Supplemental material

BMJ Publishing Group Limited (BMJ) disclaims all liability and responsibility arising from any reliance placed on this supplemental material which has been supplied by the author(s)

BMJ Open

Supplementary File 1 Search strategies of each database (2011-2021)

Database	Search Strategy	Literature
PubMed	19 (((((((("Nurses"[Mesh]) OR ("Nurse Midwives"[Mesh])) OR ("Physicians"[Mesh])) OR ("Health Personnel"[Mesh])) OR ("Nurse Practitioners"[Mesh])) OR (nurs*[Title] OR midwi*[Title] OR nurse practitioners[Title] OR doctor*[Title] OR clinician*[Title] OR physician*[Title] OR healthcare workers[Title] OR healthcare professionals[Title] OR healthcare providers[Title] OR health personnel[Title] OR medical staff[Title] OR medical practitioner[Title] OR medical care personnel[Title])) AND (((("Mindfulness"[Mesh]) OR ("Resilience, Psychological"[Mesh])) OR ("Cognitive Behavioral Therapy"[Mesh])) OR (intervention*[Title] OR program*[Title] OR training[Title] OR psychoeducation[Title] OR mindful*[Title] OR resilienc*[Title] OR cognitive behavioral[Title]))) AND (("Stress Disorders, Post-Traumatic"[Mesh]) OR (post-traumatic stress disorder[Title/Abstract] OR PTSD[Title/Abstract])) 18 ("Stress Disorders, Post-Traumatic"[Mesh]) OR (post-traumatic stress disorder[Title/Abstract] OR PTSD[Title/Abstract]) 17 post-traumatic stress disorder[Title/Abstract] OR PTSD[Title/Abstract] 16 "Stress Disorders, Post-Traumatic"[Mesh] 15 ((("Mindfulness"[Mesh]) OR ("Resilience, Psychological"[Mesh])) OR ("Cognitive Behavioral	196

Supplemental material

BMJ Publishing Group Limited (BMJ) disclaims all liability and responsibility arising from any reliance placed on this supplemental material which has been supplied by the author(s)

BMJ Open

Therapy"[Mesh])) OR (intervention*[Title] OR program*[Title] OR training[Title] OR psychoeducation[Title] OR mindful*[Title] OR resilienc*[Title] OR cognitive behavioral[Title])

14 intervention*[Title] OR program*[Title] OR training[Title] OR psychoeducation[Title] OR mindful*[Title] OR resilienc*[Title] OR cognitive behavioral[Title]

13 "Cognitive Behavioral Therapy"[Mesh]

12 "Resilience, Psychological"[Mesh]

10 "Mindfulness"[Mesh]

9 ((((("Nurses"[Mesh]) OR ("Nurse Midwives"[Mesh])) OR ("Physicians"[Mesh])) OR ("Health Personnel"[Mesh])) OR ("Nurse Practitioners"[Mesh])) OR (nurs*[Title] OR midwi*[Title] OR nurse practitioners[Title] OR doctor*[Title] OR clinician*[Title] OR physician*[Title] OR healthcare workers[Title] OR healthcare professionals[Title] OR healthcare providers[Title] OR health personnel[Title] OR medical staff[Title] OR medical practitioner[Title] OR medical care personnel[Title])

8 nurs*[Title] OR midwi*[Title] OR nurse practitioners[Title] OR doctor*[Title] OR clinician*[Title] OR physician*[Title] OR healthcare workers[Title] OR healthcare professionals[Title] OR healthcare providers[Title] OR health personnel[Title] OR medical staff[Title] OR medical practitioner[Title] OR medical care personnel[Title]

7 "Nurse Practitioners"[Mesh]

6 "Health Personnel"[Mesh]

	5 "Physicians"[Mesh] 3 "Nurse Midwives"[Mesh] 1 "Nurses"[Mesh]	
EMBASE	#34. #21 AND #30 AND #33 #33. #31 OR #32 #32. 'post-traumatic stress disorder' OR 'ptsd':ab #31. 'posttraumatic stress disorder'/exp #30. #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29 #29. 'intervention*' OR 'program*' OR 'training' OR 'psychoeducation' OR 'mindful*' OR 'resilienc*' OR 'cognitive behavioral':ti #28. 'cognitive behavioral therapy'/exp #27. 'resilience'/exp #26. 'mindfulness'/exp #25. 'psychoeducation'/exp #24. 'training'/exp #23. 'program'/exp #22. 'intervention'/exp #21. #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 #20. 'medical care personnel':ti #19. 'medical practitioner':ti #18. 'medical staff':ti #17. 'health personnel':ti #16. 'healthcare providers':ti #15. 'healthcare professionals':ti #14. 'healthcare workers':ti	2043

	#13. 'clinician*':ti	
	#12. 'clinician*':ti	
	#11. 'clinician'/exp	
	#10. 'doctor*':ti	
	#9. 'nurse practitioners':ti	
	#8. 'midwi*':ti	
	#7. 'nurs*':ti	
	#6. 'medical staff'/exp	
	#5. 'health care personnel'/exp	
	#4. 'physician'/exp	
	#3. 'nurse practitioner'/exp	
	#2. 'midwife'/exp	
	#1. 'nurse'/exp	
Cochrane Library (CENTRAL trials database)	#1 MeSH descriptor: [Nurses] explode all trees #2 MeSH descriptor: [Nurse Midwives] explode all trees #3 MeSH descriptor: [Nurse Practitioners] explode all trees #4 MeSH descriptor: [Physicians] explode all trees #5 MeSH descriptor: [Health Personnel] explode all trees #6 MeSH descriptor: [Medical Staff] explode all trees #7 (nurs* OR midwi* OR nurse practitioners OR doctor* OR clinician* OR physician* OR healthcare workers OR healthcare professionals OR healthcare providers OR health personnel OR medical staff OR medical practitioner OR medical care personnel):ti (Word variations have been searched) #8 #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 #9 MeSH descriptor: [Program] explode all trees #10 MeSH descriptor: [Mindfulness] explode all trees	37

	#11 MeSH descriptor: [Resilience, Psychological] explode all trees #12 MeSH descriptor: [Cognitive Behavioral Therapy] explode all trees #13 (intervention* OR program* OR training OR psychoeducation OR mindful* OR resilienc* OR cognitive behavioral):ti (Word variations have been searched) #14 #9 OR #10 OR #11 OR #12 OR #13 #15 MeSH descriptor: [Stress Disorders, Post-Traumatic] explode all trees #16 (post-traumatic stress disorder OR PTSD):ti,ab,kw (Word variations have been searched) #17 #15 OR #16 #18 #8 AND #14 AND #17	
CINAHL	1#TI: nurs* OR midwi* OR nurse practitioners OR doctor* OR clinician* OR physician* OR healthcare workers OR healthcare professionals OR healthcare providers OR health personnel OR medical staff OR medical practitioner OR medical care personnel 2#TI: intervention* OR program* OR training OR psychoeducation OR mindful* OR resilienc* OR cognitive behavioral 3#AB: post-traumatic stress disorder OR PTSD 4# 1# AND 2#AND 3#	37
PsycINFO	1#TI: nurs* OR midwi* OR nurse practitioners OR doctor* OR clinician* OR physician* OR healthcare workers OR healthcare professionals OR healthcare providers OR health personnel OR medical staff OR medical practitioner OR medical care personnel	41

	2#TI: intervention* OR program* OR training OR psychoeducation OR mindful* OR resilienc* OR cognitive behavioral 3#AB: post-traumatic stress disorder OR PTSD 4# 1# AND 2#AND 3#	
Web of Science	1# TI: nurs* OR midwi* OR nurse practitioners OR doctor* OR clinician* OR physician* OR healthcare workers OR healthcare professionals OR healthcare providers OR health personnel OR medical staff OR medical practitioner OR medical care personnel 2# TI: intervention* OR program* OR training OR psychoeducation OR mindful* OR resilienc* OR cognitive behavioral 3#Subject Term: post-traumatic stress disorder OR PTSD 4# 1# AND 2#AND 3#	97
Scopus	1#TI: nurs* OR midwi* OR nurse practitioners OR doctor* OR clinician* OR physician* OR healthcare workers OR healthcare professionals OR healthcare providers OR health personnel OR medical staff OR medical practitioner OR medical care personnel 2#TI: intervention* OR program* OR training OR psychoeducation OR mindful* OR resilienc* OR cognitive behavioral 3#AB: post-traumatic stress disorder OR PTSD 4# 1# AND 2#AND 3#	54
ProQuest	1#TI: nurs* OR midwi* OR nurse practitioners OR doctor* OR clinician* OR physician* OR healthcare workers OR healthcare professionals OR healthcare providers OR health personnel OR medical staff OR medical	50

	practitioner OR medical care personnel 2#TI: intervention* OR program* OR training OR psychoeducation OR mindful* OR resilienc* OR cognitive behavioral 3#AB: post-traumatic stress disorder OR PTSD 4# 1# AND 2#AND 3#	