

## Appendix

**Table A1.** Search strategy.

#	Searches
1	exp Music Therapy/ or exp Music/
2	exp Singing/
3	(music or sing or sing or singing or song* or rap or jazz or classical or hip hop or rhythm* or harmony or melody or melodies or vocal*).mp.
4	1 or 2 or 3
5	exp Burnout, Psychological/
6	exp Mental Fatigue/ or exp Compassion Fatigue/
7	(burnout or burn-out or burn out or mental fatigue or compassion fatigue or exhaustion).mp.
8	5 or 6 or 7
9	4 and 8
10	limit 9 to english language
11	remove duplicates from 10

**Table A2.** Excluded studies and reasons for exclusion.

<b>Study ID</b>	<b>Reasons for Exclusion</b>
Field (1997) <sup>1</sup>	Wrong population
Lambert (2004) <sup>2</sup>	Wrong study design
Tracy (2005) <sup>3</sup>	Wrong outcome
Chang (2006) <sup>4</sup>	Wrong study design
Repar (2007) <sup>5</sup>	Wrong publication type
Schwarzkopf (2007) <sup>6</sup>	Wrong publication type
Rose (2009) <sup>7</sup>	Wrong study design
Van der Colff (2009) <sup>8</sup>	Wrong study design
Brooks (2010) <sup>9</sup>	Wrong population
Logid (2011) <sup>10</sup>	Wrong publication type
Sonke (2015) <sup>11</sup>	Wrong outcome
Karpavičiūtė (2016) <sup>12</sup>	Wrong study design
Phillips (2017) <sup>13</sup>	Wrong publication type
Catlin (2019) <sup>14</sup>	Wrong population
Veiga (2019) <sup>15</sup>	Wrong study design
Bianchini (2020) <sup>16</sup>	Wrong study design
Zamanifar (2020) <sup>17</sup>	Wrong study design

**Table A3.** Newcastle-Ottawa Scale (NOS) – for cohort study.

Study	Selection					Comparability	Outcome		Total Score
	Representativeness of the exposed cohort (1)	Selection of the non-exposed cohort (1)	Ascertainment of exposure (1)	Demonstration that outcome of interest was not present at start of study (1)	Comparability of cohorts on the basis of the design or analysis (2)	Assessment of outcome (1)	Was follow-up long enough for outcomes to occur (1)	Adequacy of follow-up of cohorts (1)	
<b>Studies with music only</b>									
Phillips (2020) <sup>18</sup>	*	*	*	*			*	*	6
<b>Studies with music and other interventions</b>									
Davis (2005) <sup>19</sup>	*		*	*			*		4
Cooke (2007) <sup>20</sup>	*		*	*			*		4
Ceravolo (2019) <sup>21</sup>	*		*	*			*	*	5
Semerci (2020) <sup>22</sup>	*			*			*	*	4

**Table A4.** Newcastle-Ottawa Scale (NOS) – for cross-sectional study.

Study	Selection				Comparability	Outcome		Total Score
	Representativeness of the sample (1)	Sample size (1)	Non-respondents (1)	Ascertainment of exposure (2)	Comparability of subjects on the basis of the design or analysis (2)	Assessment of outcome (2)	Statistical test (1)	
<b>Studies with music only</b>								
Rose (2006) <sup>23</sup>			*			*		2
Cutshall (2010) <sup>24</sup>	*		*			**		4
Rose (2010) <sup>25</sup>	*		*			*		3
Happell (2013) <sup>26</sup>	*		*			*		3
Jordan (2016) <sup>27</sup>	*		*		**			4
Oates (2018) <sup>28</sup>	*		*			*		3
<b>Studies with music and other interventions</b>								
Tuisku (2016) <sup>29</sup>	*		*		**	*	*	6

**Table A5.** JBI Critical Appraisal Checklist for Randomized Controlled Trials.

	Lai (2011) 30	Ploukou (2021) 31	W.J (2021) 32	Ozgundon du (2019) 33
1. Was true randomization used for assignment of participants to treatment groups?	Yes	Yes	Yes	Yes
2. Was allocation to treatment groups concealed?	Unclear	Unclear	Unclear	Yes
3. Were treatment groups similar at the baseline?	Yes	Unclear	Yes	Yes
4. Were participants blind to treatment assignment?	No	No	No	No
5. Were those delivering treatment blind to treatment assignment?	No	No	No	No
6. Were outcomes assessors blind to treatment assignment?	Unclear	Unclear	Unclear	Unclear
7. Were treatment groups treated identically other than the intervention of interest?	Yes	Yes	Yes	Yes
8. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?	Yes	Yes	Yes	Yes
9. Were participants analyzed in the groups to which they were randomized?	Yes	Yes	Yes	Yes
10. Were outcomes measured in the same way for treatment groups?	Yes	Yes	Yes	Yes
11. Were outcomes measured in a reliable way?	Yes	Yes	Yes	Yes
12. Was appropriate statistical analysis used?	Yes	Yes	Yes	Yes
13. Was the trial design appropriate, and any deviations from the standard RCT design (individual randomization, parallel groups) accounted for in the conduct and analysis of the trial?	Yes	Yes	Yes	Yes
Overall appraisal: Include/Exclude	Include	Include	Include	Include

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