

**Supplementary file 3** Overall characteristics of the interventions

<b>Variable</b>	<b>Component</b>	<b>Intervention count</b>
<b>Types</b>	Cognitive behaviour therapy	(Bryant et al., 2019; Fiol-DeRoque et al., 2021)
	Mindfulness-based interventions	(Gerhart et al., 2016; Kim & Burge, 2012)
	Comprehensive programmes	
<b>Contents</b>	Three good things intervention	(Rippstein-Leuenberger et al., 2017)
	Trauma-related knowledge	(Bryant et al., 2019; Mealer et al., 2014; Slade et al., 2018, 2020)
	Emotion regulation and relaxation skill training	(Fiol-DeRoque et al., 2021; Gerhart et al., 2016; Kim & Burge, 2012; Mealer et al., 2014; Rippstein-Leuenberger et al., 2017)
<b>Formats</b>	Psychological support from peers and psychologists	(Gerhart et al., 2016; Slade et al., 2018, 2020)
	Online	(Fiol-DeRoque et al., 2021; Rippstein-Leuenberger et al., 2017)
	Offline	(Bryant et al., 2019; Gerhart et al., 2016; Kim & Burge, 2012; Mealer et al., 2014; Slade et al., 2018, 2020)
<b>Duration</b>	2 weeks	(Fiol-DeRoque et al., 2021; Rippstein-Leuenberger et al., 2017)
	8 weeks	(Gerhart et al., 2016; Kim & Burge, 2012)
	12 weeks	(Bryant et al., 2019; Mealer et al., 2014)
	6-month	(Slade et al., 2018, 2020)
<b>Assessment time</b>	Pre-intervention and post-intervention	(Fiol-DeRoque et al., 2021; Kim & Burge, 2012; Mealer et al., 2014; Slade et al., 2018)
	Pre-training, mid-training and post-training	(Gerhart et al., 2016)
	Pre-treatment, post-treatment and 9-month follow-up	(Bryant et al., 2019)