

## SUPPLEMENTARY MATERIALS

## Supplementary Tables

Table S1: Full search strategy for Embase, Medline, PsycINFO, CINAHL, Cochrane CENTRAL databases

Embase	'health care personnel'/exp or (physician* or doctor* or surgeon* or clinician* or general practitioner* or 'resident*' or 'medical intern*' or medical trainee* or 'house officer*' or houseman* or nurse* or pharmacist* or physiotherapist* or 'occupational therapist*' or 'speech therapist*' or dietician* or 'social worker*' or podiatrist* or orthoptist* or audiologist* or psychologist* or radiographer* or 'allied health worker*' or 'allied health professional*' or 'healthcare worker*' or 'healthcare professional*' or health care worker* or health care professional*):ab,ti AND ((burnout or wellbeing or wellness or resilience or resiliency or mindfulness or stress or humanism or humanistic or 'emotional intelligence') NEAR/3 (intervention or interventions or curriculum or program or programmes or programs or programme or course or courses or workshop or workshops or 'support group*' or initiative or initiatives or strategy or 'discussion group*' OR 'group discussion*' OR training* OR mentoring OR advising OR 'debrief session*' or meditation)):ab,ti
Medline (Ovid) + PsycINFO	(physician* or doctor* or surgeon* or clinician* or "general practitioner*" or 'resident*' or 'medical intern*' or 'medical trainee*' or 'house officer*' or houseman* or nurse* or pharmacist* or physiotherapist* or 'occupational therapist*' or 'speech therapist*' or dietician* or 'social worker*' or podiatrist* or orthoptist* or audiologist* or psychologist* or radiographer* or 'allied health worker*' or 'allied health professional*' or 'healthcare worker*' or 'healthcare professional*' or 'health care worker*' or 'health care professional*').ab. or (physician* or doctor* or surgeon* or clinician* or general practitioner*' or 'resident*' or 'medical intern*' or 'medical trainee*' or 'house officer*' or houseman* or nurse* or pharmacist* or physiotherapist* or 'occupational therapist*' or 'speech therapist*' or dietician* or 'social worker*' or podiatrist* or orthoptist* or audiologist* or psychologist* or radiographer* or 'allied health worker*' or 'allied health professional*' or 'healthcare worker*' or 'healthcare professional*' or 'health care worker*' or 'health care professional*').ti. or exp health personnel/ AND ((burnout or wellbeing or wellness or resilience or resiliency or mindfulness or stress or humanism or humanistic or 'emotional intelligence') adj3 (intervention or interventions or curriculum or program or programmes or programs or programme or course or courses or workshop or workshops or 'support group*' or initiative or initiatives or strategy or 'discussion group*' OR 'group discussion*' OR training* OR mentoring OR advising OR 'debrief session*' or meditation)).ti or ((burnout or wellbeing or wellness or resilience or resiliency or mindfulness or stress or humanism or humanistic or 'emotional intelligence') adj3 (intervention or interventions or curriculum or program or programmes or programs or programme or course or courses or workshop or workshops or 'support group*' or initiative or initiatives or strategy or 'discussion group*' OR 'group discussion*' OR training* OR mentoring OR advising OR 'debrief session*' or meditation)).ab
CINAHL	TI (physician* or doctor* or surgeon* or clinician* or general practitioner* or 'resident*' or 'medical intern*' or medical trainee* or 'house officer*' or houseman* or nurse* or pharmacist* or physiotherapist* or 'occupational therapist*' or 'speech therapist*' or dietician* or 'social worker*' or podiatrist* or orthoptist* or

	<p>audiologist* or psychologist* or radiographer* or 'allied health worker*' or 'allied health professional*' or 'healthcare worker*' or 'healthcare professional*' or health care worker* or health care professional*) OR MH health personnel OR AB (physician* or doctor* or surgeon* or clinician* or general practitioner* or 'resident*' or 'medical intern*' or medical trainee* or 'house officer*' or houseman* or nurse* or pharmacist* or physiotherapist* or 'occupational therapist*' or 'speech therapist*' or dietician* or 'social worker*' or podiatrist* or orthoptist* or audiologist* or psychologist* or radiographer* or 'allied health worker*' or 'allied health professional*' or 'healthcare worker*' or 'healthcare professional*' or health care worker* or health care professional*) AND</p> <p>T1 ((burnout or wellbeing or wellness or resilience or resiliency or mindfulness or stress or humanism or humanistic or 'emotional intelligence') N3 (intervention or interventions or curriculum or program or programmes or programs or programme or course or courses or workshop or workshops or 'support group*' or initiative or initiatives or strategy or 'discussion group*' OR 'group discussion*' OR training* OR mentoring OR advising OR 'debrief session*' or meditation)) OR AB ((burnout or wellbeing or wellness or resilience or resiliency or mindfulness or stress or humanism or humanistic or 'emotional intelligence') N3 (intervention or interventions or curriculum or program or programmes or programs or programme or course or courses or workshop or workshops or 'support group*' or initiative or initiatives or strategy or 'discussion group*' OR 'group discussion*' OR training* OR mentoring OR advising OR 'debrief session*' or meditation))</p>
Cochrane Central Register of Controlled Trials (CENTRAL)	<p>#1 MeSH descriptor: [Health Personnel] explode all trees</p> <p>#2 (physician* or doctor* or surgeon* or clinician* or general practitioner* or 'resident*' or 'medical intern*' or medical trainee* or 'house officer*' or houseman* or nurse* or pharmacist* or physiotherapist* or 'occupational therapist*' or 'speech therapist*' or dietician* or 'social worker*' or podiatrist* or orthoptist* or audiologist* or psychologist* or radiographer* or 'allied health worker*' or 'allied health professional*' or 'healthcare worker*' or 'healthcare professional*' or health care worker* or health care professional*):ti,ab,kw</p> <p>#3 ((burnout or wellbeing or wellness or resilience or resiliency or mindfulness or stress or humanism or humanistic or 'emotional intelligence') N3 (intervention or interventions or curriculum or program or programmes or programs or programme or course or courses or workshop or workshops or 'support group*' or initiative or initiatives or strategy or 'discussion group*' OR 'group discussion*' OR training* OR mentoring OR advising OR 'debrief session*' or meditation)):ti,ab,kw</p> <p>#4 (#1 or #2) and #3</p>

Table S2: Detailed characteristics for studies reviewed

Study, year	Country	Population	Description of intervention	Description of control	Assessment timepoints	Assessment tool(s) or scale(s)	Number of participants	
							Intervention	Control
Aghamohammadi, 2022 [24]	Iran	Allied health (midwives)	Mindfulness-based stress management program; in person; 90-120 minutes per week for 8 weeks	Waitlist control	Baseline, Post-intervention (8 weeks), 5 months	PSS, DERS	19	21
Ameli, 2020 [25]	USA	Mixed (administrators, nurses, scientists, physicians, social workers, training fellows)	Mindfulness-based self care training; in person; 1.5 hours per week for 5 weeks	No intervention	Baseline, Post-intervention (5 weeks)	PSS-10, VAS-A, MBI-2, PANAS, MAAS-T, MAAS-S, MSCS-G	43	35
Amutio, 2015 [26]	Spain	Doctors	Mindfulness-based stress reduction; in person; 2.5 hours per week for 8 weeks with 1 additional 8h retreat session	Waitlist control	Baseline, Post-intervention (8 weeks)	MBI, FFMQ	21	21
Asuero, 2014 [27]	Spain	Mixed (physician, nurse, social workers, clinical psychologists)	Psychoeducational activities with 1 intensive guided silent mindfulness session; in person; 2.5 hours per week for 8 weeks with 1 additional 8-hour session	Waitlist control	Baseline, Post-intervention (8 weeks)	MBI, FFMQ, POMS, JSE	43	25
Barattucci, 2019 [28]	Italy	Mixed (doctors, nurses, healthcare assistants)	Mindfulness-based IARA training; in person; 8 hours per session, 4 sessions in total within 1 month	No intervention	Baseline, Post-intervention (6 months)	PSS, DERS, SAS	295	202
Cascales-Pérez, 2021 [29]	Spain	Mixed (nurse assistants, hospital porters, nurses, doctors, psychologists)	Mindfulness-based stress reduction; in person; 2.5 hours per week for 8 weeks	Active control (Session on theoretical aspects of mindfulness and mindfulness practices with no practical activities)	Baseline, Post-intervention (8 weeks)	FFMQ, MBI, SF-36, POMS, PROQOL	30	28
Chen, 2021 [30]	China	Doctors	Loving-Kindness Meditation (Compassion-based meditation); in person; 1.5 hours per week, 3 times a week for 8 weeks	No intervention	Baseline, Post-intervention (8 weeks)	MAAS, JSE, LCSAS	53	53

Cheung, 2020 [31]	USA	Doctors	A video teaching foundational principles of mindfulness, followed by 1 week of deliberate practice; in person;	Active control (Video on ways to increase physical activity)	Baseline, Post-intervention (1 week)	Self-report measures of self-regulation	13	13
Eriksson, 2018 [32]	Sweden	Allied health (psychologists)	Standard mindfulness exercises and compassion-focused exercises; remote (web); 15 minutes daily, 6 days a week, for 6 weeks	Waitlist control	Baseline, Post-intervention (7 weeks)	FFMQ, PSS, SCS, SMBQ	54	41
Fendel, 2021 [33]	Germany	Doctors	Mindfulness-based stress reduction; in person; Intervention: 2 hours 15 minutes per week for 8 weeks, Booster: 1 session every 3 months	Active control (course book did not contain a description of practical exercises)	Baseline, Post-intervention (2 months), Post-maintenance phase (12 months)	CBI, GHQ-12, PSS-10, PHQ-4, Irritation Scale	76	71
Grabbe, 2020 [34]	USA	Nurses	Community Resiliency Model training; in person; 1 session lasting 3 hours	Active control (3-hour class on nutrition)	Baseline, Post-intervention (1 week), 3 months, 12 months	WHO-5, CD-RISC, STSS, CBI, SSS-8	40	37
Hilcove, 2021 [35]	USA	Mixed (nurses, nursing assistants, therapists, physicians, and social workers)	Mindfulness-based yoga; in person; 1 session per week for 6 weeks	No intervention	Baseline, Post-intervention (6 weeks)	MBI, PSS-10, Vitality Scale, Global Sleep Quality, Brief Serenity Scale, MAAS	41	37
Ireland, 2017 [36]	Australia	Doctors	Mindfulness education and practice sessions; in person; 1 hour per week for 10 weeks	Active control (extra 1 hour lunch break)	Baseline, Post-intervention (10 weeks)	CBI, PSS-10	23	21
Janzarik, 2022 [37]	Germany	Nurses	Group session including therapy elements from cognitive behavioural therapy, psychodynamic psychotherapy, and mindfulness and imagination exercises; in person; 2 hours per week for 8 weeks	Waitlist control	Baseline, Post-intervention (8 weeks), 3 months, 6 months	GHQ-28, MIMI, BRS, CD-RISC, WHO-5	38	34
Li, 2022 [38]	China	Mixed (doctors, nurses)	Brief Mindfulness Meditation; in person; 15 minutes daily for 16 days	No intervention	Baseline, Post-intervention (16 days)	AIS, GADS-7, PHQ-9, PSS	47	87

Lin, 2019 [39]	China	Nurses	Mindfulness-based stress reduction; in person; 2 hours per week for 8 weeks	Waitlist control	Baseline, Post-intervention (8 weeks), 3 months	CD-RISC, MMSS, PANAS, PSS	44	46
Liu, 2022 [40]	China	Doctors	Mindfulness meditation; in person; 1.5 hours per session, 3 sessions per week for 8 weeks	No intervention	Baseline, Post-intervention (8 weeks)	H-PEPSS, HSOPSC, MAAS	46	45
Manotas, 2014 [41]	Colombia	Mixed (doctors, nurses, nursing assistants, physical therapists, mental health professionals, nutritionist, dentists, scientists)	Mindfulness-based stress reduction; in person; 2 hours per week for 4 weeks	Waitlist control	Baseline, Post-intervention (4 weeks)	BSI-18, PSS, FFMQ	43	40
Mistretta, 2018 [42]	USA	Mixed (staff involved in direct patient care, administrative responsibilities, support for medical practice, and research)	Mindfulness-based resilience training; in person; 2 hours per week for 6 weeks	Waitlist control	Baseline, Post-intervention (6 weeks), 4.5 months	DASS-21, MBI-Human Services Survey, SCS, Compassion for others Scale, WHO-5	22	15
Perula-deTorres, 2021 [43]	Spain	Mixed (doctors, nurses)	Mindfulness-based stress reduction; in person; 2.5 hours per week for 8 weeks	No intervention	Baseline, Post-intervention (8 weeks)	FFMQ, SCS-short form, JSE	37	51
Pipe, 2009 [44]	USA	Nurses	Mindfulness-based stress reduction; in person; 2 hours per week for 4 weeks	Active control (Leadership course)	Baseline, Post-intervention (4 weeks)	SCL-90-R, Caring Efficacy Scale	15	17
Purdie, 2022 [45]	USA	Nurses	Mindful awareness practices conducted remotely through an app; 2 hours per week for 6 weeks	Waitlist control	Baseline, Post-intervention (8 weeks)	PSS, MBI-9, BDI, BAI, UCLA Loneliness scale, PSQI	27	39
Santamaría-Peláez, 2021 [46]	Spain	Mixed (doctors, nurses)	Mindfulness-based stress reduction; in person; 2.5 hours per week for 8 weeks	No intervention	Baseline, Post-intervention (8 weeks)	GADS	37	51
Valley, 2017 [47]	USA	Mixed (nurses, paramedics)	Mindfulness-based stress reduction; in person; 2.5 hours per week for 8 weeks	Waitlist control	Baseline, Post-intervention (8 weeks)	MAAS, workplace cognitive scale, safety performance	10	12
Xu, 2022 [48]	Australia	Mixed (nurses, doctors, allied health staff, administrative staff)	Headspace app; remote (app); 10 minutes daily for 4 weeks	Waitlist control	Baseline, Post-intervention (1 month), 4 months	PSS-10, MBI, MAAS, WEMWBS	74	74
Yang, 2018 [49]	China	Nurses	Mindfulness-based stress reduction; in person; 1 session per week for 8 weeks	Waitlist control	Baseline, Post-intervention (8 weeks)	SCL-90, SAS, SDS, Nursing Stress Scale	47	48

Yıldırım, 2022 [50]	Turkey	Nurses	Mindfulness-based breathing and music therapy; in person; 1 session, 30 minutes	No intervention	Baseline, Post-intervention	STAI-I, PWB, WRSI	52	52
---------------------	--------	--------	---	-----------------	-----------------------------	-------------------	----	----

Abbreviations: AIS, Athens Insomnia Scale; BAI, Beck Anxiety Inventory; BDI, Beck Depression Inventory; BRS, Brief Resilience Scale; BSI, Brief Symptom Inventory; CBI, Copenhagen Burnout Inventory; CD-RISC, Connor–Davidson Resilience Scale; DASS, Depression, Anxiety, and Stress Scales; DERS, Difficulties in Emotion Regulation Scale; FFMQ, Five Facets of Mindfulness Questionnaire; GADS, Generalized Anxiety Disorder Scale; GHQ, General Health Questionnaire; H-PEPSS, Health Professional Education in Patient Safety Survey; HSOPSC, Hospital Survey on Patient Safety Culture; JSE, Jefferson Scale of Physician Empathy; LCSAS, Liverpool Communication Skills Assessment Scale; MAAS-T, Mindful Attention Awareness Scale Trait; MAAS-S, Mindful Attention Awareness Scale State; MBI, Maslach Burnout Inventory; MIMI, Mainz Inventory of Microstressors; MMSS, McCloskey/Mueller Satisfaction Scale; MSCS-G, Mindful Self-care Scale-General; PANAS, Positive and Negative Affect Schedule; PHQ, Patient Health Questionnaire; POMS, Profile of Mood States; PROQOL, Professional Quality of Life; PSQI, Pittsburgh Sleep Quality Index; PSS, Perceived Stress Scale; PWB, Psychological Well-Being Scale; SAS, Zung Self-Rating Anxiety Scale; SCL-90-R, Symptom Checklist 90-Revised; SCS, Self-Compassion Scale; SDS, Zung Self-Rating Depression Scale; SF-36, 36-Item Short Form Health Survey; SMBQ, Shirom-Melamed Burnout Questionnaire; SSS, Somatic Symptom Scale; STAI-I, State Anxiety Inventory; STSS, Secondary Traumatic Stress Scale; VAS-A, Visual Analog Scale-Anxiety; WEMWBS, Warwick-Edinburgh Mental Well-being Scale; WHO-5, World Health Organisation-Five Well-Being Index; WRSI, Work-Related Strain Inventory

Table S3: Risk of bias assessment

	Risk of bias domains					Overall
	D1	D2	D3	D4	D5	
Purdie 2022	+	+	+	+	+	+
Li 2022	-	+	-	+	+	-
Fendel 2021	+	-	+	+	-	-
Eriksson 2018	+	-	-	+	+	-
Xu 2022	+	-	+	+	+	-
Yildirim 2022	+	-	+	+	+	-
Santamaria-Peláez 2021	+	+	+	+	+	+
Perula-deTorres 2021	+	+	+	+	+	+
Mistretta 2018	+	+	+	+	+	+
Lin 2019	+	+	+	+	+	+
Janzarik 2022	+	+	+	+	+	+
Chen 2021	+	+	+	+	+	+
Cascales-Pérez 2021	+	+	+	-	+	-
Cheung 2020	-	-	+	+	-	-
Barattucci 2019	+	-	+	+	+	-
Ameli 2020	+	-	+	+	+	-
Aghamohammadi 2022	+	+	+	+	+	+
Manotas 2014	+	+	+	+	-	-
Ireland 2017	+	-	+	+	-	-
Pipe 2009	+	-	+	+	+	-
Valley 2017	+	-	+	+	-	-
Amutio 2015	+	-	+	+	-	-
Yang 2018	+	-	+	+	-	-
Liu 2022	+	+	+	+	+	+
Hilcove 2021	+	+	+	+	+	+
Grabbe 2020	+	+	+	+	+	+
Asuero 2014	+	+	+	+	+	+

Study

Domains:  
D1: Bias arising from the randomization process.  
D2: Bias due to deviations from intended intervention.  
D3: Bias due to missing outcome data.  
D4: Bias in measurement of the outcome.  
D5: Bias in selection of the reported result.



Judgement  
 Some concerns  
 Low

Table S4: GRADE summary of Findings table

**Summary of findings:**

**Mindfulness-based interventions for improving wellness**

**Patient or population:** Improving wellness  
**Setting:** healthcare  
**Intervention:** Mindfulness-based interventions  
**Comparison:** Control group

Outcomes	Anticipated absolute effects* (95% CI)		Relative effect (95% CI)	No of participants (studies)	Certainty of the evidence (GRADE)	Comments
	Risk with Control group	Risk with Mindfulness-based interventions				
Stress	-	SMD <b>0.76 SD lower</b> (1.08 lower to 0.44 lower)	-	966 (13 RCTs)	⊕⊕⊕⊕ High	Mindfulness-based interventions results in a reduction in stress.
Anxiety	-	SMD <b>0.68 SD lower</b> (1.09 lower to 0.27 lower)	-	926 (12 RCTs)	⊕⊕⊕⊕ High	Mindfulness-based interventions results in a reduction in anxiety.
Depression	-	SMD <b>0.5 SD lower</b> (0.87 lower to 0.13 lower)	-	725 (9 RCTs)	⊕⊕⊕⊕ High	Mindfulness-based interventions reduces depression-related outcomes.
Burnout	-	SMD <b>0.44 SD lower</b> (0.74 lower to 0.13 lower)	-	602 (9 RCTs)	⊕⊕⊕⊕ High	Mindfulness-based interventions reduces burnout.
Mindfulness	-	SMD <b>0.92 SD higher</b> (0.48 higher to 1.37 higher)	-	675 (10 RCTs)	⊕⊕⊕⊕ High	Mindfulness-based interventions results in large increase in mindfulness.
Self-compassion	-	SMD <b>0.86 SD higher</b> (0.24 higher to 1.49 higher)	-	206 (3 RCTs)	⊕⊕⊕○ Moderate <sup>a</sup>	Mindfulness-based interventions likely results in a large improvement in self-compassion.
Wellbeing	-	SMD <b>0.55 SD higher</b> (0.16 higher to 0.94 higher)	-	290 (4 RCTs)	⊕⊕⊕⊕ High	Mindfulness-based interventions improves wellbeing.
Resilience	-	SMD <b>0.29 SD higher</b> (0.18 lower to 0.77 higher)	-	239 (3 RCTs)	⊕⊕⊕⊕ High	Mindfulness-based interventions results in a slight increase in resilience.
Psychological distress	-	SMD <b>0.85 SD lower</b> (1.11 lower to 0.59 lower)	-	247 (3 RCTs)	⊕⊕⊕⊕ High	Mindfulness-based interventions results in large reduction in psychological distress.
Job strain	-	SMD <b>0.49 SD lower</b> (0.82 lower to 0.16 lower)	-	251 (2 RCTs)	⊕⊕⊕⊕ High	Mindfulness-based interventions results in a reduction in job strain.

\*The risk in the intervention group (and its 95% confidence interval) is based on the assumed risk in the comparison group and the relative effect of the intervention (and its 95% CI).  
 CI: confidence interval; SMD: standardised mean difference

**GRADE Working Group grades of evidence**  
**High certainty:** we are very confident that the true effect lies close to that of the estimate of the effect.  
**Moderate certainty:** we are moderately confident in the effect estimate; the true effect is likely to be close to the estimate of the effect, but there is a possibility that it is substantially different.  
**Low certainty:** our confidence in the effect estimate is limited; the true effect may be substantially different from the estimate of the effect.  
**Very low certainty:** we have very little confidence in the effect estimate; the true effect is likely to be substantially different from the estimate of effect.

**Explanations**

a. upper or lower confidence limit crosses the SMD of 0.5 in either direction.

Table S5: Table showing results of trim and fill analysis for outcomes within 1 month

Outcome	Number of studies	Number of observations	SMD	95% CI	P value
Anxiety	14	1099	-0.45	-0.91 to 0.00	0.05
Burnout	10	644	-0.37	-0.68 to -0.07	0.02
Depression	9	725	-0.50	-0.87 to -0.13	0.01
Stress	17	1220	-0.45	-0.83 to -0.07	0.02
Mindfulness	11	717	0.81	0.35 to 1.28	<0.01
Self-compassion	3	206	0.86	0.24 to 1.49	0.01
Wellbeing	5	367	0.70	0.29 to 1.11	<0.01
Resilience	3	239	0.29	-0.18 to 0.77	0.22
Psychological distress	3	247	-0.85	-1.11 to -0.59	<0.01

Table S6: Table showing results of trim and fill analysis for outcomes beyond 1 month

Outcome	Number of studies	Number of observations	SMD	95% CI	P value
Anxiety	6	894	-0.17	-0.51 to 0.17	0.33
Depression	5	397	0.09	-0.61 to 0.79	0.80
Stress	9	1096	-1.07	-1.45 to -0.70	<0.01
Wellbeing	3	175	0.87	0.46 to 1.28	<0.01
Resilience	3	228	0.45	0.06 to 0.83	0.02



Table S7: Table showing results of Egger's test for outcomes within 1 month

Outcome	Intercept	Standard error of intercept	P value
Anxiety	-2.62	3.20	0.43
Burnout	-2.46	2.30	0.32
Depression	-3.56	3.42	0.33
Stress	-4.34	2.36	0.09
Mindfulness	1.77	2.79	0.54
Self-compassion	-0.90	5.06	0.33
Wellbeing	-3.37	5.59	0.61
Psychological distress	6.75	5.70	0.45

Table S8: Table showing results of Egger's test for outcomes beyond 1 month

Outcome	Intercept	Standard error of intercept	P value
Anxiety	-1.59	1.95	0.50
Depression	-4.32	6.24	0.61
Stress	2.15	1.91	0.32
Wellbeing	2.07	6.15	0.79
Resilience	-3.05	16.19	0.88

Supplementary Figures

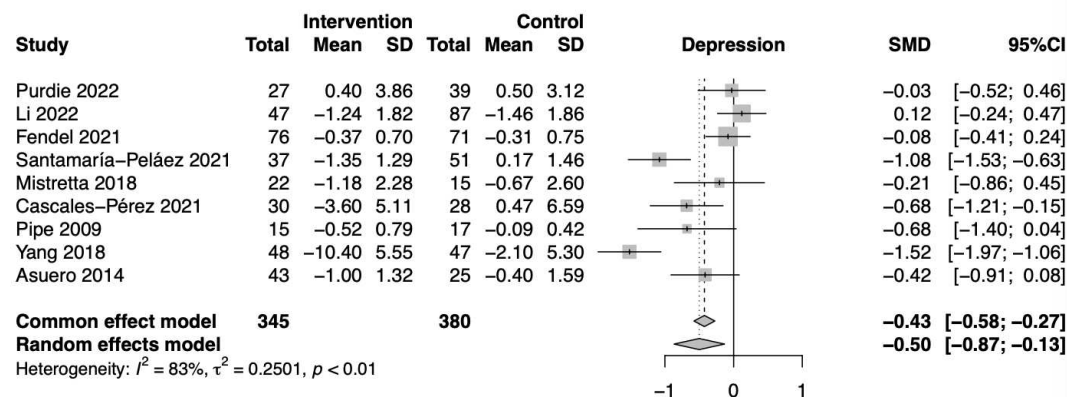


Figure S1: Forest plot of depression outcomes within 1 month. SMD, Standardised Mean Difference.

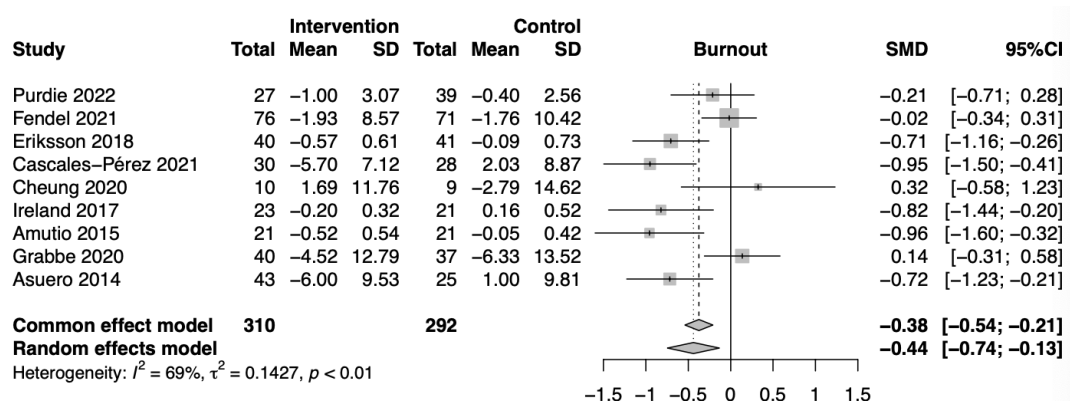


Figure S2: Forest plot of burnout outcomes within 1 month. SMD, Standardised Mean Difference.

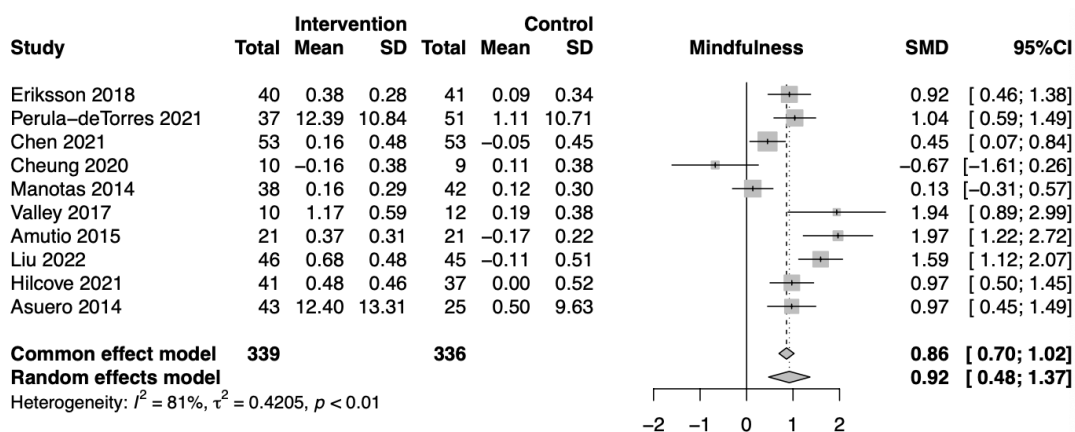


Figure S3: Forest plot of mindfulness outcomes within 1 month. SMD, Standardised Mean Difference.

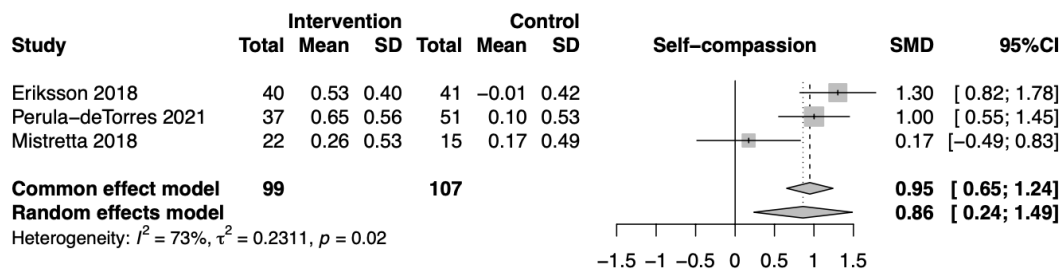


Figure S4: Forest plot of self-compassion outcomes within 1 month. SMD, Standardised Mean Difference.

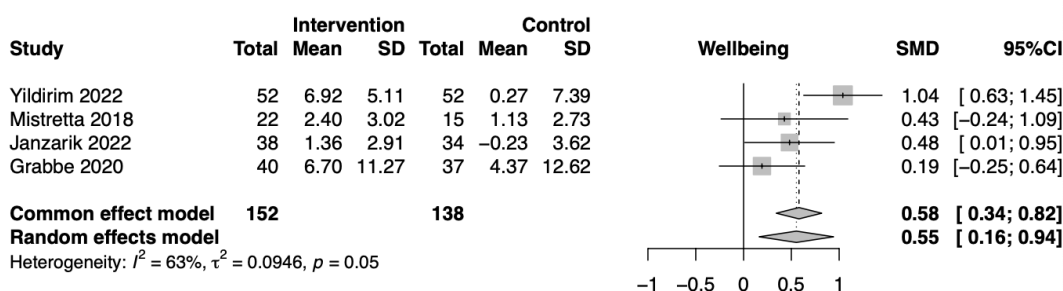


Figure S5: Forest plot of wellbeing outcomes within 1 month. SMD, Standardised Mean Difference.

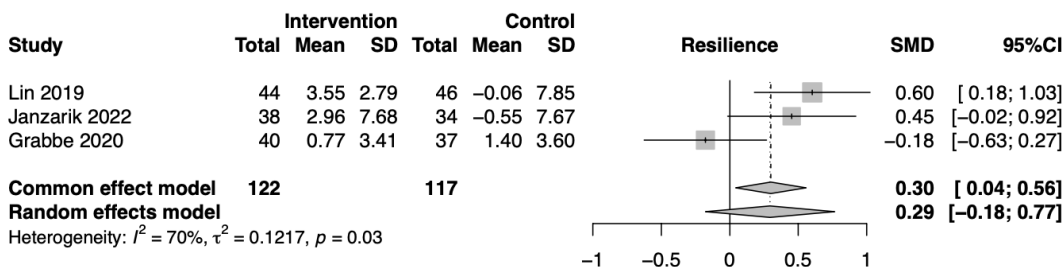


Figure S6: Forest plot of resilience outcomes within 1 month. SMD, Standardised Mean Difference.

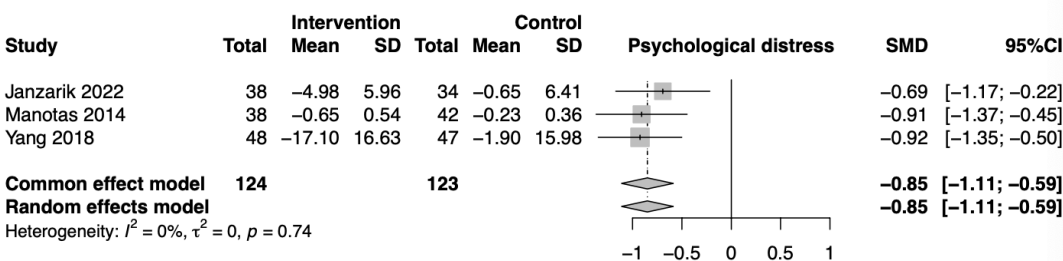


Figure S7: Forest plot of psychological distress outcomes within 1 month. SMD, Standardised Mean Difference.

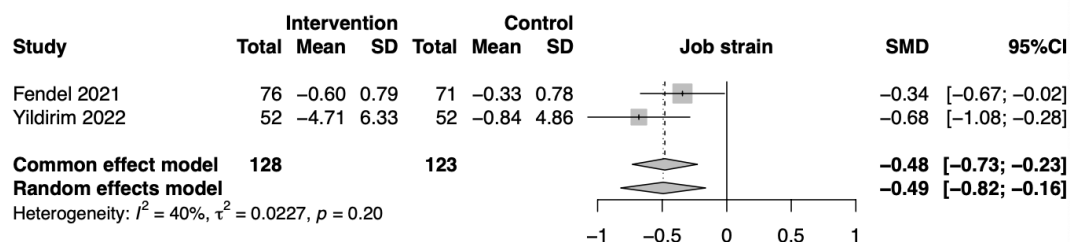


Figure S8: Forest plot of job strain outcomes within 1 month. SMD, Standardised Mean Difference.

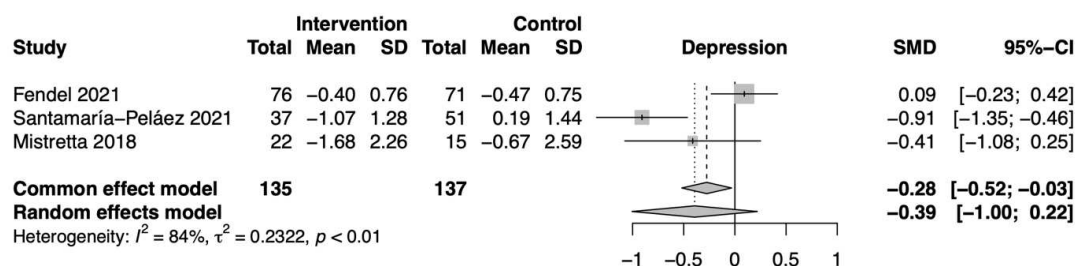


Figure S9: Forest plot of depression outcomes beyond 1 month. SMD, Standardised Mean Difference.

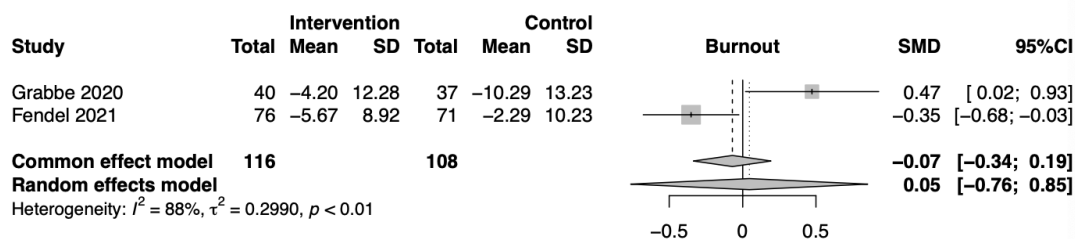


Figure S10: Forest plot of burnout outcomes beyond 1 month. SMD, Standardised Mean Difference.

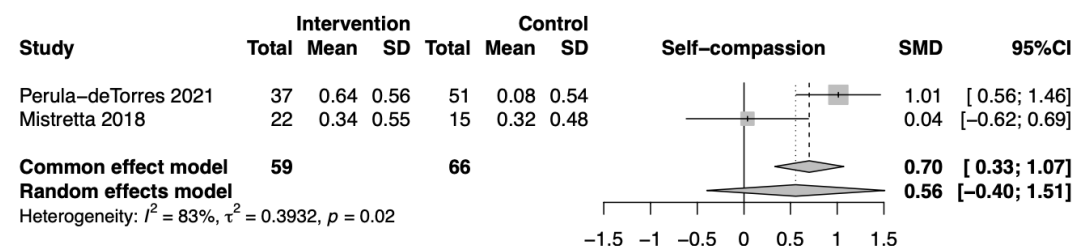


Figure S11: Forest plot of self-compassion outcomes beyond 1 month. SMD, Standardised Mean Difference.

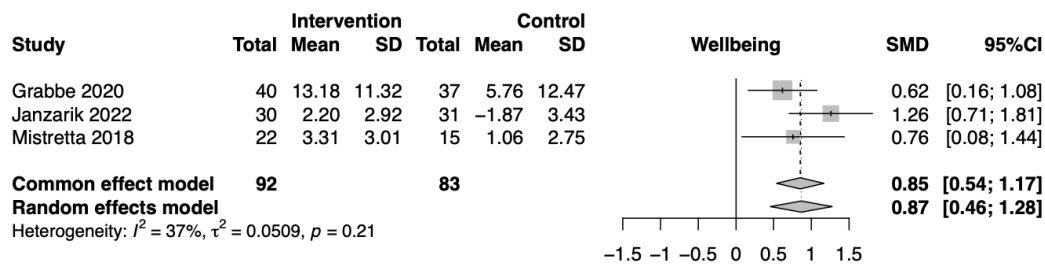


Figure S12: Forest plot of wellbeing outcomes beyond 1 month. SMD, Standardised Mean Difference.

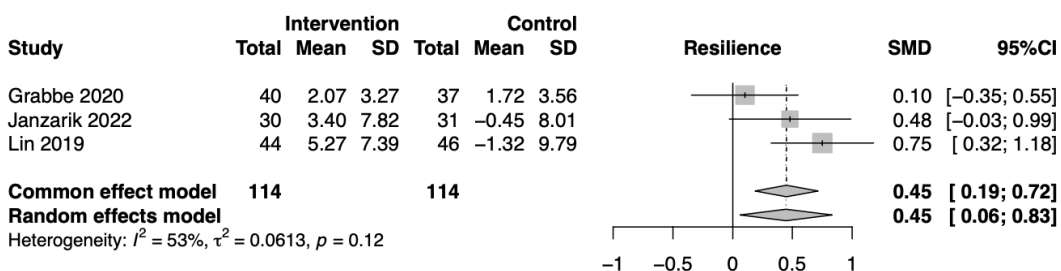


Figure S13: Forest plot of resilience outcomes beyond 1 month. SMD, Standardised Mean Difference.

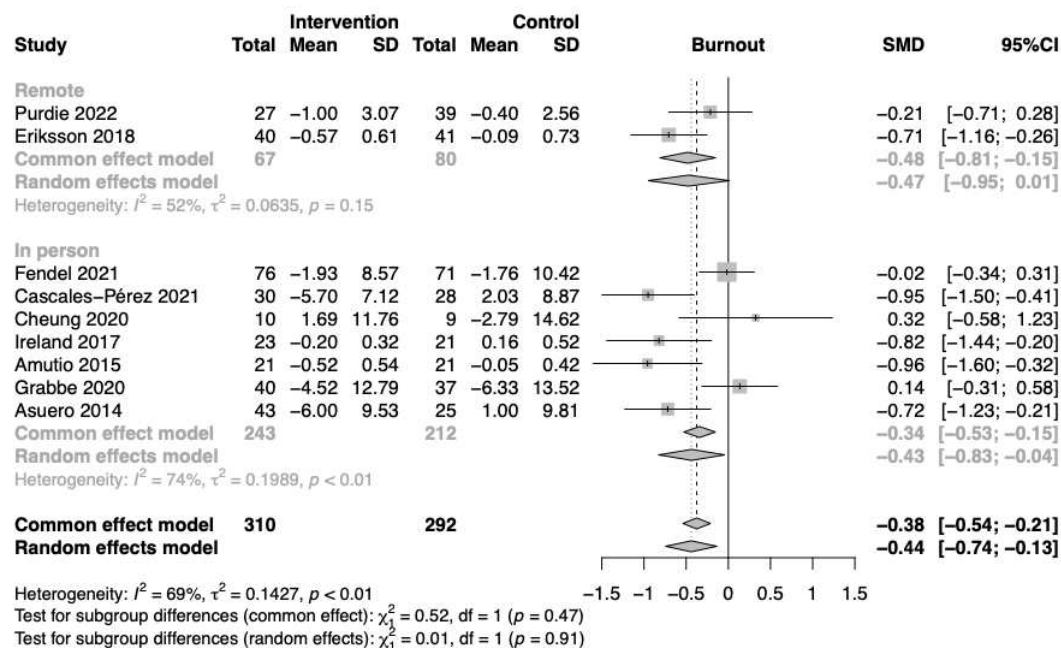


Figure S14: Subgroup analysis of burnout outcomes by mode of intervention delivery within 1 month. SMD, Standardised Mean Difference.

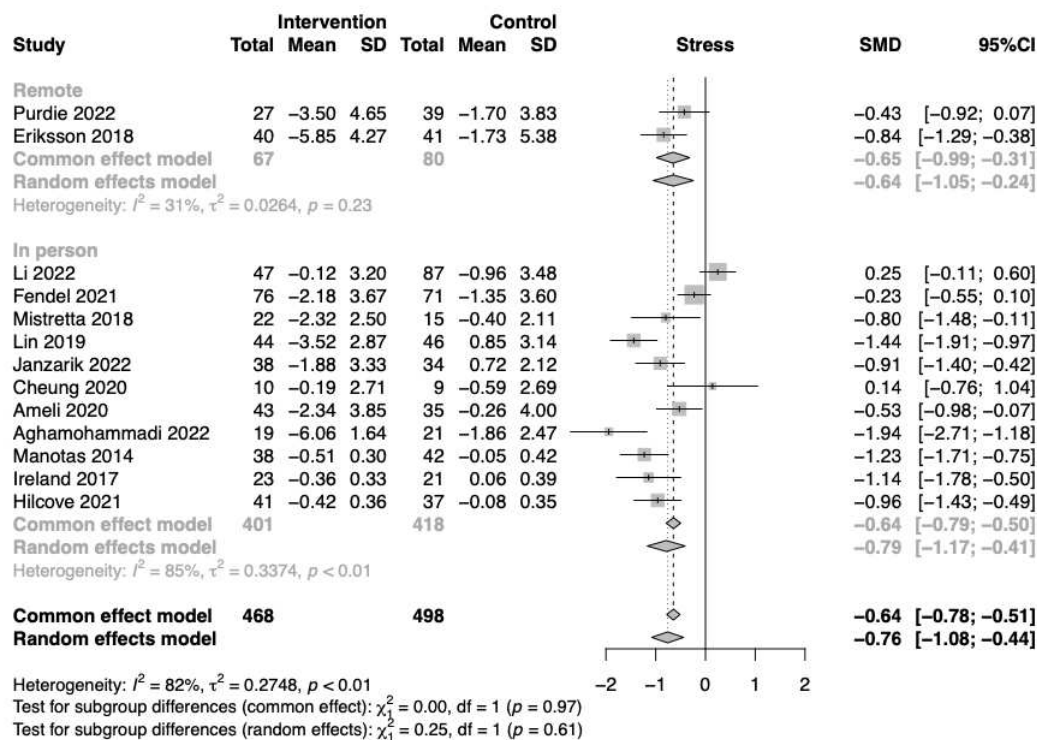


Figure S15: Subgroup analysis of stress outcomes by mode of intervention delivery within 1 month. SMD, Standardised Mean Difference.

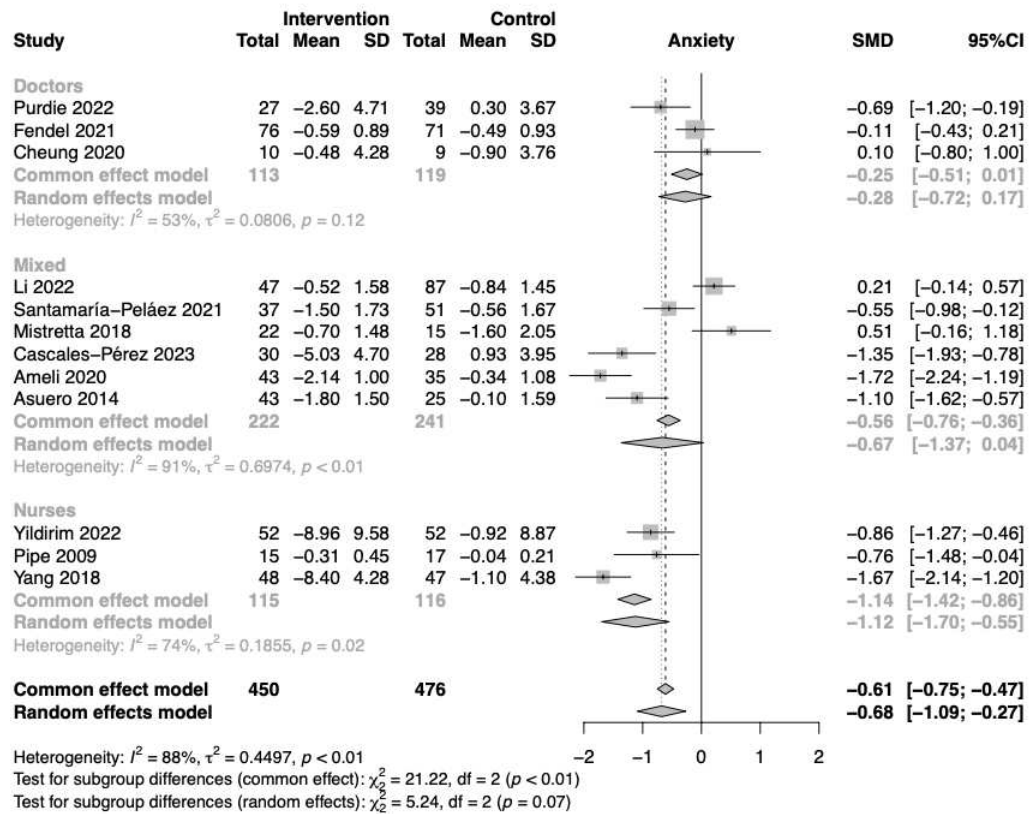


Figure S16: Subgroup analysis of anxiety outcomes by occupation within 1 month. SMD, Standardised Mean Difference.

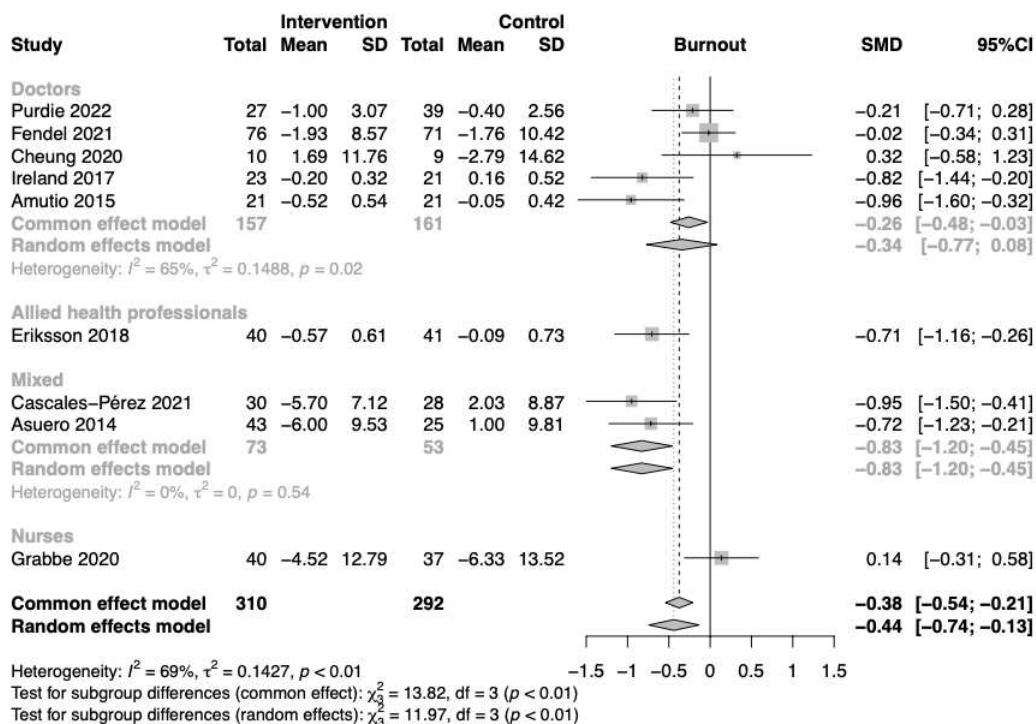


Figure S17: Subgroup analysis of burnout outcomes by occupation within 1 month. SMD, Standardised Mean Difference.

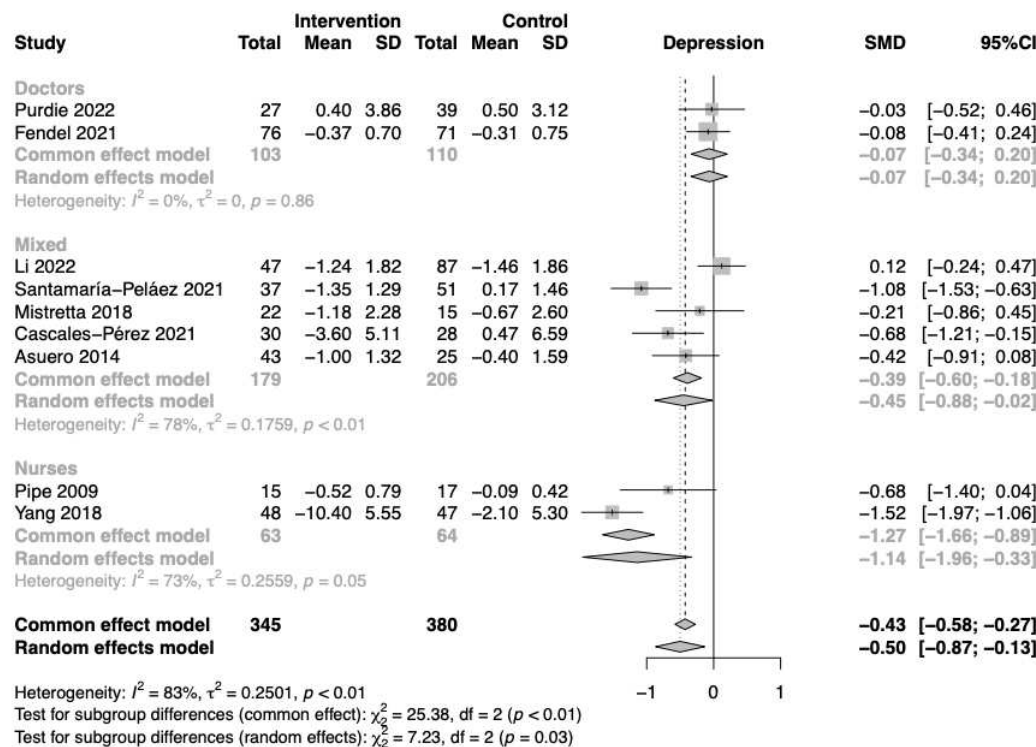




Figure S18: Subgroup analysis of depression outcomes by occupation within 1 month. SMD, Standardised Mean Difference.

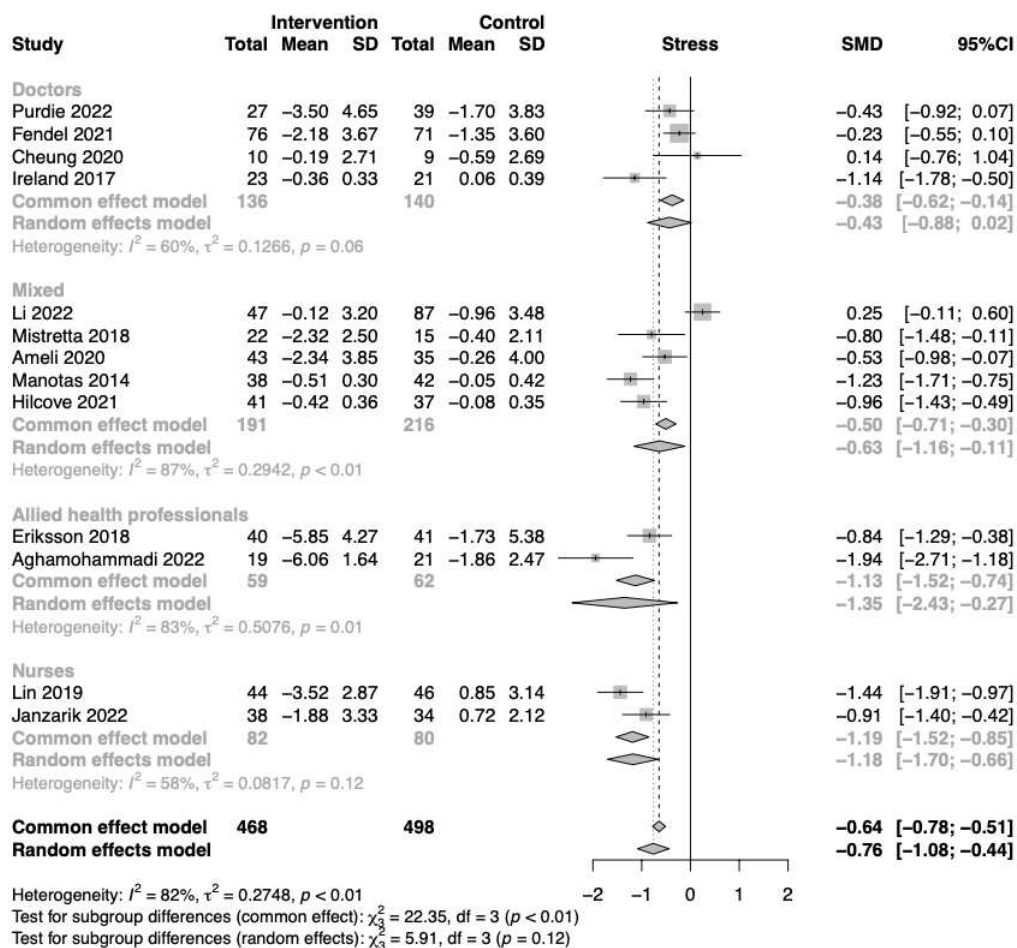


Figure S19: Subgroup analysis of stress outcomes by occupation within 1 month. SMD, Standardised Mean Difference.

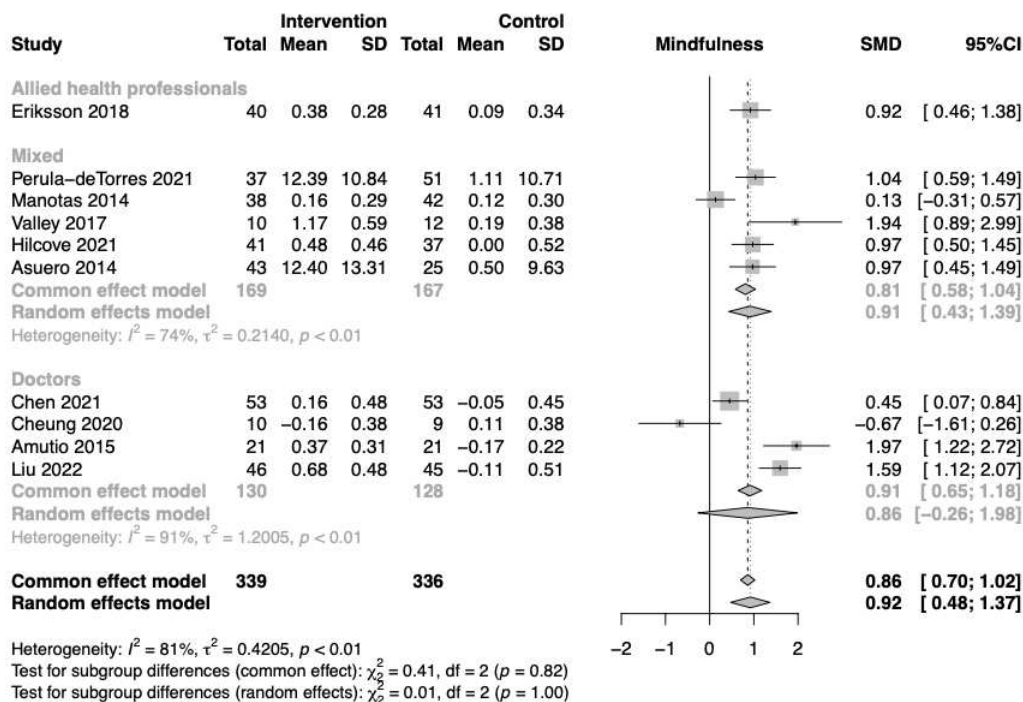


Figure S20: Subgroup analysis of mindfulness outcomes by occupation within 1 month. SMD, Standardised Mean Difference.

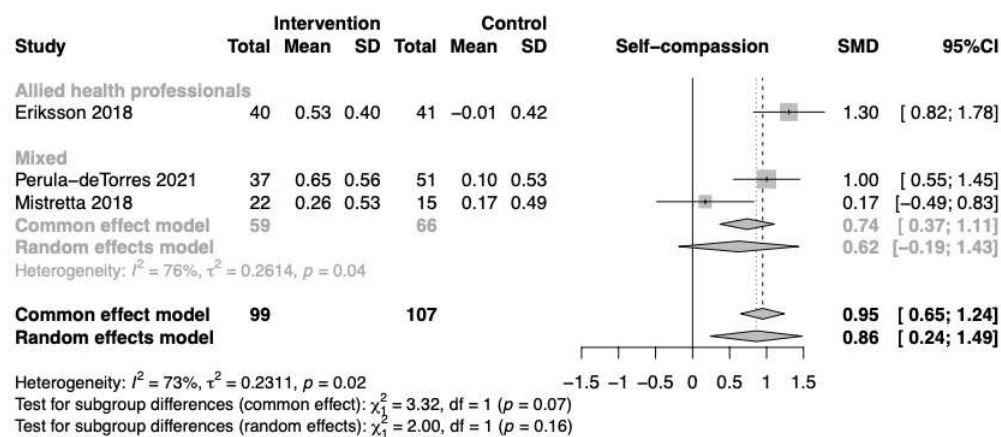


Figure S21: Subgroup analysis of self-compassion outcomes by occupation within 1 month. SMD, Standardised Mean Difference.

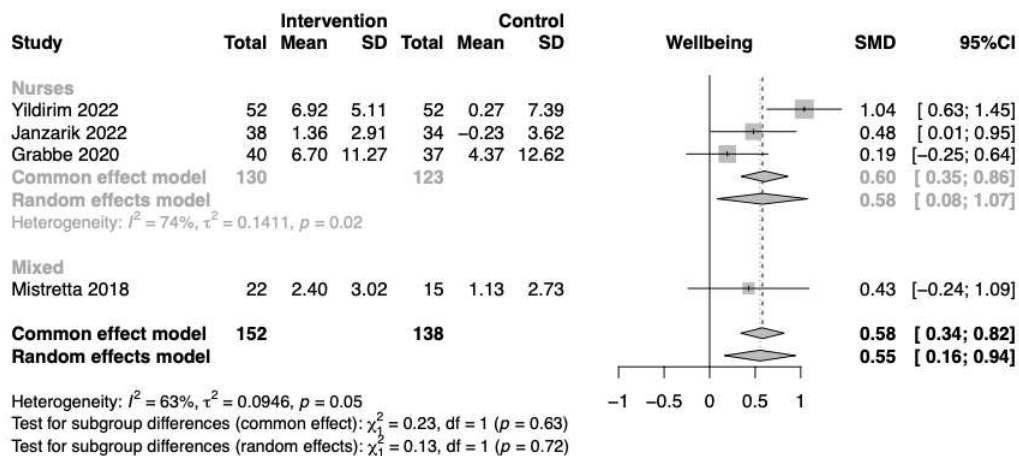


Figure S22: Subgroup analysis of wellbeing outcomes by occupation within 1 month. SMD, Standardised Mean Difference.

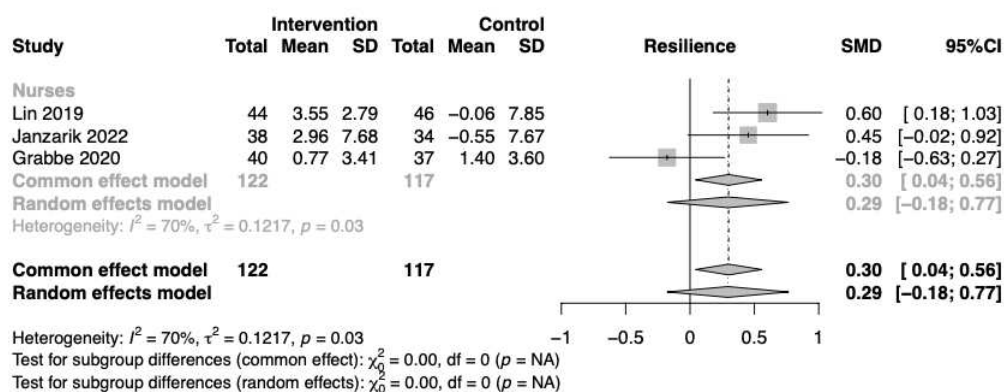


Figure S23: Subgroup analysis of resilience outcomes by occupation within 1 month. SMD, Standardised Mean Difference.

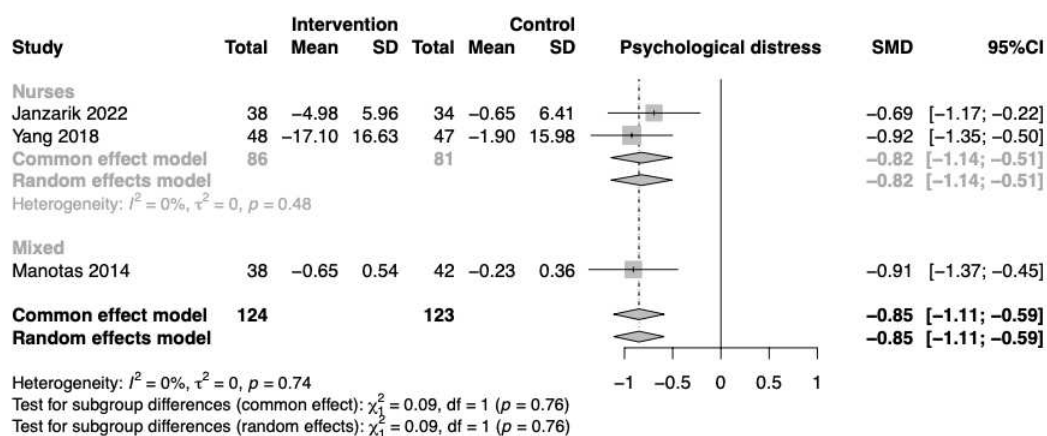


Figure S24: Subgroup analysis of psychological distress outcomes by occupation within 1 month. SMD, Standardised Mean Difference.

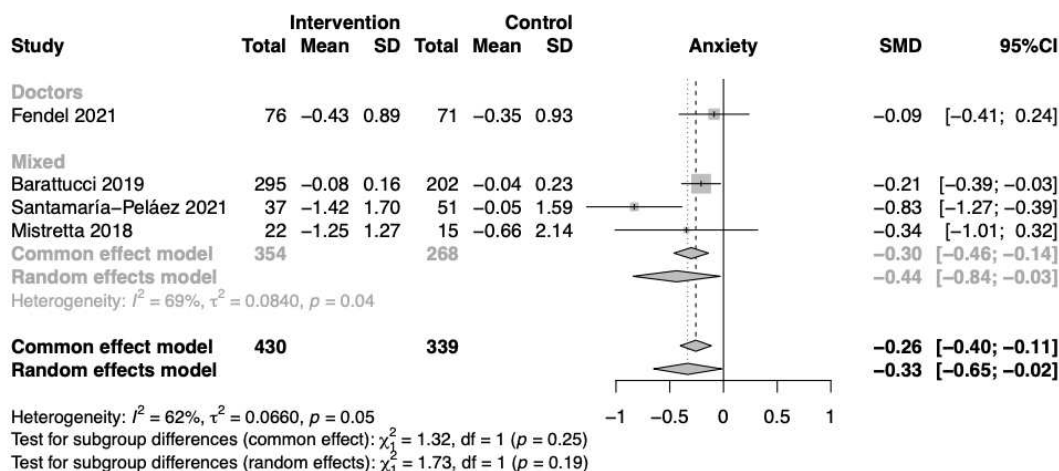


Figure S25: Subgroup analysis of anxiety outcomes by occupation beyond 1 month. SMD, Standardised Mean Difference.

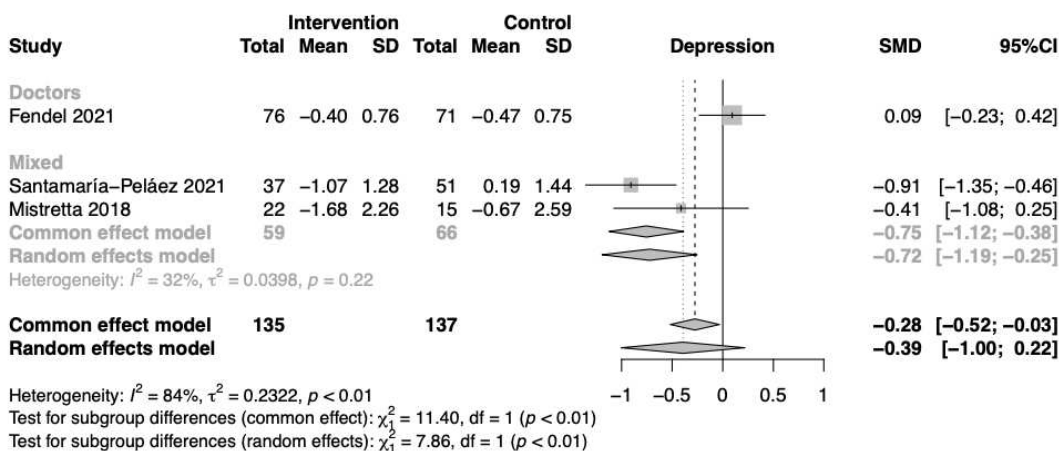


Figure S26: Subgroup analysis of depression outcomes by occupation beyond 1 month. SMD, Standardised Mean Difference.

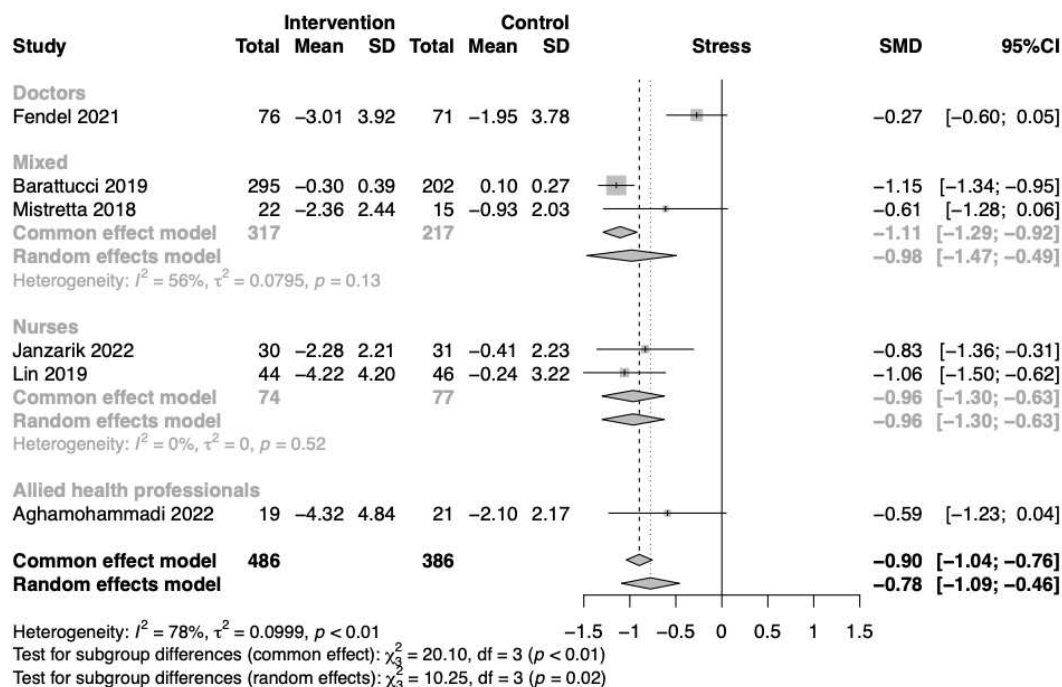


Figure S27: Subgroup analysis of stress outcomes by occupation beyond 1 month. SMD, Standardised Mean Difference.

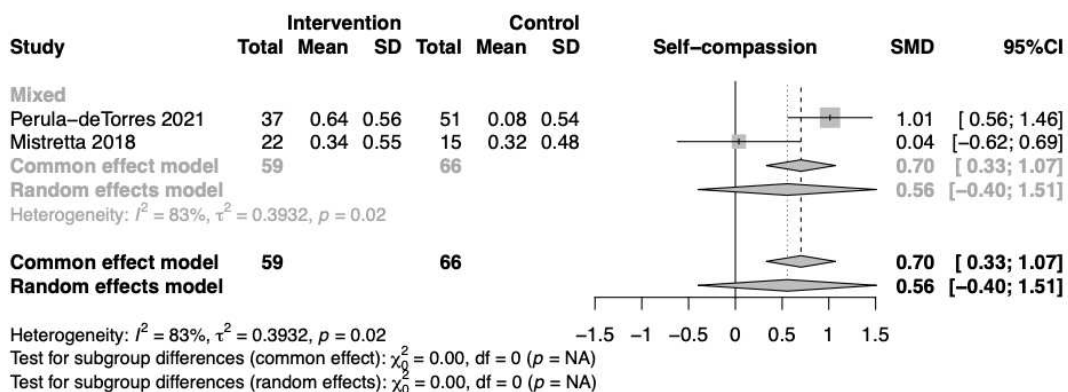


Figure S28: Subgroup analysis of self-compassion outcomes by occupation beyond 1 month. SMD, Standardised Mean Difference.

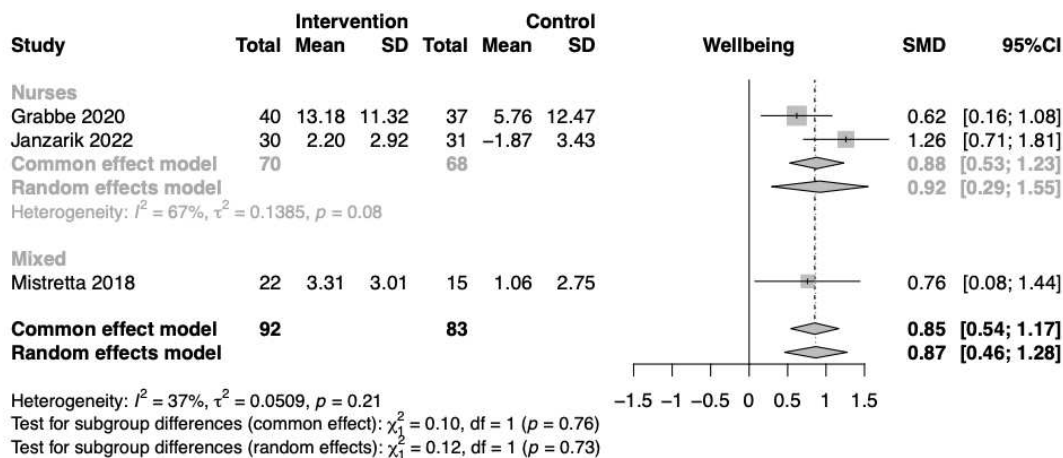


Figure S29: Subgroup analysis of wellbeing outcomes by occupation beyond 1 month. SMD, Standardised Mean Difference.

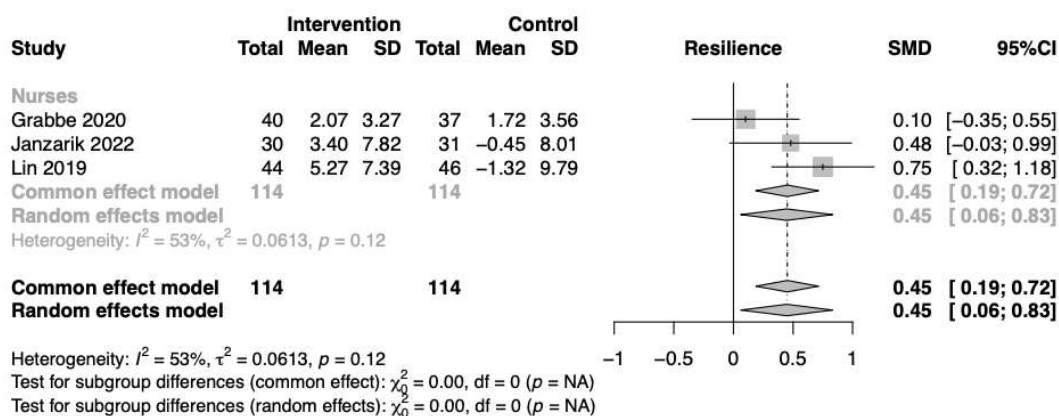


Figure S30: Subgroup analysis of resilience outcomes by occupation beyond 1 month. SMD, Standardised Mean Difference.

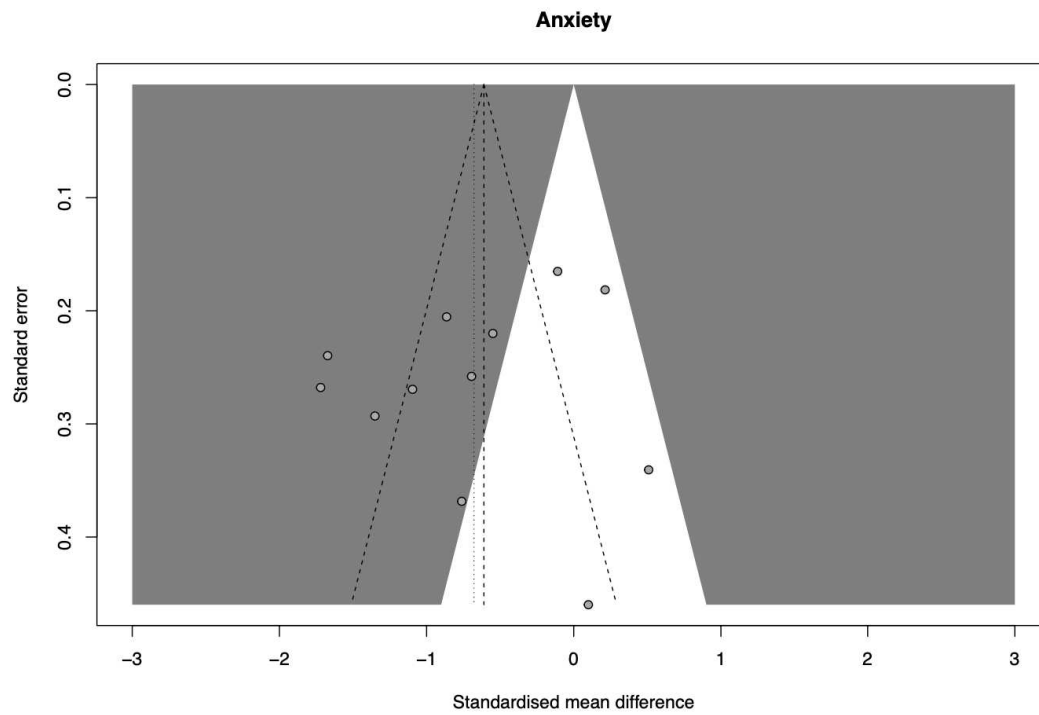


Figure S31: Funnel plot of anxiety outcomes within 1 month

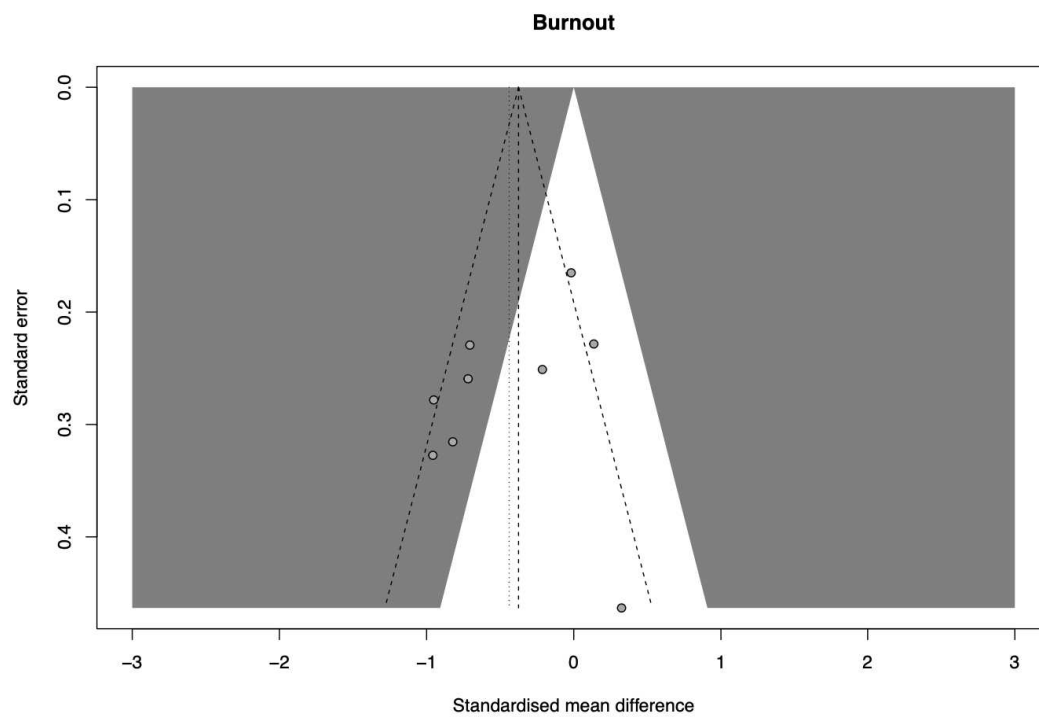


Figure S32: Funnel plot of burnout outcomes within 1 month

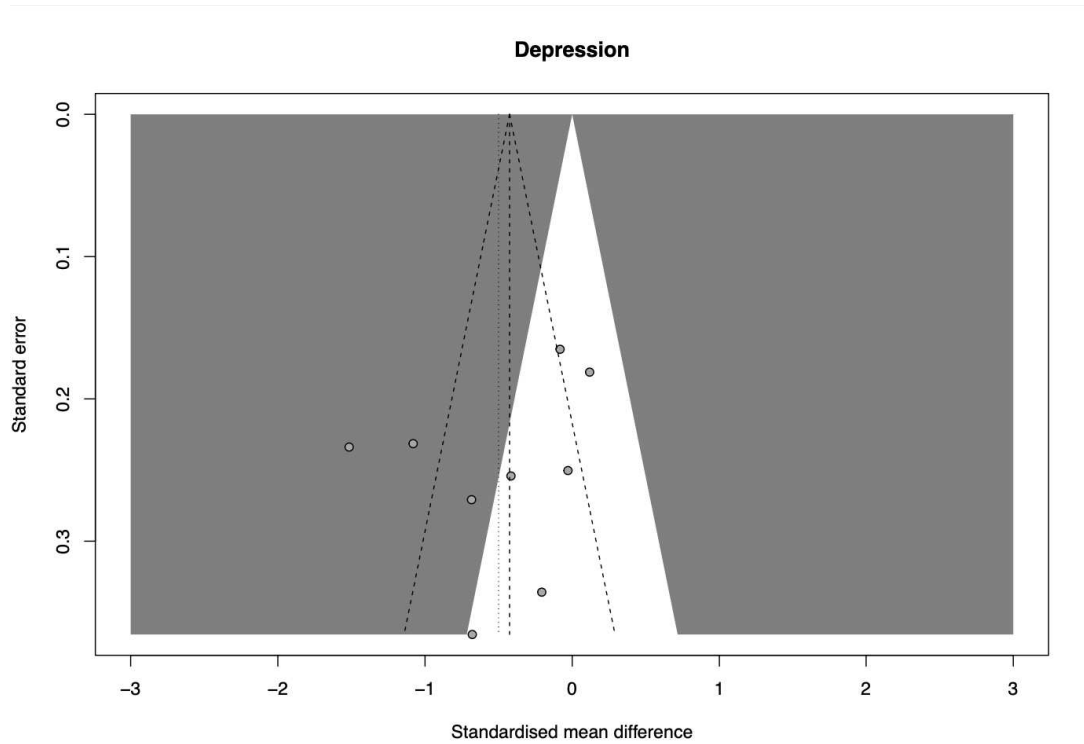


Figure S33: Funnel plot of depression outcomes within 1 month

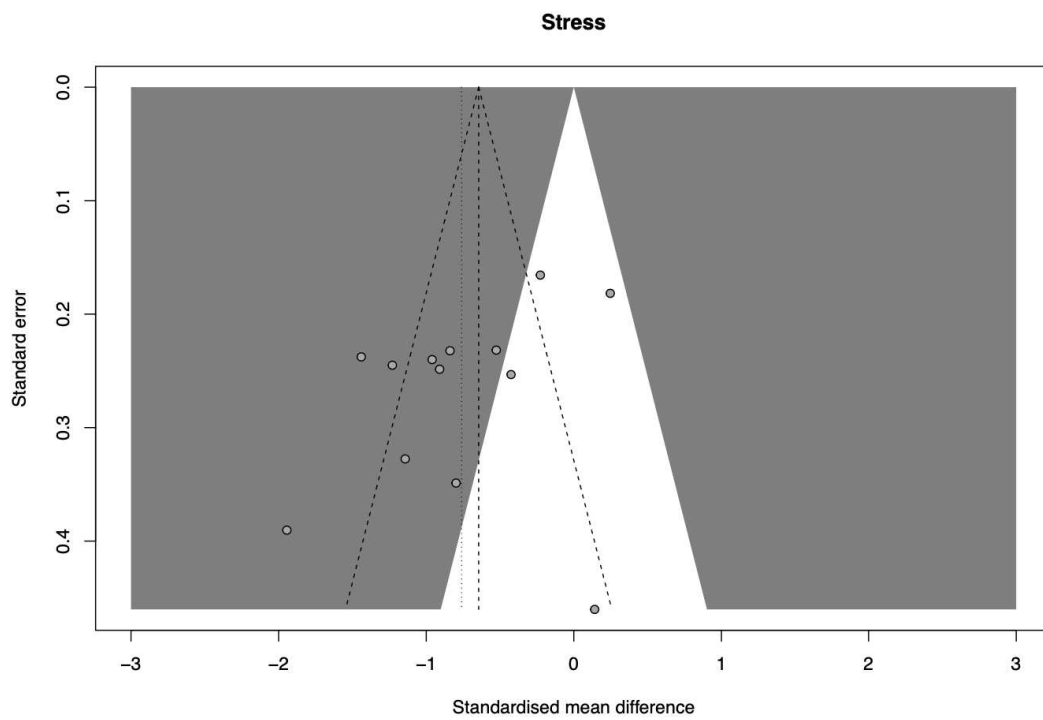


Figure S34: Funnel plot of stress outcomes within 1 month



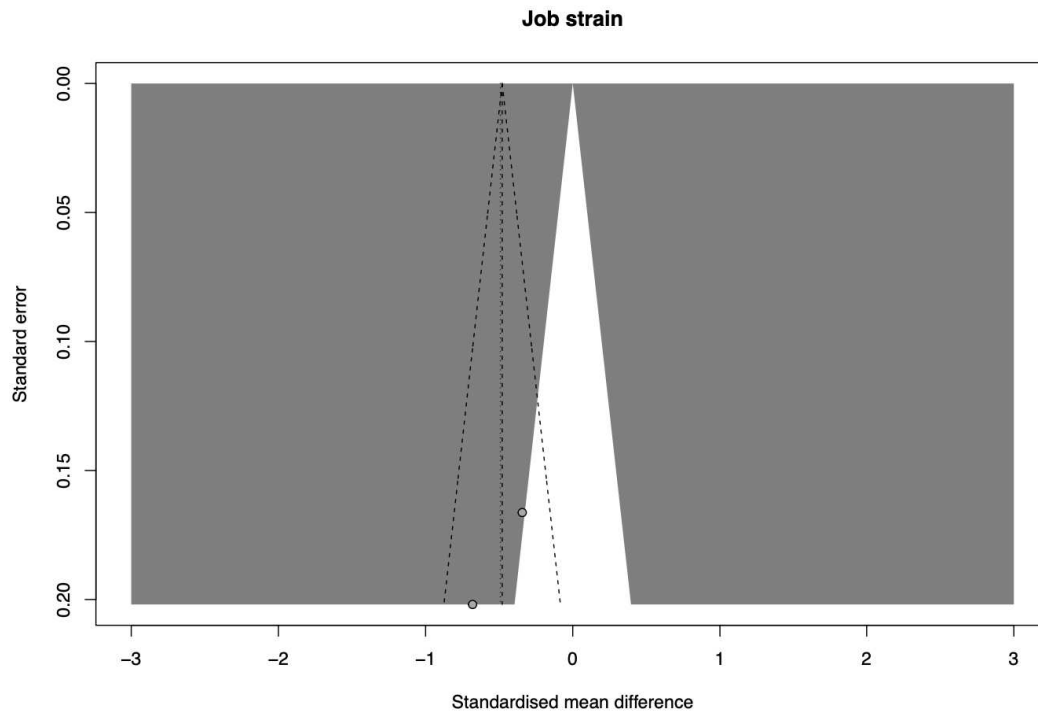


Figure S35: Funnel plot of job strain outcomes within 1 month

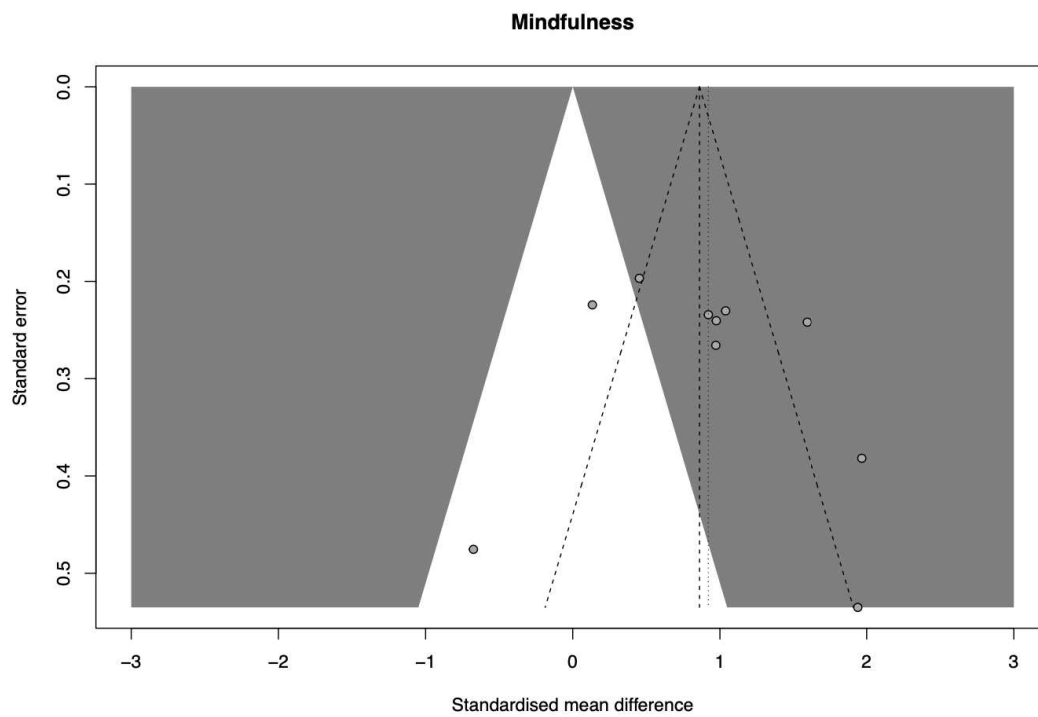


Figure S36: Funnel plot of mindfulness outcomes within 1 month

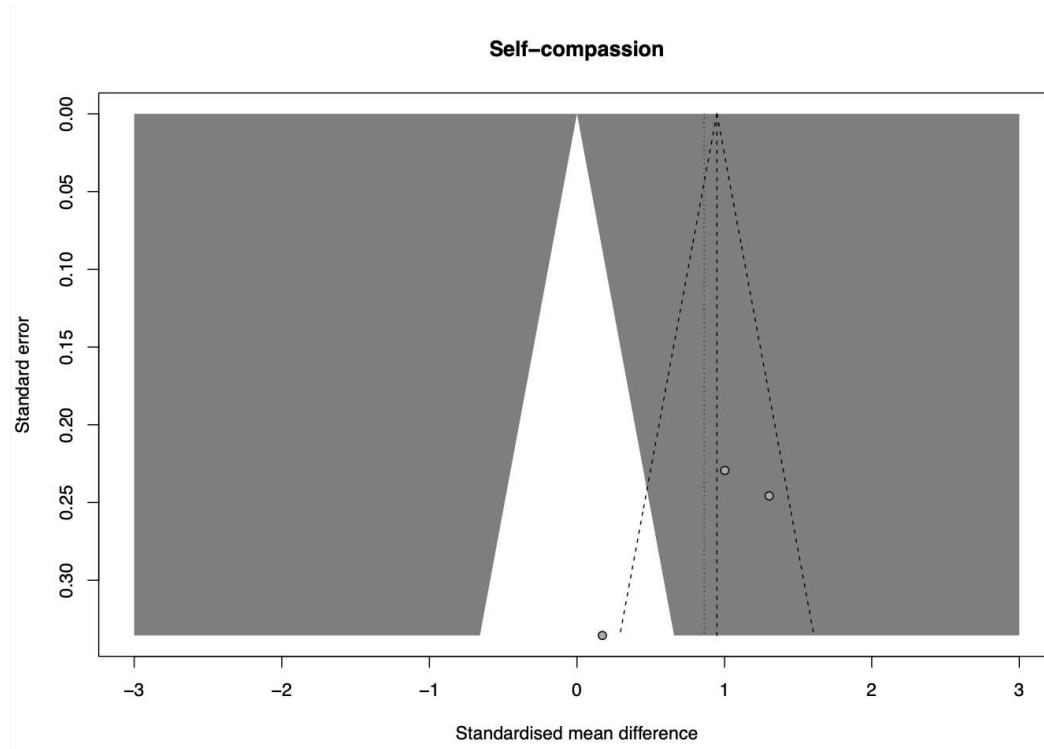


Figure S37: Funnel plot of self-compassion outcomes within 1 month

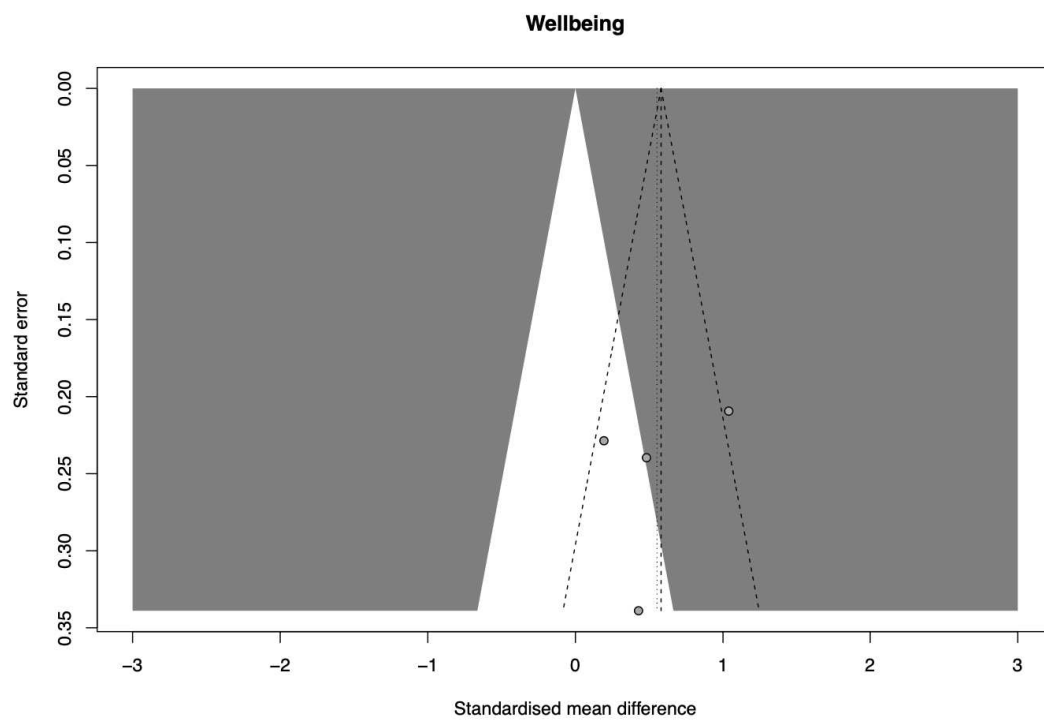


Figure S38: Funnel plot of wellbeing outcomes within 1 month

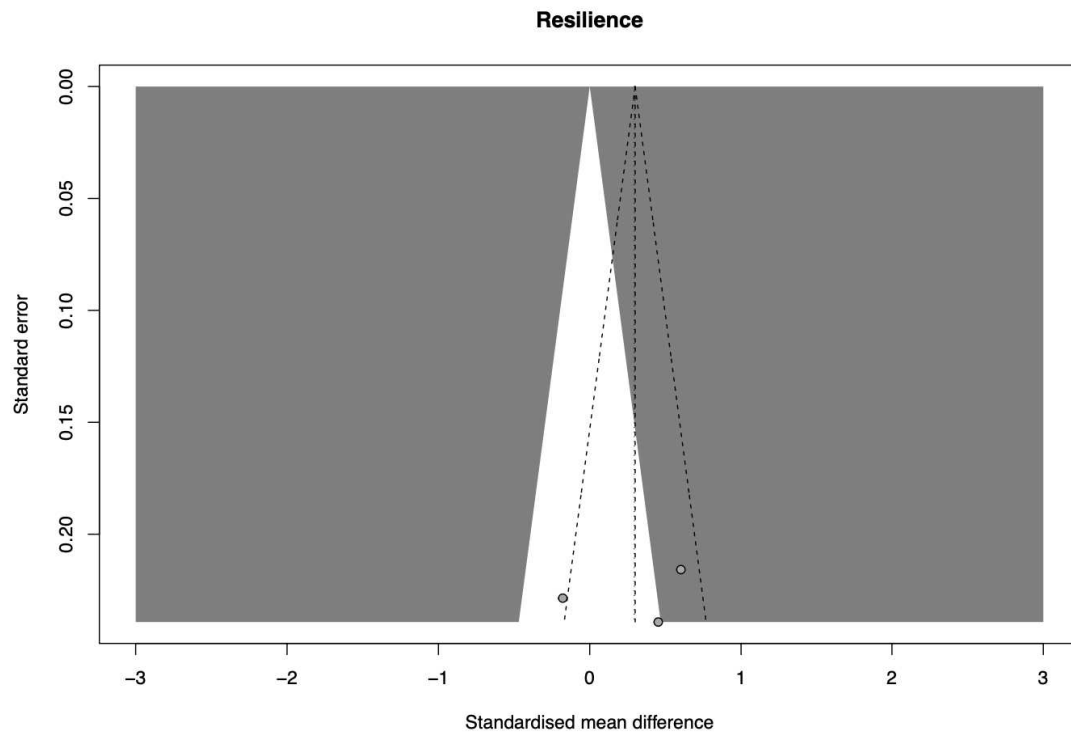


Figure S39: Funnel plot of resilience outcomes within 1 month

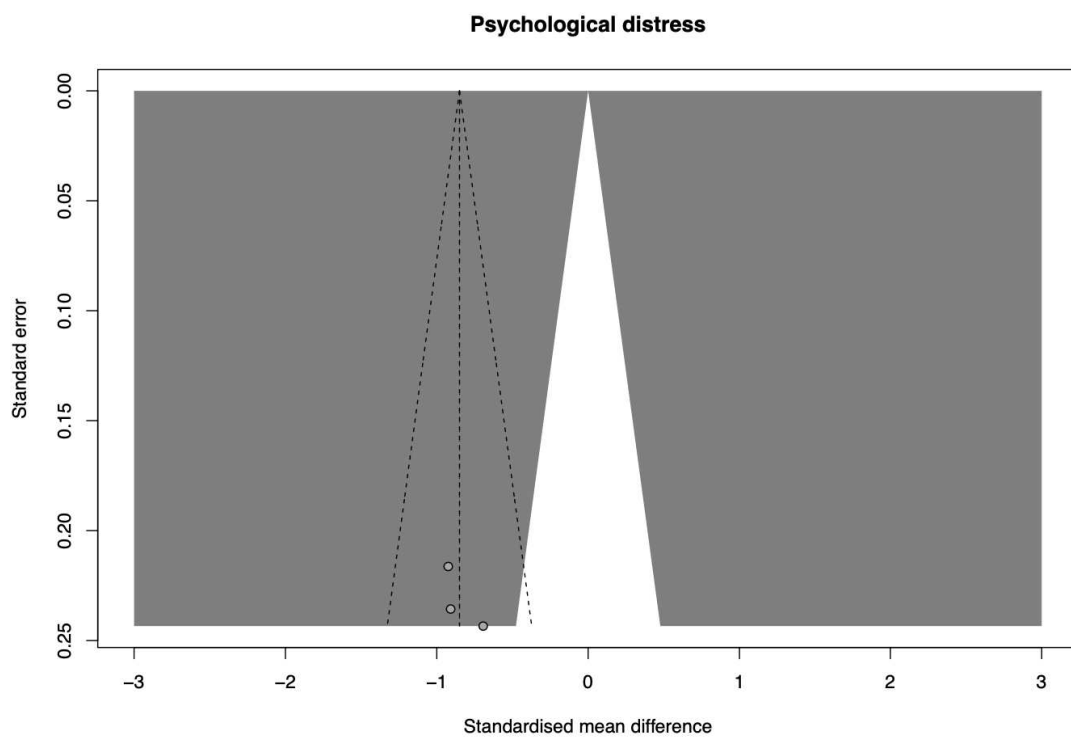


Figure S40: Funnel plot of psychological distress outcomes within 1 month

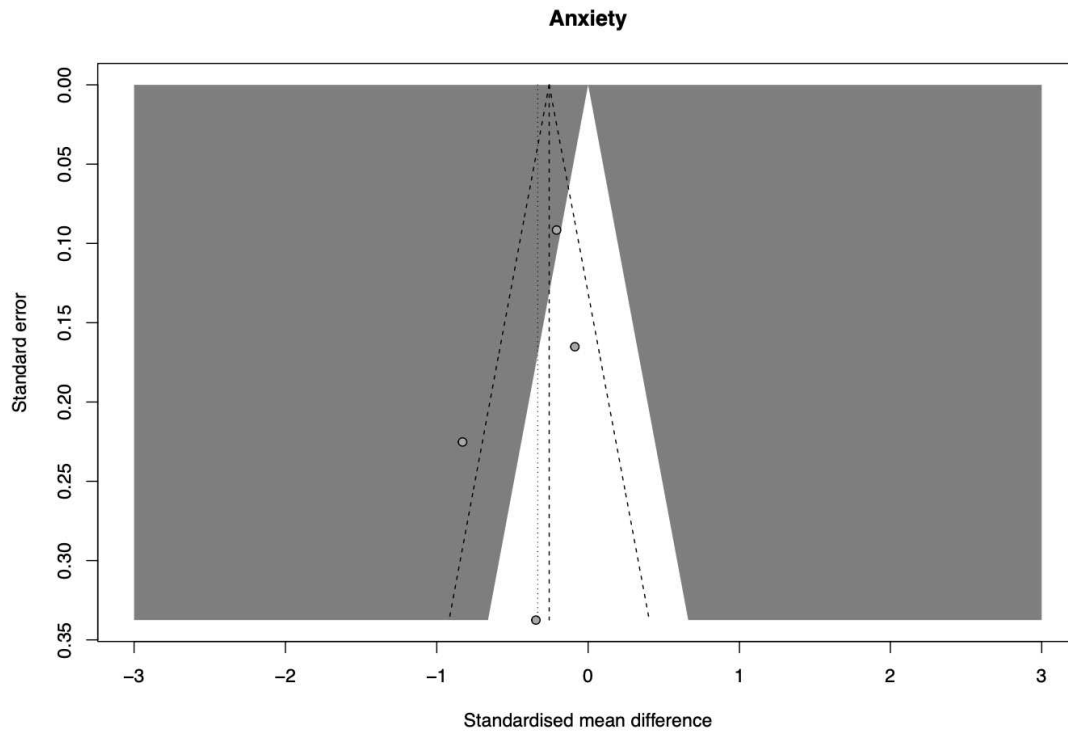


Figure S41: Funnel plot of anxiety outcomes beyond 1 month

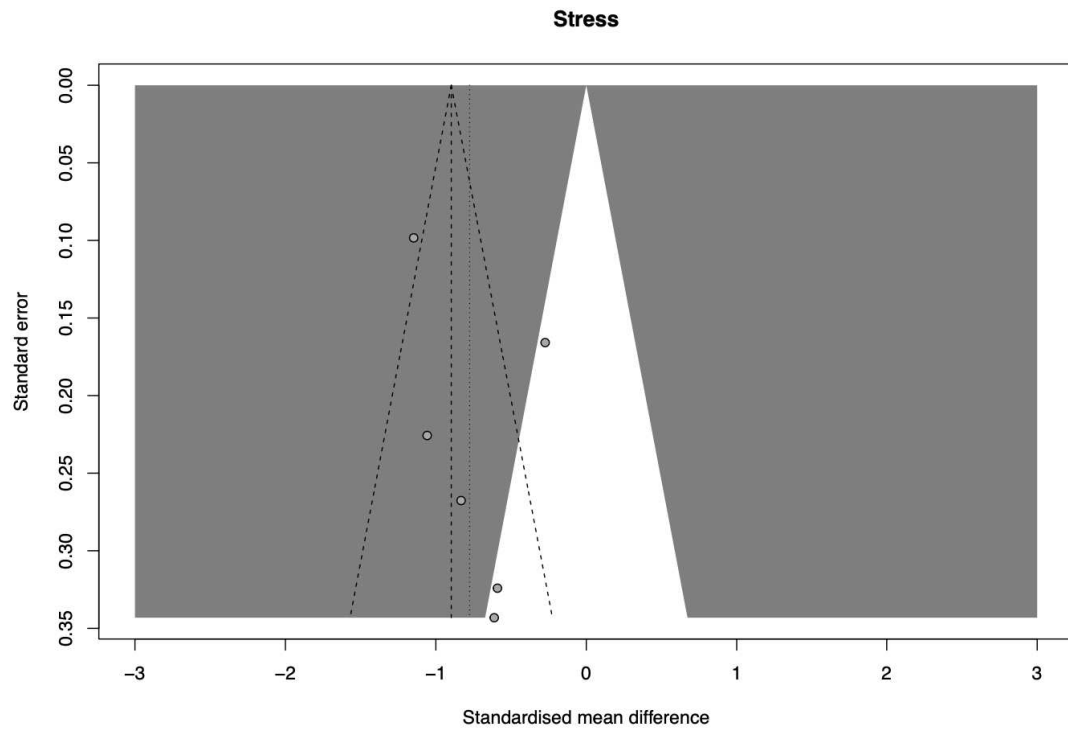


Figure S42: Funnel plot of stress outcomes beyond 1 month

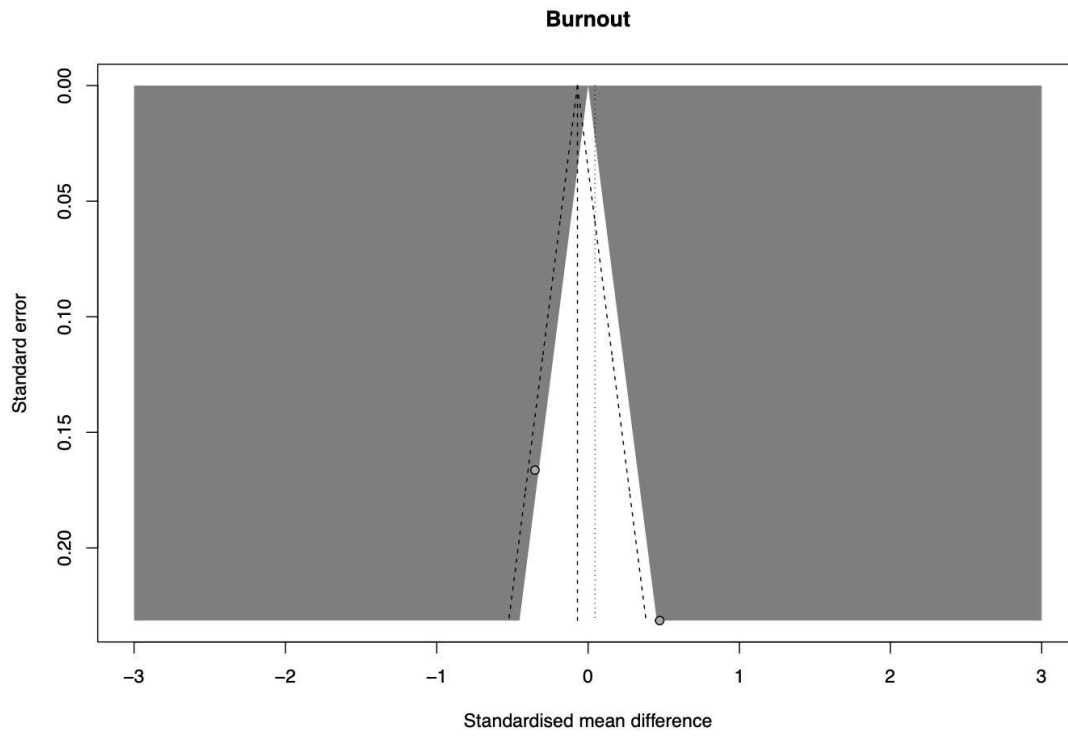


Figure S43: Funnel plot of burnout outcomes beyond 1 month

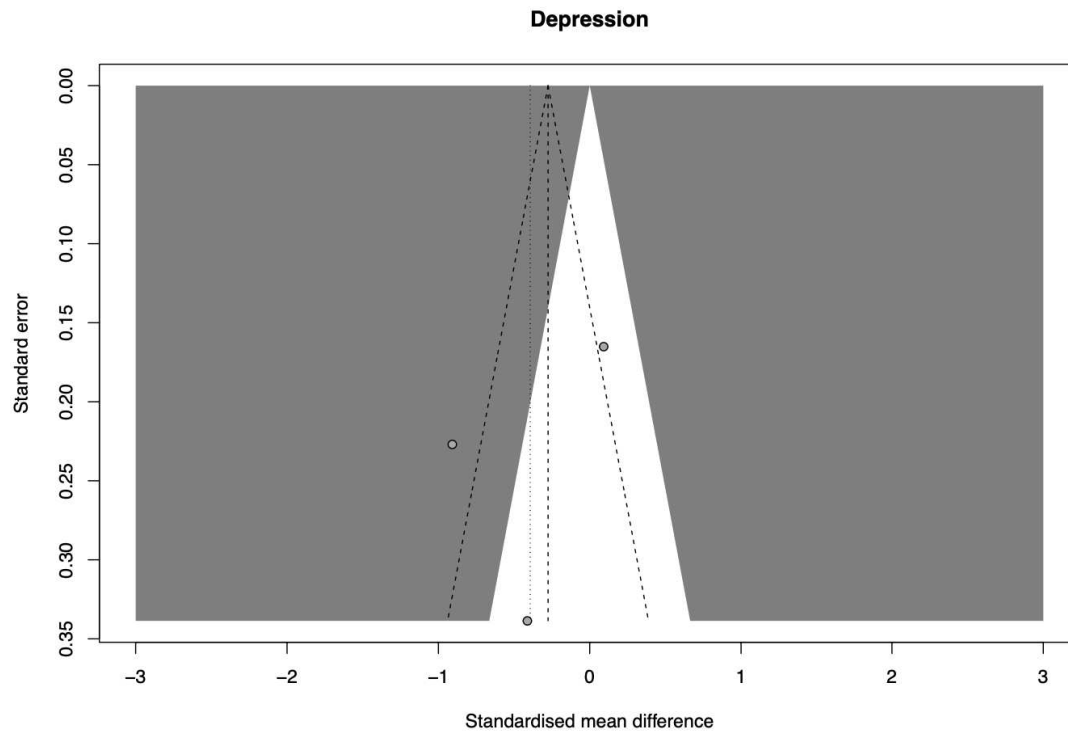


Figure S44: Funnel plot of depression outcomes beyond 1 month

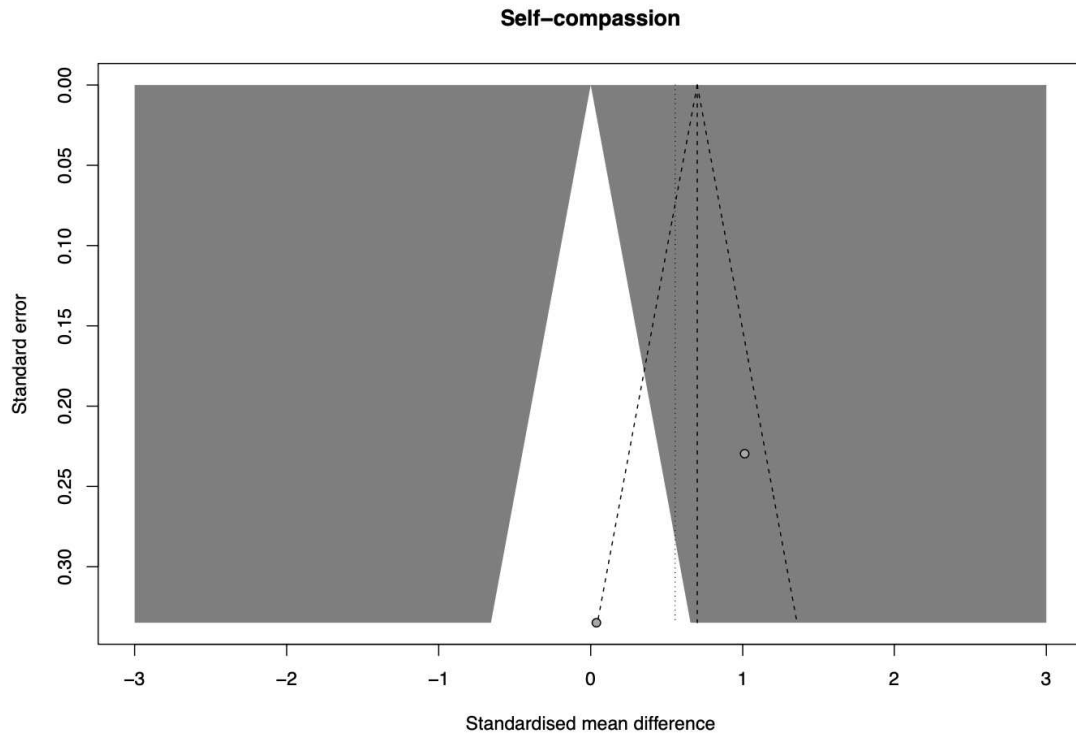


Figure S45: Funnel plot of self-compassion outcomes beyond 1 month

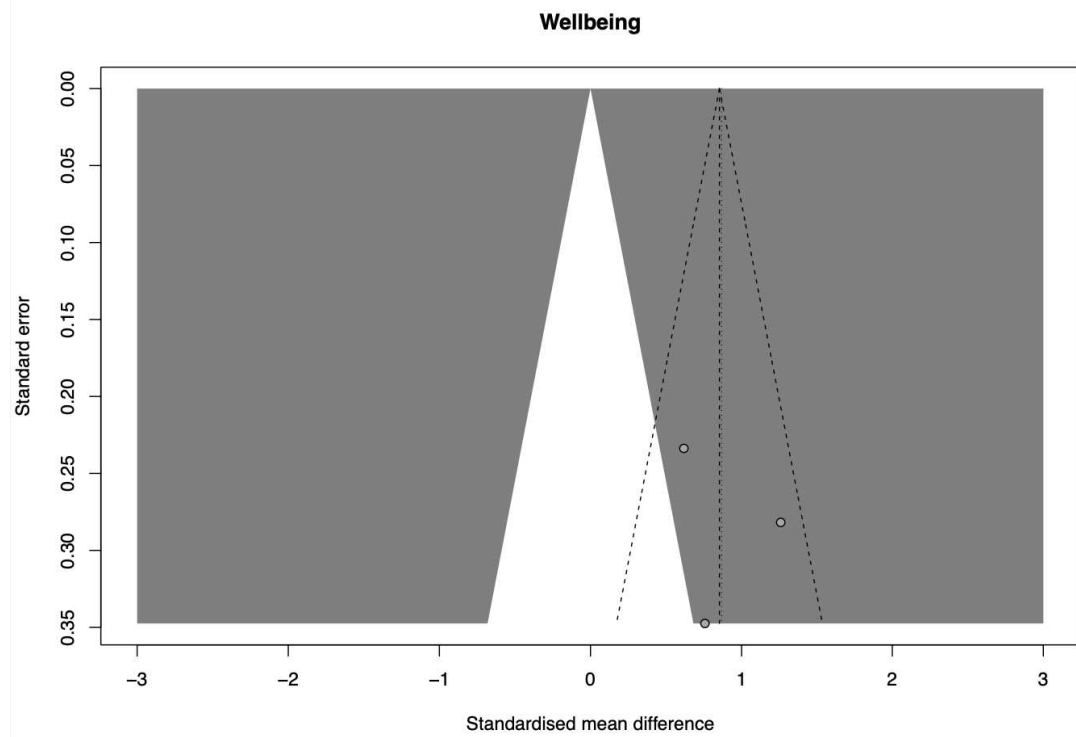


Figure S46: Funnel plot of wellbeing outcomes beyond 1 month

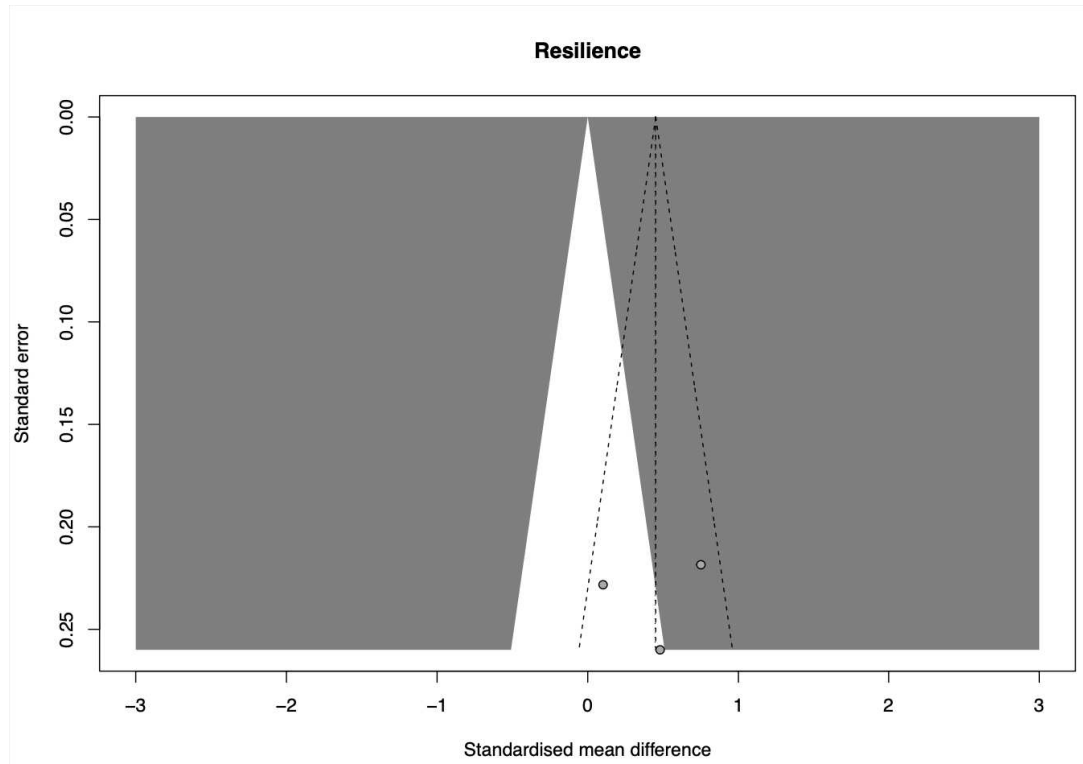


Figure S47: Funnel plot of resilience outcomes beyond 1 month