



Figure S2: A forest graph showing the standardized mean differences between post-training and pre-training scores of individual studies and the overall estimates of positive affect, mindful awareness, self-efficacy, and well-being after resilience training. Abbreviations in study identities: CSES, Coping Self-Efficacy scale; MAAS, Mindful Attention Awareness Scale; PNAS, Positive and Negative Affect Schedule; RSPW, Ryff's Scales of Psychological Well-Being; SHS, Subjective Happiness Scale; PSES, Pandemic Self-Efficacy Scale; wk, week