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Annex 3**Table A3** Characteristics of the reviewed studies, intervention, measurement and psychological outcome

Author	Study Design	Provider (channel)	Target population	Intervention	N = Total sample Nc: Control, Ni: intervention)	Psychological outcome	Measurement and findings
Dincer and Inangil, Turkey(32)	RCT	Certified emotional freedom technique	Nurses	Activating and deactivating signals to brain by stimulating points on skin	N = 72 Ni = 35 Nc = 37	Anxiety	STAI (+)
Fiol-DeRoque et al., Spain(33)	RCT	Self-conducted (online application)	Health care workers	PsyCovidApp, targeting emotional skills, healthy lifestyle behaviour, burnout, and social support	N = 436 Ni = 248 Nc = 234	Depression Anxiety Stress Insomnia	PHQ-8 (na) GAD7 (na) DASS-21 (na) ISI (na)
Guan, et al. (Study 2B), China(43)	RCT		General population	Self-compassion writing task	N = 79 Ni = 40 Nc = 39	Anxiety	PHQ-4 (+)
Guan et al. (Study 3), China(43)	RCT		College students	Self-compassion meditation and writing tasks	N = 95 Ni = 50 Nc = 45	Anxiety Self-compassion	PHQ-4 (+) SCS (+)
Kahlon et al., US(39)	RCT	Trained callers (Telephone-based)	Homebound older adults and people with disabilities	Phone call with empathetic conversations	N = 240 Nc = 120 Ni = 120	Depression Anxiety Loneliness	GAD7 (+) GAD7 (+) UCLA Loneliness Scale (+), De Jong Loneliness Scale (na)
Khademi et al., Iran(26)	RCT	Self-conducted	COVID-19 patients	Performed mandala colouring	N = 70 Ni = 35 Nc = 35	Anxiety	GAD-7 (+)
Liu et al., China(47)	RCT	Trainer	COVID-19 patients	Jacobson's relaxation techniques	Intervention = 51 Ni = 25	Anxiety Insomnia	STAI (+) SRSS (+)

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					Nc = 26		
Malboeuf-Hurtubise et al., Canada(40)	RCT	Trained students in psychology (Video)	School students	Mindfulness-based interventions and philosophical discussions on COVID-19	N = 37 (Pre-post intervention assessment)	Anxiety	BASC III (+)
Parizad et al., Iran(27)	RCT	Nurses	COVID-19 Patients	Guided imagery session with five audio tracks	N = 110 Nc = 55 Ni = 55	Anxiety	STAI (+)
Shaygan et al., Iran(28)	RCT	Self-conducted (online multimedia)	COVID-19 patients	Cognitive behavioural techniques, stress management, mindfulness, and positive psychotherapy	N = 48 Ni = 26 Nc = 22	Stress	PSS (+)
Smith et al., US(41)	RCT	Self-conducted (online application)	Obstetric and gynaecology patients	Mobile meditation app: encouragement, mindfulness meditation, sleep stories, nature sounds	N = 101 Ni = 50 Nc = 51	Depression Anxiety Stress Insomnia	HADS (+) HADS (+) PSS (+) PROMIS (+)
Solianik et al., Lithuania(37)	RCT	Tai chi instructor (online)	General population >60 years	Tai chi practice	N = 30 Ni = 15 Nc = 15	Depression Anxiety Stress	HADS (+) HADS (+) PSS-10 (+)
Wadhen et al., UK(38)	RCT	Yoga teacher (online)	General population	Yoga class via zoom meetings	N = 34 Nc = 17 Ni = 17	Depression Anxiety Stress	DASS-21 (+) DASS-21 (na) DASS-21 (na), PSS (na)
Zhang et al., China(49)	RCT	Self-conducted (Online)	Residents	Mindfulness-Based Stress Reduction program	N = 51 Ni = 29	Depression Anxiety	BSI-18 (+) BSI-18 (+)

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					Nc = 28	Stress	BSI-18 (+)
Kim et al., South Korea(44)	NRS	Psychiatrists (Telephone-based)	COVID-19 patients	Ward telephone providing information and support for COVID-19 infection and hospital isolation	Week1 n=33 Week2 n=19 (Pre-post intervention assessment)	Suicidal idea Depression Anxiety Insomnia	BDI: week1 (+), week2 (na) HADS: week1 (+), week2 (na) HADS: week 1 (+), week 2 (na) ISI: week 1 (+), week 2 (na)
Guan, et al. (Study 2A), China(43)	NRS	Self-conducted (online)	Young adults	A live session of self-compassion meditation	N = 64 (Pre-post intervention assessment)	Anxiety	PHQ-4 (+)
Giordano et al., Italy(29)	NRS	Trained music therapist	Clinical staff	Music therapy supplemented by guided imagery and music	N = 34 (Pre-post intervention assessment)	Others: fear/ worry	MTC (+)
González-García et al., Spain(34)	NRS	Mindfulness teacher and psychologist (online)	University students	Minilectures, mindfulness and compassion practices and self-reflection exercises	N = 66 (Pre-post intervention assessment)	Anxiety Stress Self-compassion	DASS-21 (+) DASS-21 (+) DASS-21 (+)
Gorbeña, et al., Spain(35)	NRS	Facilitators (interview and music playlists)	University students	Well-being and Personal Development Program	N = 151 Ni = 112 Nc= 39	Stress	PSS (+)
Li et al., China(45)	NRS	Teacher (Video)	Nurses	Simulation training about using personal protective devices	N = 60 (Pre-post intervention assessment)	Depression Anxiety	SDS (+) SAS (+)
Liu et al., China(46)	NRS	Self-conducted	Nurses	Diaphragmatic breathing relaxation training	N = 140 (Pre-post)	Depression	SDS (na)

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					intervention assessment)	Anxiety Insomnia	SAS (+) PSQI (+)
Luo et al., China(48)	NRS	Nurses	COVID-19 patients	Auricular point pressure	N = 84 Ni = 66 Nc = 18	Anxiety Insomnia	GAD-7 (+) SMH score (+)
Matiz et al., Italy(30)	NRS	Socio-health educator and psychologist	School teachers	Mindfulness-oriented meditation training program	N = 67 (Pre-post intervention assessment)	Depression Anxiety	HADS (+) HADS (+)
Niu et al., China(50)	NRS	Nurses	(Suspected) COVID-19	Providing information about isolation, treatment, and social emotional support	N = 137 (Pre-post intervention assessment)	Depression Anxiety	PHQ-9 (+) GAD-7 (+)
Philip et al., France(31)	NRS	Self-conducted (online application)	General population	KANOPEE app with virtual agent interaction	N = 47 (Pre-post intervention assessment)	Insomnia	ISI (+)
Riva et al. Italy(36)	NRS	Self-conducted	General population	360° VR video entitled 'The Secret Garden' and a series of social exercises	N = 38 (Pre-post intervention assessment)	Depression Anxiety Stress	DASS-21 (+) DASS-21 (na) DASS-21 (+), PSS (+)
Sylvia et al., US(42)	NRS	Psychologists, physicians, social workers, nurses (online)	Health care workers	Stress management and resilience training, relaxation response program	N = 102 (Pre-post intervention assessment)	Depression Anxiety Self-compassion	PHQ-4 (+) PHQ-4 (+) SCS (+)

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Tunuguntla et al., Global level(25)	NRS	Self-conducted (online)	General population	Yoga and meditation with sound therapy	N = 820 (Pre-post intervention assessment)	Insomnia	ISI (+)
Yang et al., China(51)	NRS	Psychotherapist and nurse (in- person and online)	COVID-19 patients	Psychotherapy, empathy, muscle and breath relaxation, and cognitive behavioural therapy	N = 35 (Pre-post intervention assessment)	Depression Anxiety Insomnia	PHQ-9 (+) GAD-7 (+) PSQI (+)

RCT: Randomised controlled trial

NRS: Non-randomised controlled study

+ = Statistically significant association with post-intervention mental health improvements.