

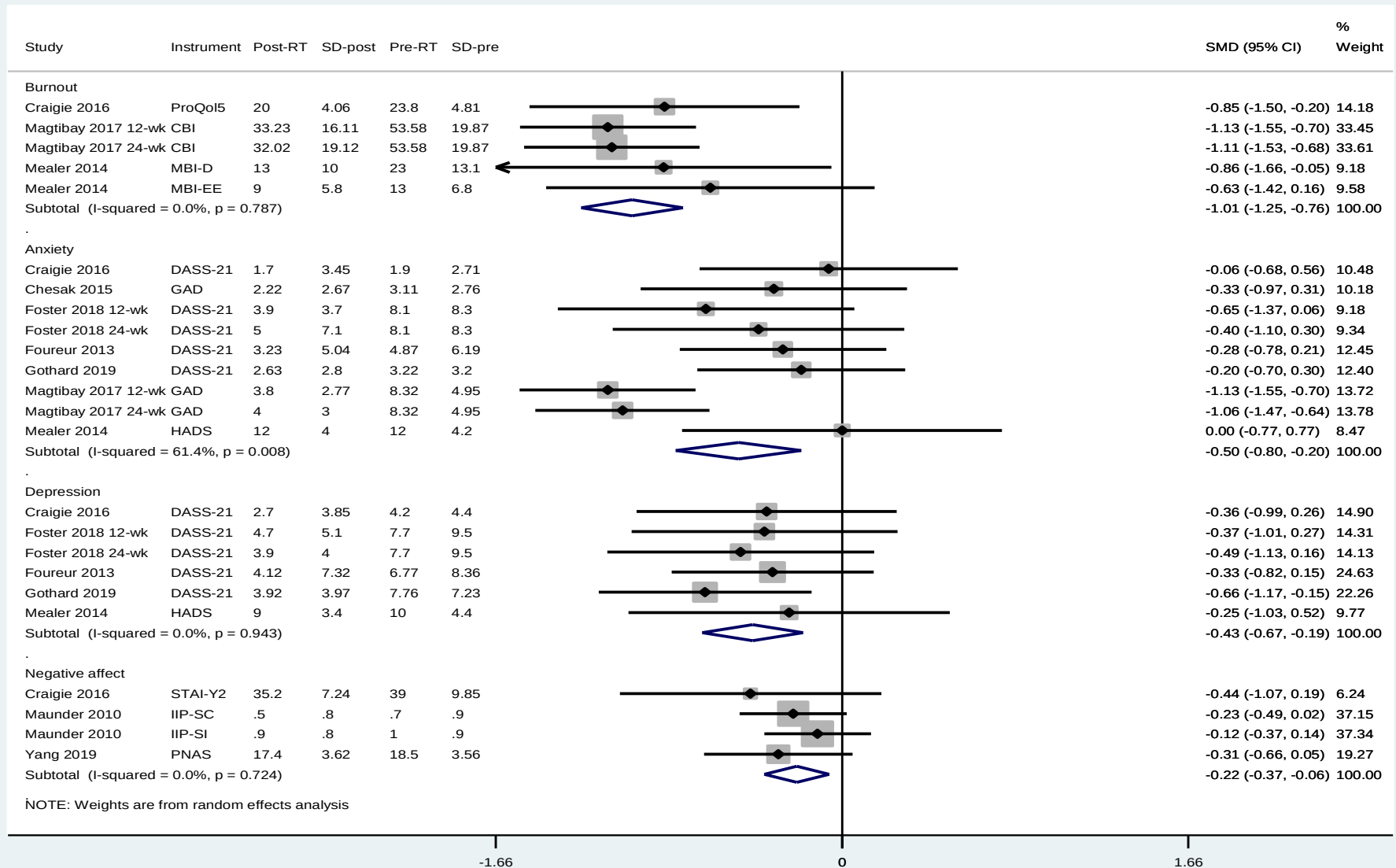


Figure S1: A forest graph showing the standardized mean differences between post-training and pre-training scores of individual studies and the overall estimates of depression, anxiety, burnout and negative affect scores after resilience training. Abbreviations in study identities: CBI, Copenhagen Burnout Inventory - work related; DASS-21, Depression, Anxiety and Stress Scale (21-items); GAD, Generalized Anxiety Disorder Scale; HADS, Hospital Anxiety and Depression Scale; MBI-D/EE/LPA, Maslach Burnout Inventory - Depersonalization/ Emotional exhaustion/ Lack of personal accomplishment.