

### **Appendix 1: Medline search strategy**

A draft search strategy in Medline for the following mixed-methods systematic review:

Why do ambulance employees (not) seek organisational help for mental health support?: A mixed-methods systematic review protocol of organisational support available and barriers/facilitators to uptake

#### **Keywords**

Emergency Medical Services; Mental Health; Organisational culture; Paramedical personnel; Systematic review

#### **Search strategy**

##### **(Title/Abstract) (Medline):**

1. "pre hospital"
2. pre-hospital
3. prehospital
4. paramedic\*
5. ambulance\*
6. aeromedical
7. "Aviation medicine"
8. HEMS
9. helicopter ADJ5 emergenc\*
10. EMT
11. "emergency medical" ADJ technician\*
12. ECA
13. "emergency care" ADJ assistant\*
14. "Emergency call" ADJ (handler\* OR operator\*)
15. "Emergency dispatch\*"

16. #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15

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17. anxiety

18. depress\*

19. ptsd

20. "post-traumatic stress"

21. "post traumatic stress"

22. burnout

23. "burn out"

24. "self-harm"

25. self harm

26. "self injur\*"

27. self-injur\*

28. "self mutilat\*"

29. self-mutilat\*

30. distress

31. "mental health"

32. "mental illness\*"

33. well-being

34. wellbeing

35. stress\* suicid\*

36. "critical incident stress"

37. #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #34 OR #25 OR #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32 OR #33 OR #34OR #35 OR #36

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38. "occupational health"

39. "occupational mental health"

40. "occupational support"

41. "psychological support"

42. "psychological help"

43. help-seeking
  44. help ADJ3 seeking
  45. signposting
  46. "employee assistance"
  47. "employee support"
  48. resilience
  49. organi?ation\* ADJ3 (support OR assistance)
  50. work\* ADJ3 (support OR assistance)
  51. manager\* ADJ3 (support OR assistance)
  52. "crisis intervention"
  53. downtime
  54. surveil\*
  55. monitor\*
  56. #38 OR #39 OR #40 OR #41 OR #42 OR #43 OR #44 OR # 45 OR #46 OR #47 OR #48 OR #49  
OR # 50 OR #51 OR #52 OR # 53 OR # 54 OR #55
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57. #16 AND #37 AND #56
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