

## Supplementary File 3. Standardized data extraction form

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ID	No	Title	Author	Source (Database, Journal, Year)	Country where the study was conducted	Number of participants included in the analysis	Sampling framework	Participants' demographic characteristics (imean age, sex proportions, years of nursing experience, and employment status)	Number of participants who were excluded or lost to follow- up	Contents of the intervention program	Control condition (no intervention, waiting-list control, or other)	Outcome variables	Length of follow-up	Sufficient data (the number of participants in each group (N), mean differences (MD) between groups, and SD for outcomes)

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