual interviews and focus groups	29	grades 7-12	male 55%, female 45%	Relations, Culture, Identity	Meaning of health (emotional, spiritual, physical and mental)	Identified themes included positive adult role models (emotional health), incorporation of traditional First Nations practices into everyday life (spiritual health), changes in diet and activity (physical health) and the significance of making good choices (mental health).
Johnson et al. (2021)	Final development of the Native American Drum, Dance, and Regalia Program (NADDAR), a behavioral intervention utilizing traditional practices for urban Native American families: A focus group study	United States	Qualitative focus groups	18	13+ years	Men and women identified as part of adult and youth participants, but specifics not reported	Culture	Behavioral health, Identity, Connection	Participants reported experiencing less mental health issues, enhancing cultural identity, and enhancing community and cultural connections.
Kelley et al. (2018)	A Public Health Approach: Documenting the Risk and Protective Factors of Suicide Ideation in One American Indian Community	United States	Cross-sectional survey	100	12-15 years	33% male, 67% female	Relations	Anxiety, Depression, Self-esteem, Social support, Suicide ideation, Stressful life events	Self-esteem scores were negatively correlated with SIQ scores, depression, antisocial behaviors, and social support. Weak but significant negative correlation between social support and suicide ideation scores.
Kral et al. (2014)	Tunngajuq: stress and resilience among Inuit youth in Nunavut, Canada	Canada	Qualitative structured interviews	23	12-19 years	11 male, 12 female	Relations, Culture, Identity	Stressors, Coping & resilience	Stable and secure relationships with one's friends and family members enable Inuit youth resilience.
Lafromboise & Lewis (2008)	The Zuni Life Skills Development Program: a school/community-based suicide prevention intervention.	United States	Quasi-experimental post-test evaluation	MISSING	High school aged youth	MISSING	Relations, Land, Culture, Identity	Suicidal thoughts, Depression, Hopelessness	The intervention led to reductions in suicidal thoughts, depression, and hopelessness, while improving suicide prevention capacity.

Authors	Title	Location	Methodology	Sample size	Age	Sex	PCE theme (s)	Outcome(s) assessed	Results
Langdon et al. (2016)	Lessons Learned From a Community-Based Participatory Research Mental Health Promotion Program for American Indian Youth	United States	Mixed methods quantitative survey and qualitative response	16	group 1: 11-14 years; group 2: 15-18 years	MISSING	Relations, Culture	Suicidal ideation, Protective factors	Surveys indicated a high level of connectedness to Lumbee culture among youth, reduction in suicidal ideation, and increased protective factors. Youth stated qualitatively that teachers, Elders, and peers were supportive of their engagement in cultural education.
MacDonald et al. (2015)	Protective factors for mental health and well-being in a changing climate: Perspectives from Inuit youth in Nunatsiavut, Labrador	Canada	Qualitative individual interviews	17	15-25 years	MISSING	Relations, Land, Culture	Anxiety, Depression	Mental health and wellbeing enhancing protective factors include: being on the land; connecting to Inuit culture; strong communities; relationships with family and friends; and staying busy.
McKinley et al. (2023)	Developing the Weaving Healthy Families Program to Promote Wellness and Prevent Substance Abuse and Violence: Approach, Adaptation, and Implementation	United States	Longitudinal survey	8 families	youth 5-17 years and their parents	MISSING	Relations, Land, Identity	Depression, Anxiety, PTSD	Adolescents reported improvements in wellness. Both adults and adolescents reported improvements in emotional regulation, individual and family resilience, the quality of the family environment, communal mastery, and social support.
Mew et al. (2024)	O le tagata ma lona aiga, o le tagata ma lona fa'asinomaga (Every person belongs to a family and every family belongs to a person): Development of a parenting framework for adolescent mental wellbeing in American Samoa	United States	Qualitative semi-structured interviews	35	13-18 years	54% male, 46% female	Relations, Land	Anxiety, Depression	Six themes described key practices: (1) provide emotional safety and security; (2) provide physical safety and security; (3) encourage sense of self; (4) strengthen intergenerational communication skills; (5) prioritize quality time; and (6) cultivate healthy coping strategies. Participants also expressed the importance of a supportive environment grounded in culture, family and community, and caregiver mental health.

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Nahulu et al. (1996)	Psychosocial risk and protective influences in Hawaiian adolescent psychopathology	United States	Longitudinal survey	2,020	grades 9-12	45% male, 55% female	Relations	Anxiety, Depression	Reported friend and family support was associated with increased likelihood of youth discussing their difficulties with others, which was in turn associated with decreased symptoms of anxiety and depression.
Palimaru et al. (2022)	Mental health, family functioning, and sleep in cultural context among American Indian/Alaska Native urban youth: A mixed methods analysis	United States	Cross-sectional survey	142	12-16 years	54% male, 46% female	Relations, Culture	Anxiety, Depression	Narratives show family cohesion through cultural practice and better family functioning associated with reduced depression and anxiety.
Parshall et al. (2023)	The Association Between Resiliency Factors and Suicide Indicators Among American Indian/Alaska Native Middle School Students in New Mexico: A Strength-Based Analysis.	United States	Cross-sectional survey	3,018	10-16 years	52.2% male, 47.8% female	Relations, Culture	Suicide ideation, Suicide contemplation, Suicide attempt	Among female students, community support had the strongest protective effect against having seriously thought about suicide, while family support was significantly associated with the lowest odds of having made a suicide plan and having attempted suicide. Among male students, school support had the strongest protective effect against all 3 outcomes.
Paul et al. (2024)	Relations between bullying and distress among youth living in First Nations communities: Assessing direct and moderating effects of culture-related variables.	Canada	Cross-sectional survey	4,968	12-17 years	50.6% male, 49.4% female	Relations, Culture	Anxiety, Depression	Feelings of community belonging and participation in community cultural events were associated with lower distress and buffered the relationships between bullying/cyberbullying and distress.

Authors	Title	Location	Methodology	Sample size	Age	Sex	PCE theme (s)	Outcome(s) assessed	Results
Pharris et al. (1997)	Protecting against hopelessness and suicidality in sexually abused American Indian adolescents.	United States	Cross-sectional survey	Overall sample 13,923, SA sample 1,157	grades 7-12, <21 years	Overall sample 49.3% male, 50.7% female; 14.3% male, 85.7% female	Relations, Culture	Suicidality, Hopelessness	For girls, family attention, positive feelings toward school, parental expectations, and caring exhibited by family, adults, and tribal leaders were associated with absence of suicidality and hopelessness. For suicidality in boys, significant protective factors were enjoyment of school, involvement in traditional activities, strong academic performance, and caring exhibited by family, adults, school people, and tribal leaders. The absence of hopelessness in females was associated with family caring and attention, parental and other adult caring, and regarding oneself as a religious or spiritual person. For males, parental expectations were associated with a lack of hopelessness. For females, the absence of suicidal ideation was associated with age; family caring and attention; parental and adult caring; parental expectations; perceived caring from school officials; religious and tribal leaders; positive feelings about school; and doing well in school. For males, the significant factors associated with an absence of suicidal thoughts were family attention, perceived parental and other adult caring, and the belief that school people care. Factors associated with an absence of suicide attempt for females were family attention, parental, family, and adult caring, parental expectations that were not too high, and belief that school people care. For males, the only factor associated with absence of suicide attempts was family attention.
Poliakova et al. (2024)	Sociocultural factors in relation to mental health within the Inuit population of Nunavik	Canada	Cross-sectional survey	1,326	16+ years	50.39% male, 49.61% female	Relations, Culture	Depression, Suicide ideation, Suicide attempt	Family cohesion and weekly hunting/fishing activities were associated with lower depression scores and lower likelihood of lifetime attempts.
Ponce-Garcia et al. (2019)	Through Childhood Relationship with Grandparent, Enculturation Leads to Resilience in Native American Adults.	United States	Retrospective survey	80	18-79 years	27.5% male, 72.5% female	Relations	Resilience	There was a significant indirect relationship between enculturation and resilience within the context of the grandparent/grandchild relationship. Warmth of relationship with grandparent positively predicted resilience and improved coping capacity for life's stressors.

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Pössel et al. (2017)	Associations between Social Support from Family, Friends, and Teachers and depressive Symptoms in Adolescents	Australia	Longitudinal survey	1,452	11-16 years	48.1% male, 51.9% female	Relations	Depression	Each source of support is inversely related to depressive symptoms one year later when studied independently, but when combined only family and teacher support predicted depressive symptoms. Family support in all grades and teacher support in grade 8 to 10 but not in grade 11 directly impacted adolescent depressive symptoms 1 year later. Family support in grades 8 and 11 also buffered against the negative impact of stress on depressive symptoms one year later.
Rasmus et al. (2014)	“Where I have to learn the ways how to live:” Youth resilience in a Yup’ik village in Alaska.	United States	Qualitative individual interviews	25	11-18 years	52% male, 48% female	Relations, Land, Culture	Stressors, Resilience strategies	Formal and informal community structures that support hunting and other traditional subsistence activities were noted to support youth resilience and ability to cope with stress.
Rieckmann et al. (2004)	Cultural identity, explanatory style, and depression in Navajo adolescents	United States	Cross-sectional survey	332	grades 10-12, 14-20 years	41% male, 59% female	Relations, Culture	Depression	Cultural attitude predicted positive explanatory style. In turn, positive cultural attitude predicted lower depression. The relationship between cultural attitude and the positive explanatory style factor was significant, as was the relationship between cultural knowledge and negative explanatory style. The relationship between cultural attitude and depression in Navajo adolescents was significant but weak, most likely owing to the effect of positive explanatory style mediating this relationship.
Silmere & Stiffman (2006)	Factors associated with successful functioning in American Indian youths	United States	Cross-sectional survey	401	12-19 years	male 44.9%; female 55.1%	Relations, Land, Culture, Identity	Depression, Successful functioning	Improved mental health and successful functioning.

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Smokowski et al. (2014)	Ethnic identity and mental health in American Indian youth: examining mediation pathways through self-esteem, and future optimism	United States	Longitudinal survey	4,714 (n=1,358 Lumbee)	mean age 13.39 years	48.7% male, 51.3% female	Relations, Culture	Self-esteem, Future optimism, Anxiety, Depression, Externalizing behaviors	Analyses of direct effects from ethnic identity to mental health outcomes indicated that ethnic identity was inversely associated with depressive symptoms, anxiety symptoms, and externalizing behavior. The associations were statistically significant for depressive symptoms and externalizing behaviors.
Snowshoe et al. (2017)	Cultural connectedness and its relation to mental wellness for First Nations youth	Canada	Cross-sectional survey	290	grades 7-12, 11-24 years	45% male, 45% female, 10% unspecified	Relations, Culture	Self-efficacy, Sense of self, School connectedness, Life satisfaction	Results revealed that cultural connectedness was strongly associated with improved mental health and, in some cases, was associated with First Nations youth mental health above and beyond other social determinants of health.
Stelkia et al. (2021)	*Letsemot* , "Togetherness": Exploring How Connection to Land, Water, and Territory Influences Health and Wellness with First Nations Knowledge Keepers and Youth in the Fraser Salish Region of British Columbia	Canada	Two-eyed Seeing approach, qualitative sharing circles	9 (5 youth)	MISSING	44% male, 56% female	Relations, Land, Culture	Cultural identity, Ancestral knowledge, Health and wellbeing, Relationality	Three themes were identified: (a) “the spirits of the land, water, and territory are within us”: the intersection of cultural identity, spirituality, ancestral knowledge, and health and well-being; (b) letsemot, “togetherness”: relationality; and (c) disruptions and new ways of living. Connection to land was found to strongly influence physical, spiritual, mental, and emotional aspects of health while also intersecting with Stó:lō cultural identity, spirituality, ancestral knowledge, and ways of living.
Strickland et al. (2006)	Healing fractured families: parents' and elders' perspectives on the impact of colonization and youth suicide prevention in a pacific northwest American Indian tribe	United States	Qualitative individual interviews, focus groups	40	MISSING	MISSING	Relations, Culture	Suicide risk	Narratives detailed the story of a people standing strong against outside forces (post-traumatic stress, historical trauma) and holding onto a vision for healing families.

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Tosa et al. (2018)	RezRIDERS: A Tribally-Driven, Extreme Sport Intervention & Outcomes	United States	Quasi-experimental cohort with quantitative and qualitative measures	55	grades 8-11	56.4% male, 43.6% female	Relations, Culture, Identity	Depression	Increased positive motivational states and hope for the future; reduced depression; improved coping and disengagement from risk behaviors.
Tyser et al.(2014)	The role of goal representations, cultural identity, and dispositional optimism in the depressive experiences of American Indian youth from a Northern Plains tribe	United States	Cross-sectional survey	164	grades 5-12	47% male, 53% female	Relations, Land, Identity	Depression	Goal self-efficacy, cultural identity, and dispositional optimism associated with reduced depression.
Ungar et al. (2008)	Distinguishing differences in pathways to resilience among Canadian youth	Canada	Qualitative semi-structured interviews, field notes, focus groups	19	15-18 years	42% male, 58% male	Relations, Culture, Identity	Mental health enhancing experiences	Access to supportive relationships, identity, experiences of power and control, adherence to cultural traditions, and experiences of a sense of cohesion with others enhance youth mental health, resilience, and coping capacity.

Authors	Title	Location	Methodology	Sample size	Age	Sex	PCE theme (s)	Outcome(s) assessed	Results
Walker et al. (2023)	Evaluation of a longitudinal digital citizen science initiative to understand the impact of culture on Indigenous youth mental health: Findings from a quasi-experimental qualitative study	Canada	Quasi-experimental, longitudinal cohort with focus groups	76	13-18 years	45% male, 55% female	Land, Culture	Anxiety	Baseline focus group analyses (before land-based programming) revealed themes demonstrating the importance of Indigenous culture, identity, history, and language. Youth emphasized the impact of loss of language and culture, the importance of being a helper, and the necessity of intergenerational knowledge transfer. Follow-up focus group analyses (post land-based programming) indicated that cultural school programming led to students expressing positive mental health benefits, increased interest in ceremonies, increased participation in physical activity, and greater knowledge of culture, identity, and ceremonial protocol.
Wexler et al. (2016)	Preliminary Evaluation of a School-Based Youth Leadership and Prevention Program in Rural Alaska Native Communities	United States	Mixed methods quantitative survey and qualitative focus groups	61 for pre-post survey; 764 all-school survey	grades 3-12	26% male, 74% female for pre-post; 49% male, 51% female for all-school;	Relations, Culture	Depression, Suicidality, Sense of agency, Sense of responsibility, Sense of confidence	Positive peer reviews of participating student interventions in cases of bullying, depression, and suicidality. A reported increase in the sense of agency, responsibility, and confidence among participating youth.
Williams et al. (2018)	The Associations Between Cultural Identity and Mental Health Outcomes for Indigenous Māori Youth in New Zealand	New Zealand	Cross-sectional survey	1,699	12-19 years	47% male, 53% female	Relations, Culture	Depression	After adjusting for age, sex, ethnic discrimination and NZ Deprivation Index (NZDep), a strong Māori cultural identity (MCIS) was associated with improved wellbeing scores and fewer depressive symptoms.

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Yasui et al. (2015)	Socialization of Culture and Coping with Discrimination Among American Indian Families: Examining Cultural Correlates of Youth Outcomes	United States	Cross-sectional survey	92	11-17 years	44.5% male, 55.5% female	Culture, Identity	Depression, Ethnic identity	Findings reveal that higher levels of observed parental cultural socialization and socialization of coping with discrimination predict lower levels of depression as reported by youth one year later. Path analyses also show that observed parental cultural socialization and socialization of coping with discrimination are positively associated with youth ethnic identity.
Young et al. (2019)	The prevalence and protective factors for resilience in adolescent Aboriginal Australians living in urban areas: a cross-sectional study	Australia	Cross-sectional survey	119	12-17 years	48% male, 52% female	Relations, Land, Culture	Mental health	Nurturing family environments, social support, and regular exercise were associated with a reduction in social-emotional difficulties and increase in prosocial scores.
Zhang et al. (2024)	Impacts of sociodemographic factors, identities and neighbourhood safety on the relationship between urban green space and adolescent mental well-being: Findings from Tāmaki Makaurau Auckland, Aotearoa New Zealand	New Zealand	Cross-sectional survey	3,813	12-19 years	42.5% male, 56.2% female	Land	Depression	Green space access positively associated with neighborhood safety. Neighborhood safety positively associated with emotional wellbeing and negatively associated with depressive symptoms.