
Mindfulness and mantra training for disaster mental health workers in the Philippines. Waelde et al.

Attending to the Emotional Well-Being of the Health Care Workforce in a New York City Health System.


A 4-h workshop condensing a cognitive behavioral skill set. Ainsworth et al.

Aims of study: To build resilience and emotional and stress pr.

Effects of a SARS prevention programme in Taiwan on nursing staff's anxiety, depression and sleep quality. Chen et al.

Resilience training for hospital workers in anticipation of an influenza pandemic. Aiello et al.

Tracking PPE, free provision and 'I will do my best' for 116,000 hospital staff.

On-site debriefing conducted 45-minute guided meditation session for 320 hospital staff.

We built a hotline in the UK during the COVID-19 pandemic lockdown. The rapid implementation of a telephone support line for individuals without symptoms to access very brief emotional support.

We found that the hotline was well received by the community.

Aims of study: To build resilience and emotional and stress pr.

Participants: 650 hospital staff.

Outcome measures: Important results

Six hundred and fifty-six medical and nursing staff participated in the training.

Following the workshop, a majority had high expectancies that the training would help with survivor and self-care. Higher levels of self-care (β = 0.18) and decreased perceived stress, anxiety and depression at 8 weeks post-training. Lower levels of perceived usefulness of the training practice was associated with lower depression severity (β = −0.34), but not anxiety, at 8 weeks post-training.

No RCT, but before and after study to show effectiveness.

None related to implementation and evaluation.

No evidence to suggest that the hotline was associated with increased levels of stress, anxiety or depression.

No evidence to suggest that the hotline was associated with decreased levels of anxiety, depression or perceived stress.

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