

Title	Author(s)	Journal	Country	Year of publication	Format - e.g. RCT?	Type of work - e.g. RCT?	Participants (n)	Context (Pan Specific or Type of Intervention)	Intervention content	Intervention structure	Aims of study	Outcome measures	Important results	Conclusion	Conclusion Notes	Quality	Theory included? Y/N	Which theory?	Acceptability measure	Research type	Further Notes					
Resilience training for hospital workers in anticipation of an influenza pandemic	Alieffo	Journal of Continuing Education in the Health Professions	Canada	2011	Paper	Original research	N	Hospital staff	1250	Pandemic	H1N1	Psychological	An introduction to the pr	One-hour sess	To build r	8 Likert scale question	The proportion of p	Our result	Results an Little desc	N	Y	prospective	effectiveness			
Battle Buddies: Rapid Deployment of a Psychological Resilience Intervention for Healthcare Worker	Alibott	Anesthesia and Analgesia	USA	2020	Paper	Original research	N	HCWs	0	Pandemic	COVID-19	Psychological	(1) A peer support	Battle Bu	1. To supp	Not yet decided	N/A	Level 1 of the program	No proof	N	N	descriptive, protocol	acceptability			
Mitigating the Psychological Impact of COVID-19 on Healthcare Workers: A Digital Learning Package	Biske	International Journal of Environmental Research and Public Health	UK	2020	Paper	Original research	N	HCWs	55	Pandemic	COVID-19	Psychological	The package outlines the A Digital Learning P	The aim o	Likert scales	Evaluative	evaluation demone	Overall, th	No RCT	Need mor	N	Y	prospective			
Improving resilience and resiliency through crisis intervention training	Chan	International Journal of Emergency Mental Health		2012	Paper	Original research	N																			
Effects of a SARS prevention programme in Taiwan on nursing staff's anxiety, depression and sleep	Chen	International Journal of Nursing Studies	Taiwan	2006	Paper	Original research	N	Nurses	116	Pandemic	SARS	Psychological	CI This plan was based on information provided byWHO a Zung's self-rating anxiety	The anxiety	The preve	Before and after mea				Y	Coping strategies	N	prospective	effectiveness		
COVID-19 Epidemic Peer Support and Crisis Intervention Via Social Media	Cheng	Community Mental Health Journal	China, USA	2020	Paper	Original research	N	HCWs	0	Pandemic	COVID-19	Social	Talks on self-care, mindfulness	short term peer su	Provide pe	None	None	Use Stages	No scientifi	interesting	F	Seven stages of g	N	descriptive, protocol	post-hoc theory in discussion	
Psychological Support System for Hospital Workers During the Covid-19 Outbreak: Rapid Design and Geoffrey	Cheng and Geoffrey	Frontiers in Psychiatry	France	2020	Paper	Original research	N	Hospital worker	149	Pandemic	COVID-19	Psychological	Hotline for psychological We built a hotline	to rapidly p	Number of calls, call	16 days, we received	This psyc	No measu	Descriptiv	N	N	descriptive, protocol				
Effects of Breathing-Based Meditation on Earthquake-Affected Health Professionals	Iwakuma	Holistic Nursing Practice	Japan	2017	Paper	Original research	N	HCWs	17	Natural disa	Great East J	Psychological	Breathing-based Meditat	45-minute guided i	The prese	Depression, anger, fat	participants were	Following	Yes althou	Small sam	N	N	prospective	effectiveness		
Stress Management for Disaster Recovery Support Staff Assisting Nuclear Disaster Evacuees	Kawazoe	Radiation Protection Dosimetry	Japan	2019	Paper	Original research	N	Disaster recove	19	Nuclear disa	Accident of Fukushima Daiichi Nuclear Power Plant	Mental health sem	This study	Coping inventory for S	None related to intri	None relat	N/A	Note that		N	N	descriptive, protocol				
Posttraumatic Psychiatric Disorders and Resilience in Healthcare Providers following a Disastrous Ea	Kawazoe	BioMed Research International	Taiwan	2017	Paper	Original research	N	HCWs	67	Natural disa	Earthquake	Psychological	Psychological support, in	On-site debriefing	See preval	Own PTSD measure, o	16.4% PTSD	immedi	This prosp	Using own	Decent stu	N	N	prospective	effectiveness	
Implementation and analysis of a telephone support service during COVID-19	Matthewson	Occupational Medicine	UK	2020	Paper	Original research	N	HCWs	362	Pandemic	COVID-19	Psychological	Clarification of guidance	The rapid impleme	To describ	Number of calls, reaso	56 hundred and	100 Clear and	The imple	No cost-be	N	N	descriptive, protocol	no evaluative measures		
Stress management and resiliency training for health-care professionals	Mehta	Global Advances in Health and Medicine		2018	Paper	Original research	N																			
Attending to the Emotional Well-Being of the Health Care Workforce in a New York City Health Syst	Ripp	Journal of the Association of American Medical Colleges	USA	2020	Paper	Original research	N	HCWs	0	Pandemic	COVID-19	Psychological	Meeting basic daily need	Tracking PPE, free j	Attending	None	None	N/A	No measu		N	N	descriptive, protocol	no evaluative measures		
The MINDSTRONG intervention for New Nurse Residents: 6-Month Effects on Mental Health	Sampson	Workshops on evidence-based nursing	USA	2020	Paper	Original research	N	New Nurse Res	89	No event	No event	Psychological	A cognitive behavioral sk	8-10, 30-35 min we	This study	Perceived stress, anxi	The intervention	g	The MIND	Anxiety g	met in part	F	Cognitive behavi	N	not in crisis	
Mindfulness and mantra training for disaster mental health workers in the Philippines	Waijie	Mindfulness	Philippine	2018	Paper	Original research	N	Disaster menta	68	Natural disa	Typhoon H	Psychological	a manualized mindfulness	4.5-h workshop co	This study	Perceived usefulness	c	following the work	Participant	No eviden	Measures	N	N	prospective	perceived usefulness not acceptability	
Recommended psychological crisis intervention response to the 2019 novel coronavirus pneumonia	Zhang	Precision Clinical Medicine	China	2020	Paper	Original research	N	HCWs	0	Pandemic	COVID-19	Psychological	A model that integrates j	General	Provide pe	emotional and stress	None reported	None	No structu		Y	Emotion hypothe	N	descriptive, protocol	Created own theoretical model, no testing of model.	
<b>prospective</b>																										
<b>descriptive, protocol</b>																										
Resilience training for hospital workers in anticipation of an influenza pandemic	Alieffo																									
Mitigating the Psychological Impact of COVID-19 on Healthcare Workers: A Digital Learning Package	Biske																									
Effects of a SARS prevention programme in Taiwan on nursing staff's anxiety, depression and sleep	Chen																									
Psychological Support System for Hospital Workers During the Covid-19 Outbreak: Rapid Design and Geoffrey	Cheng and Geoffrey																									
Effects of Breathing-Based Meditation on Earthquake-Affected Health Professionals	Iwakuma																									
Posttraumatic Psychiatric Disorders and Resilience in Healthcare Providers following a Disastrous Ea	Kawazoe																									
Mindfulness and mantra training for disaster mental health workers in the Philippines	Waijie																									
Battle Buddies: Rapid Deployment of a Psychological Resilience Intervention for Healthcare Worker	Alibott																									
COVID-19 Epidemic Peer Support and Crisis Intervention Via Social Media	Cheng																									
Psychological Support System for Hospital Workers During the Covid-19 Outbreak: Rapid Design and Geoffrey	Cheng and Geoffrey																									
Stress Management for Disaster Recovery Support Staff Assisting Nuclear Disaster Evacuees	Kawazoe																									
Implementation and analysis of a telephone support service during COVID-19	Matthewson																									
Attending to the Emotional Well-Being of the Health Care Workforce in a New York City Health Syst	Ripp																									
Recommended psychological crisis intervention response to the 2019 novel coronavirus pneumonia	Zhang																									