

Table S1: Studies included in the literature review

Study (title; author and year of publication/ disciplinary background; publication type)	Country (origin/focus)	Purpose	Sample (type; number; age [mean/range/youth proportion*])	Study design	Main findings
Health and wellbeing of Nepalese migrant workers abroad Adhikary et al. 2018/ Health Sciences Journal article	UK/India	Assessment of the health and mental well-being of Nepalese construction workers	Male migrant Nepalese construction workers in Malaysia, Qatar, and Saudi Arabia N=403 Age: range (20-58 years)/ 85.1%	Quantitative (cross-sectional)	Social support: Migrants from low-income countries working in other low- or middle-income countries have to depend on largely on informal networks
Report on the construction industry apprentices’ focus groups AISRAP 2018/ Health Sciences Industry/organizational report	Australia	Identify problems experienced by young people both in and outside of work, and the types of support required to help them during distress	Young construction industry apprentices N=57 Age: Not provided (discusses the case of young workers)	Qualitative (cross-sectional)	Adopting strong CI culture: (i.e., hobbies like smoking, alcohol and substance abuse, gambling, going to the pub, keeping problems to oneself or sending them home, and being harsh/aggressive towards others)
Structural equation modeling of occupational stress in the construction industry Bowen et al. 2014/Built Environment and Social Sciences Journal article	South Africa	Assessment of stress and its impacts on the health of construction industry workers	Construction professionals (architects, civil engineers, quantity surveyors, and project and construction managers) N=676 Age: range (25-50 years approximately)	Quantitative (cross-sectional)	Determinants of coping strategies chosen include: Past experiences with coping strategies Support from close family and friends
Improving mental health and wellbeing for young men in the building and construction industry. Broadbent and Papadopoulos 2014/Education Journal article	Australia	Examination of programs for improving help-seeking behaviours and protective factors of young male construction workers in Australia.	Young construction apprentices. Qual (interviews: n=18) Quan (self-reported survey: n=119) Median age: 20 years; range: 18–22	Mixed-methods (cross-sectional)	Determinant of coping choice: Availability of externally sponsored workplace support program (i.e., informal peer mentoring)
Exploring the relationship between psychological distress and likelihood of help seeking in construction workers: The role of talking to workmates and knowing how to get help. Chapman et al. 2020/Health Sciences Journal article	Australia	Examine the relationships between psychological distress and help seeking in Australian construction workers	Male construction workers N=511 Age: Not provided but discusses the case of young people	Qual (cross-sectional)	Getting help; confidence in talking to workmates Controlling for age and ability to recognise personal signs of mental health problems, psychological distress negatively predicted likelihood of help seeking (partially mediated by knowing how to get help and confidence in talking to workmates)
Impact of individual resilience and safety climate on safety performance and psychological stress of construction workers: A case study of the Ontario construction industry Chen et al. 2017/Built Environment Journal article	Canada	Examination of the role of safety climate and individual resilience in safety performance and job stress in the Canadian construction industry	Male construction workers employed in different sizes of firms (micro to large scale) N=837 Age: mean 37.11 (SD=12); range (16-67 years)/ 69%	Quantitative (cross-sectional)	Individual resilience: has a direct negative impact on psychological stress

<p>Pain and prescription opioid use among US construction workers: Findings from the 2011-2018 medical expenditure panel survey</p> <p>Dong et al. 2022/ Built Environment</p> <p>Journal article</p>	USA	Examination of prescription opioid and nonopioid analgesic use and their relationship with pain conditions and sociodemographic factors	<p>US construction workers</p> <p>N=11.5 million</p> <p>Age: range (16-55+ years)/ (16-34 years 35.3%)</p> <p>Specific discussion on the case of young construction workers</p>	Quantitative (longitudinal)	<p>Prescription opioid use</p> <p>Utilised by 10.4% of the population (approx. 1.2 million), of which 16.1% (193,200) were young construction workers (16-34 years)</p> <p>Usage increased with age and was higher among workers with poorer physical and mental health</p> <p>Young male construction workers were less likely to use prescription opioids than females and older construction workers</p> <p>Prescription opioid use among females was considerably higher (although forming a minority in the sample)</p>
<p>Overdose fatalities as worksites and opioid use in the construction industry</p> <p>Dong et al. 2019/Built Environment</p> <p>Industry/organizational report</p>	USA	Analysis of illicit drugs and prescribed opioid use overdose fatalities at construction worksites	<p>US construction workers</p> <p>N=11.5 million</p> <p>Age: range (65 years and below)/ (16-34 years 35.3%)</p> <p>Specific discussion on the case of young construction workers</p>	Quantitative (longitudinal)	<p>Drug use overdose: medical drugs (prescribed and unprescribed), non-medical drugs, alcohol, other substances</p> <p>9x increase (7-65) from 2011-2018</p> <p>Younger construction workers were more likely (3x) to use illicit drugs, whereas older construction workers were more likely to use prescribed opioid pain relievers</p> <p>Overdose fatalities more likely among workers aged under 54 years, with younger works (35 years and below) accounting for at least 35% of deaths</p>
<p>A review of the evidence related to the impacts of and interventions for workplace bullying in the construction industry</p> <p>Doran et al. 2020/ Health Sciences</p> <p>Industry/organizational report</p>	Australia/ Global	Examination of the impact of bullying on workplace (physical and mental) health and safety in the construction industry and interventions against bullying	<p>Published bullying literature on young construction workers in general</p> <p>N=44</p> <p>Age: Not provided but discusses the case of young people</p>	Systematic review	<p>Cognitive rehearsal</p> <p>Exit, voice, acquiescence, neglect, and retribution</p> <p>The most effective strategies tend to be complementary rather than exclusive.</p>
<p>Alcohol and substance misuse in the construction industry</p> <p>Flannery et al. 2019/ Built Environment</p> <p>Journal article</p>	UK	Investigation of the factors contributing to the menace of alcohol and substance misuse (ASM) in the construction industry, and its mitigation	<p>General construction workers and professionals</p> <p>N=18 (Qual)/ 142 (Quant)</p> <p>Age: Not provided but discusses the case of young people</p>	Mixed methods (cross-sectional)	On-site workers use alcohol or substance abuse to improve their daily routines or numb the physical pain
<p>Coping Strategies Adopted by Construction Employees to Deal with the Causes and Effects of Occupational Psychological Disorders: A Study in Ghana</p> <p>Fordjour et al./2019/Built Environment</p> <p>Journal article</p>	Hong Kong/ Ghana	Investigation of the coping strategies adopted by construction employees to deal with the causes and effects of occupational psychological disorders such as burnout and workaholism	<p>Construction trade workers and construction professionals</p> <p>N=90 (Qual)/ 300 (Quant)</p> <p>Age: range (25-55+ years)/ 23.3%</p>	Mixed methods (cross-sectional)	<p>Professionals: delegating complicated tasks and seeking medical attention</p> <p>Trade workers: withdrawing from work duties /changing jobs and taking in more caffeinated drinks</p> <p>Avoiding the cause, altering the cause, adapting to the cause and accepting the cause</p>

The state of youth health in Ghana’s construction industry	Ghana	Identification of the physical and mental conditions that affect young construction workers and measure their levels of prevalence, analysis of the influence of age and work location on young workers’ work-related mental health.	Young construction workers (professionals and tradeworkers base on-site and off-site.	Mixed methods (cross-sectional)	Coping strategies: Alcohol and drug use, learning about health challenges, participation in religion, support from close friends and family Influencing factors: socio-cultural and community attitudes
Frimpong et al. 2022/Built Environment			Qual (interviews: n=21; focus groups: n=8) Quan (self-reported survey: n=445)		
Industry/organizational report			Age: 26.30 years (mean) (SD = 5.0)		
FIFI/DIDO Mental Health Research Report 2013	Australia	Identification of the stressors associated with FIFO work and the ways in which FIFO workers cope with these stressors. Identifications of services which would best meet the needs of FIFO workers	FIFO/DIDO construction workers	Mixed methods (cross-sectional)	Workers engaging in fewer non-effective coping behaviours compared to effective coping behaviours
Henry et al. 2013/ Social Sciences			N=18 (Qual)/ 924 (Quant)		
Industry/organizational report			Age: Not provided; discusses the case of young people (about 80% of sample less than 49 years)		Coping: withdrawing emotionally, ignoring personal needs, using alcohol, stimulant drinks, and/or illicit drugs, suppressing problems, and burying themselves in work, maintaining communication with family and friends
Factors Associated with Depression Among Male Casual Laborers in Urban Vietnam	Vietnam+ Australia/ Vietnam	Examination of the level, the prevalence of and the factors associated with depression among male casual laborers in Hanoi	Male causal labourers in urban Vietnam	Quantitative (cross-sectional)	Cohabitation with a peer, a friend or a new partner (loneliness, tedium or monotony associated with living far away from their families)
Huy et al. 2015/ Health sciences			N=450		
Journal article			Age: 39.23 years (mean) (SD = 10.29); range (18-59 years)		
Are Young Men Getting the Message? Age Differences in Suicide Prevention Literacy among Male Construction Workers	Australia	Examination of age differences in help-seeking among male construction workers; and age differences in response to a workplace suicide prevention program	Young male construction workers	Quantitative (cross-sectional)	On-site managerial onsite and office environments prefer formal workplace sources of coping.
King et al. 2019/ Health Sciences			N=19917		
Journal Article			Age: range (15-35 years) 46.50%. More than half aged 25-44 years		On-site manual workers have low preference for formal workplace sources of coping. They prefer to cope by keeping things inward
Development of a mindfulness–stress–performance model for construction workers	Hong Kong	Investigation of the effect of individual mindfulness characteristics on construction workers’ stress and performance	Construction trade workers	Quantitative (cross-sectional)	Inappropriate coping behaviours can lead to the generation of various stress symptoms
Leung et al. 2016/ Built Environment			N=90		
Journal article			Age: range (20-50+ years)/ 52.2% under 39 years		Mindfulness: observation (objective stress); observation and awareness (emotional stress); and physical stress is reduced by awareness
Depression in Australian Undergraduate Construction Management, Civil Engineering, and Architecture Students: Prevalence, Symptoms, and Support	Australia	Investigation of the prevalence, symptoms, and support for depression in undergraduate construction management, architecture, and civil engineering students	Construction management, civil engineering, and architecture students enrolled in an Australian university	Quantitative (cross-sectional)	Students have relatively underdeveloped coping mechanisms
Loosemore et al. 2020/ Built Environment			N=135		Coping strategies: reducing study or work hours) are employed by students at both ends of the study/work spectrum; reliance on social connections
Journal article			Age: range (18-24+ years)		
Young workers and mental health: A systematic review of the effect of employment and transition into employment on mental health	Australia	Review of current research on the effects of employment on the mental health of young people	General youth population below 30 years	Systematic review	Avoidant coping, typified by passivity, failure expectations, and internal attributions of failure
Milner et al. 2019/ Health Sciences			N=47		
Industry/organizational report			Age: Exclusive focus on the case of young construction workers		Coping also included adaptive achievement strategies (including realistic expectations of success and adaptive coping)

Construction workers’ alcohol use, knowledge, perceptions of risk and workplace norms	Australia	Investigation of the patterns, prevalence, and predictors of risky drinking among construction workers	Male construction workers in Australia	Quantitative (cross-sectional)	Alcohol may not necessarily be a coping mechanism for stress
Roche et al. 2020/ Health Sciences			N=511		Although job stress was positively correlated with AUDIT-C scores, it was not found to be a significant predictor of drinking, stress was not a primary driver of alcohol
Journal article			Age: range (15-68 years); mean = 35.1 years; 57.60%		
Male and female mental health differences in built environment undergraduates	Australia	Exploring sex differences in mental health and resilience in the early career pipeline of emerging built environment (BE) professionals	First and final year BE undergraduate students	Quantitative (cross-sectional)	Individual resilience acts as an important protective factor in fostering student mental health
Scott-Young et al. 2020/ Built Environment			N=384		Females entering construction degrees are already primed to expect a tough study and work environment and may self-select into this career
Journal article			Age: range (18-24 years)		
Using a stress audit: The construction site manager experience in the UK	UK	Conducting a stress audit among construction industry site managers as a precursor to a stress management intervention programme	Middle-aged construction managers	Mixed methods (cross-sectional)	Workers engage in maladaptive coping behaviours such as cigarette smoking, alcohol consumption, absenteeism and certain physiological and biochemical measures (response to stress and pressure)
Sutherland and Davidson 1993/ Business Management			N=36 (Qual)/ 561 (Quant)		
Journal article			Age: range (19-above 60 years); 37% below 36 years		
The social contexts of drinking among Irish men in London	UK	Exploration of health beliefs and behaviors that cause alcohol use among middle-aged Irish men and their implications for the issue of alcohol misuse and mental health among younger Irish groups in the UK	Young Irish men undertaking construction work in Britain	Qualitative (cross-sectional)	Alcohol may be used to cope with physical pain or depression, to bolster self-esteem and deal with the emasculating effects of physical incapacity, economic inactivity or both
Tilki 2006/ Health Sciences and Social Sciences			Sample size and age not mentioned; discussion is applied exclusively to the case of young people		Excessive drinking of alcohol is used as a coping mechanism by young people dealing with institutional and family abuse
Journal article					
A qualitative study of factors affecting mental health amongst low-income working mothers in Bangalore, India	India	Exploration of the relationship between work, caring for family, spousal support, stress relief strategies and mental health amongst working mothers	Low-income working mothers working in construction and residing in urban slums across Bangalore, India	Qualitative (cross-sectional)	Mitigating factors include social and financial support from family, friends and colleagues and the distraction or fulfilment of work (anxiety and depression)
Travasso et al. 2014/ Health Sciences			N=12 (construction sub-sample)		
Journal article			Age: range (20-35 years); mean = 25 years		
Work–life fit: identification of demand and resource typologies within a systems framework	Australia	Explore Australian construction workers’ experience of demands and resources	Construction workers in medium-sized contract-based construction organizations in Australia.	Mixed-methods (cross-sectional)	Determinant of coping choice:
Turner and Lingard 2016/ Built Environment			N=59		Availability of support (resources) from family, close friends, and community
Journal article			Age: mean = 35.49 years		

Note: *Percentages represent the minimum proportions of young workers in a sample.

Abbreviations:

AISRAP: Australian Institute for Suicide Research and Prevention. N: sample size. AUDIT-C: Alcohol Use Disorders Identification Test – Concise. FIFO: Fly-in-fly-out. DIDO: Drive-in-drive-out. Qual: Qualitative. Quan: Quantitative.