

How effective are interventions in optimizing workplace mental health and well-being? A scoping review of reviews and evidence map¹

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2. Supplementary Materials

Example Search Strategy

Ovid Medline and Epub Ahead of Print, In-Process & Other Non-Indexed Citations, Daily and Versions(R) 1946 to October 09, 2020

#	Search string
1	(worker* or employee* or staff or labourer* or artisan or workforce or workmen or workman or workwoman or workwomen or workplace or work place or work-place or occupational setting* or work-related).ti,ab.
2	(job or work or vocation* or hired).ti,ab.
3	exp Personnel/
4	2 and 3
5	1 or 4
6	(stress or burnout or anxiety or depression or occupational health or occupational therap* or mental health or mental disorder* or mental illness* or psychological or quality of life or well-being or well-being or quality of working life or personal satisfaction or work satisfaction or life satisfaction or work functioning or work* standard* or happiness).ti,ab.
7	(work-stress or job-stress).ti,ab.
8	(Work Condition* or work-related or "work related").ti,ab.
9	6 or 7 or 8

10	(interven* or program* or activit* or participat* or counsell* or assistance or improve* or uplift or manage* or control or address* or promot*).ti,ab. or *Occupational Health/ or *Workplace/ or *Occupational Health Services/
11	9 and 10
12	(review or overview or synopsis or literature review or concept synthesis or conceptual framework synthesis model or conceptual review or critical interpretive synthesis or critical literature review or evidence synthesis or integrative review or integrative literature review or interpretive synthesis or knowledge synthesis or meta-aggregation or meta aggregation or meta-analysis or meta analysis or meta-ethnography or meta ethnography or meta-interpretation or meta interpretation or meta-interpretive or meta interpretive or meta-narrative or meta narrative or meta-review or meta review or meta-narrative or meta narrative or meta study or meta-synthesis or meta synthesis or mixed-methods review or mixed methods review or mixed-methods synthesis or mixed methods synthesis or mixed-methods systematic review or mixed methods systematic review or mixed studies review or mixed-studies review or narrative review or narrative synthesis or rapid review or realist review or realist synthesis or research synthesis or review of qualitative studies or scoping review or systematic literature review or systematic review or systematic synthesis or thematic review or thematic synthesis or qualitative meta-synthesis or qualitative meta synthesis or qualitative review or qualitative synthesis or horizon scan or Evidence map).ti,ab. (review or overview or synopsis or literature review or concept synthesis or conceptual framework synthesis model or conceptual review or critical interpretive synthesis or critical literature review or evidence synthesis or integrative review or integrative literature review or interpretive synthesis or knowledge synthesis or meta-aggregation or meta aggregation or meta-analysis or meta analysis or meta-ethnography or meta ethnography or meta-interpretation or meta interpretation or meta-interpretive or meta interpretive or meta-narrative or meta narrative or meta-review or meta review or meta-narrative or meta narrative or meta study or meta-synthesis or meta synthesis or mixed-methods review or mixed methods review or mixed-methods synthesis or mixed methods synthesis or mixed-methods systematic review or mixed methods systematic review or mixed studies review or mixed-studies review or narrative review or narrative synthesis or rapid review or realist review or realist synthesis or research synthesis or review of qualitative studies or scoping review or systematic literature review or systematic review or systematic synthesis or thematic review or thematic synthesis or qualitative meta-synthesis or qualitative meta synthesis or qualitative review or qualitative synthesis or horizon scan or Evidence map).ti,ab.
13	evidence adj2 map).ti,ab.
14	12 or 13
15	5 and 11 and 14

16	limit 15 to (english language and yr="2016 -Current")
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Inclusion and Exclusion Criteria

	Inclusion Criteria	Exclusion Criteria
Study Type	Systematic or narrative reviews (of reviews, quantitative or qualitative studies) Scoping reviews / evidence maps	Primary research studies Review protocols Conference abstracts, book chapters Theses / dissertations
Population	Employees of an organisation	Sole traders / independent contractors who work as individuals
Study design	Reviews of effectiveness ('what works') studies	Reviews where intervention effectiveness is not the primary focus
Study setting	Countries comparable to Australia i.e. developed nation health system, democratic country Any population in a workplace setting (including offsite, but funded by a workplace) Include interventions funded by a workplace, but which occur outside of the workplace (e.g. counselling)	Countries not comparable to Australia i.e. LMIC, non-democratic Any population outside of a workplace setting Any intervention not funded by a workplace
Intervention	Workplace mental health interventions to maintain mental well-being 'Workplace' is defined as supported by a workplace (either through direct funding or enabling staff time to be used), within the workplace or non-workplace setting (e.g. gym, park, home) 'Maintain mental well-being' is defined as interventions to either prevent mental illness or maintain mental well-being, including stress / burnout reduction and resilience-based interventions – including those relating to dealing with the impact of COVID-19 - but NOT management of mental illness Highlight interventions using digital technology	Management of mental illness such as depression, anxiety, PTSD and other conditions Workers' Compensation schemes Well-being interventions not supported by workplaces Return-to-Work interventions where people have been on leave for burnout, stress mental health or other reasons Enterprise / HR arrangements e.g. sick leave, maternity leave entitlements Employee Assistance Programs (EAPs)
Outcome	All reported outcomes with an emphasis on Physical / mental health and / or well-being Productivity Staff satisfaction / turnover	No exclusions

Publication Status	English language Peer-reviewed journal publications or review reports from relevant Government / other institutions Published from 2016 onwards (unless from Google Scholar search)	
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Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-ScR) Checklist

From: Tricco AC, Lillie E, Zarin W, O'Brien KK, Colquhoun H, Levac D, et al. PRISMA Extension for Scoping Reviews (PRISMA-ScR): Checklist and Explanation. *Ann Intern Med.* 2018;169:467–473. doi: 10.7326/M18-0850.

ITEM NUMBER	PRISMA-ScR CHECKLIST ITEM	PAGE NUMBER REPORTED
1	TITLE: Title	1
2	ABSTRACT: Structured summary	1
3	INTRODUCTION: Rationale	4, 5
4	INTRODUCTION: Objectives	5, 6
5	METHODS: Protocol and registration	5
6	METHODS: Eligibility criteria	5, Supplementary material
7	METHODS: Information sources	5
8	METHODS: Search	Supplementary material
9	METHODS: Selection of sources of evidence	5, 6
10	METHODS: Data charting process	6, 7
11	METHODS: Data items	6, 7
12	METHODS: Critical appraisal of individual sources of evidence	6
13	METHODS: Synthesis of results	6, 7
14	RESULTS: Selection of sources of evidence	8, figure 1
15	RESULTS: Characteristics of sources of evidence	Table 1-3
16	RESULTS: Critical appraisal within sources of evidence	8, Table 1-3, Figure 2 (evidence map)
17	RESULTS: Results of individual sources of evidence	Table 1-3
18	RESULTS: Synthesis of results	8, 9, 10, Figure 2 (evidence map)
19	DISCUSSION: Summary of evidence	11, 12
20	DISCUSSION: Limitations	12, 13
21	DISCUSSION: Conclusions	13, 14
22	FUNDING: Funding	14

Included Review Articles

1. Abdin S, Welch RK, Byron-Daniel J, Meyrick J. The effectiveness of physical activity interventions in improving well-being across office-based workplace settings: a systematic review. Vol. 160, *Public Health*. Elsevier B.V.; 2018. p. 70–6.
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3. Aryankhesal A, Mohammadibakhsh R, Hamidi Y, Alidoost S, Behzadifar M, Sohrabi R, et al. Interventions on reducing burnout in physicians and nurses: A systematic review. *Med J Islam Repub Iran* [Internet]. 2019;33(77). Available from: <https://doi.org/1>
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13. Carolan S, Harris PR, Cavanagh K. Improving employee well-being and effectiveness: Systematic review and meta-analysis of web-based psychological interventions delivered in the workplace. *J Med Internet Res*. 2017;19(7).
14. Cocchiara RA, Dorelli B, Gholamalishahi S, Longo W, Musumeci E, Mannocci A, et al. Tai chi and workplace wellness for health care workers: A systematic review. *Int J Environ Res Public Health*. 2020 Jan 1;17(1).

15. Cocchiara RA, Peruzzo M, Mannocci A, Ottolenghi L, Villari P, Polimeni A, et al. The use of yoga to manage stress and burnout in healthcare workers: A systematic review. Vol. 8, *Journal of Clinical Medicine*. MDPI; 2019.
16. Cocker F, Joss N. Compassion fatigue among healthcare, emergency and community service workers: A systematic review. *Int J Environ Res Public Health*. 2016;13(6):1–18.
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18. DeChant PF, Acs A, Rhee KB, Boulanger TS, Snowdon JL, Tutty MA, et al. Effect of Organization-Directed Workplace Interventions on Physician Burnout: A Systematic Review. *Mayo Clin Proc Innov Qual Outcomes*. 2019 Dec;3(4):384–408.
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