

Supporting information

Table S1: Characteristics of the included studies

Study	n	Age (years)	% females / % bachelor's degree	Design / follow-up (weeks)	Main topics of the workshop	Workshop schedule	Outcomes studied
Babanataj 2018	30		77 / 90	PPI / 2	Lectures, group discussions, and questions-answers related to optimism and self-esteem; social support system, accountability; resilience building; interpersonal communication; stress management; determination; hope; self-awareness; self-confidence; and self-care.	5 sessions of 90–120 minutes duration;	Resilience, stress.
Chesak 2015	19 / 20 C	27.9±7.1	95 / 84	PPI; Comparative-randomized / 2	Mind-body approaches to address stress and resilience; intentional attention and practicing gratitude, compassion, acceptance, forgiveness, and higher meaning.	90-minute session; handouts; 60-minute session 4 weeks later	Resilience, stress, anxiety, mindful awareness,
Craigie 2016	20	48.6±9.94	95%/43	PPI / 4	Compassion fatigue and its causes, and skills to build resiliency, referred to as the five antibodies i.e., self-regulation; intentionality; perceptual maturation; connection and social support; and self-care and revitalization.	1-day workshop and 4 weekly seminars	Resilience, stress, burnout, anxiety, depression, mindfulness,
Choi 2016	28 / 28 C	26.9±2.92	100 / 54	PPI; Comparative / 0	Resilience; positive emotions; positive affect; stress assessment; and self-reflection on adaptive flexibility	4 sessions of 2 hours every week	Resilience, stress, positive affect.
DuBois 2018	61			PPI / 0	Resiliency in nursing; perceived barriers in nursing for new nurses; recognition of personal strengths and weaknesses; resilience and behaviors to enhance resiliency.	2-day workshop of 10 hours total duration	Resilience, stress.
Foster 2018	24		71	PPI / 0	Resilience; stress management; challenging and changing negative self-talk; drawing strength from adversity; promoting positive relationships, empathic communication, strategies to promote harmony; conflict resolution; well-being.	2 full-day workshops 3 weeks apart; handouts via e-mail for 3 months	Resilience, stress, anxiety, depression, self-efficacy, mindfulness.

Foureur 2013	40			PPI / 0	Physical, psychological, and emotional stress and its physiological and neuroscience perspectives. Mindfulness, 2-20 minutes mindfulness practice sessions; Grounding and defusion strategies practices; Forming habits exercises; Participants were given CD containing demonstrations for daily mindfulness practice sessions of 20 minutes for 8 weeks.	1-day mind-body stress reduction workshop	Stress, anxiety, depression.
Gothard 2019	31	50±12.4	87 / 29	PPI / 0	Stress coping strategies, and resilience exercises; selfcare plan focused on positive resilience strategies; and sustainable self-care plan. Learning modules and text message support provided	8 sessions in 8 weeks	Resilience, stress, anxiety, depression.
Magtibay 2017	50	24 to 63	92	PPI / 4	Web-based learning with 2 in-person meetings and telephonic discussions based on The Mayo Clinic Guide to Stress-Free Living	20-week training	Resilience, stress, anxiety, happiness, mindfulness, burnout.
Maunder 2010	127		86	PPI / 0	Computer-based exercises on pandemic; resilience; stress responses; psychological first aid; working outside your comfort zone; Moral and ethical dilemmas; coping; active listening; expressing constructively; Balancing family and work; personal and home preparation.	Participants received 7 or 12 or 17 sessions of learning with monitoring	Self-efficacy, negative affect.
Mealer 2014	13 / 14 C		92 / 100	PPI; comparative-randomized / 0	Computer-based and print materials learnings on resilience, mindfulness-based stress reduction, psychological distress. Pennebaker's expressive writing framework and a written exposure therapy protocol. Mindfulness-based stress reduction techniques; cognitive behavioral therapy; and physical exercises	12 weeks intervention with 2 days of the workshop	Resilience, anxiety, depression, burnout.
Tarantino 2013	82			PPI; Experiential course /48	Sessions of Reiki (levels 1/2), prana yoga, musical toning for relaxation, meditation, guided imagery, intuitive body scanning, and creative expression. Training aim was to enhance coping ability, promote growth and healing, increase empowerment, and rejuvenate the spirit.	8-week program of 6 training sessions of 3 hours duration.	Stress, positive affect.

Yang 2019	61 / 61 C	32.7±6.9	100 / 75	PPI / 0	Emotions; recognition and evaluation of self-emotions; reasonable emotional therapy; stress management (transposition / emotional chain adjustment methods, prioritizing and sorting matters, overcoming anger and depression, the 15s silence law, reasonable catharsis adjustment, confiding and consultation adjustment, and perfect reduction adjustment)	8 weekly sessions	Stress, negative affect, positive affect.
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Abbreviations: C, control; PPI, Pre-test post-test intervention