

Supplementary File 1. Search Strategy Example

Search strategy: PubMed

- #1 "positive psych*" [tiab] OR "positive intervention" [tiab] OR positivity [tiab] OR "posttraumatic growth" [tiab] OR "personal growth" [tiab] OR optimism [tiab] OR hope [tiab] OR gratitude [tiab] OR blessing* [tiab] OR "three good things" [tiab] OR mindfulness [tiab] OR kindness [tiab] OR "best possible self" [tiab] OR "character strengths" [tiab] OR strengths [tiab] OR meaning* [tiab] OR humor [tiab] OR humour [tiab] OR savoring [tiab] OR savouring [tiab] OR forgiveness [tiab] OR compassion [tiab] OR empathy [tiab] OR engagement [tiab] OR altruism [tiab] OR reminiscence [tiab] OR "positive thinking" [tiab] OR "optimistic thinking" [tiab] OR "positive emotions" [tiab] OR "positive writing" [tiab] OR self-regulat* [tiab] OR empowerment [tiab] OR "growth mindset" [tiab] OR well-being [tiab] OR wellbeing [tiab] OR "well being" [tiab] OR happiness [tiab] OR happy [tiab] OR "life satisfaction" [tiab] OR "satisfaction with life" [tiab] OR resilience [tiab] OR hardiness [tiab] OR "relationship satisfaction" [tiab] OR "relationship quality" [tiab] OR thriving [tiab] OR flourishing [tiab] OR "job satisfaction" [tiab] OR morale [tiab]
- #2 "Psychology, Positive" [MAJR] OR Positive Psychology [Mh] OR Well Being [Mh] OR Optimism [Mh] OR "Hope" [MAJR] OR "Mindfulness/methods" [MAJR] OR "Character" [MAJR] OR "Forgiveness" [MAJR] OR Compassion [Mh] OR "Work Engagement" [Mh] OR "Happiness" [MAJR] OR Happiness [Mh] OR "Resilience, Psychological" [Mh] OR Life Satisfaction [Mh]
- #3 Program* [tiab] OR intervention* [tiab] OR therap* [tiab] OR treatment* [tiab] OR Training [tiab] OR Exercise [tiab]
- #4 Therapy [Mh] OR Psychotherapy [Mh] OR Training [Mh] OR Exercise [Mh]
- #5 effect* [tiab] OR effic* [tiab] OR outcome* [tiab] OR evaluat* [tiab]
- #6 random* [tiab] OR RCT* [tiab] OR Trial* [tiab] OR non-random* [tiab] OR experiment* [tiab] OR quasi-experiment* [tiab] OR control* [tiab] OR condition [tiab]
- #7 "Middle East" [tiab] OR "North Africa" [tiab] OR Arab* [tiab] OR Algeria [tiab] OR Algerian [tiab] OR Bahrain [tiab] OR Bahraini [tiab] OR Djibouti [tiab] OR Djiboutian [tiab] OR Comoros [tiab] OR Egypt [tiab] OR Egyptian [tiab] OR Iraq [tiab] OR Iraqi [tiab] OR Jordan [tiab] OR Jordanian [tiab] OR Kuwait [tiab] OR Kuwaiti [tiab] OR Lebanon [tiab] OR Lebanese [tiab] OR Libya [tiab] OR Libyan [tiab] OR Morocco [tiab] OR Moroccan [tiab] OR Mauritania [tiab] OR Mauritanian [tiab] OR Oman [tiab] OR Omani [tiab] OR Palestine [tiab] OR Palestinian [tiab] OR Qatar [tiab] OR Qatari [tiab] OR "Saudi Arabia" [tiab] OR Saudi [tiab] OR Somalia [tiab] OR Somali [tiab] OR Sudan [tiab] OR Sudanese [tiab] OR Syria [tiab] OR Syrian [tiab] OR Tunisia [tiab] OR Tunisian [tiab] OR [tiab] OR "United Arab Emirates" [tiab] OR Emirati [tiab] OR "UAE" [tiab] OR Yemen [tiab] OR Yemeni [tiab]) OR ("Middle East" [Af] OR "North Africa" [Af] OR Arab* [Af] OR Algeria [Af] OR Bahrain [Af] OR Djibouti [Af] OR Comoros [Af] OR Egypt [Af] OR [Af] OR Iraq [Af] OR Jordan [Af] OR Kuwait [Af] OR Lebanon [Af] OR Libya [Af] OR Morocco [Af] OR Mauritania [Af] OR Oman [Af] OR Palestine [Af] OR Qatar [Af] OR "Saudi Arabia" [Af] OR Somalia [Af] OR Sudan [Af] OR Syria [Af] OR Tunisia [Af] OR "United Arab Emirates" [Af] OR "UAE" [Af] OR Yemen [Af]
- #8 #1 OR #2
- #9 #3 OR #4
- #10 #8 AND #9 AND #5 AND #6 AND #7 (filter: 1998-2020, Humans, English, Arabic)