

**Table S1.** Search terms and syntax that were used in MEDLINE and adapted to use in other databases [26].

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1 Resilience, Psychological/
2 social adjustment/
3 Adaptation, Psychological/
4 (post-traumatic growth or posttraumatic growth or stress-related growth).tw,kf.
5 (positiv\$ adj1 (adapt\$ or adjust\$)).tw,kf.
6 (psychol\$ adj1 (adapt\$ or adjust\$)).tw,kf.
7 (resilien\$ or hardiness\$).tw,kf.
8 (cope or coping).tw,kf.
9 ((withstand\$ or overcom\$ or resist\$ or recover\$ or thrive\$ or adapt\$ or adjust\$ or bounc\$ back) adj5 (stress\$ or trauma\$ or adversit\$)).tw,kf.
10 or/1-9
11 exp psychotherapy/
12 Stress, Psychological/th
13 (psychotherap\$ or psycho-therap\$).tw,kf.
14 (behav\$ adj3 (intervention\$ or program\$ or therap\$)).tw,kf.
15 ((cognit\$ or cognitive behavior\$ or CBT) adj3 (intervention\$ or program\$ or therap\$)).tw,kf.
16 (psycho\$ adj3 (intervention\$ or program\$ or therap\$)).tw,kf.
17 relaxation.tw,kf.
18 mindful\$.tw,kf.
19 (counsel?ing or coaching).tw,kf.
20 (third wave adj (psycho\$ or therap\$)).tw,kf.
21 cognit\$ restructur\$.tw,kf.
22 positive psychology.tw,kf.
23 (refram\$ or re-fram\$ or reapprais\$).tw,kf.
24 (stress adj1 (inoculation or manag\$ or reduc\$ or resist\$)).tw,kf.
25 (anxiety adj3 manage\$).tw,kf.
26 “acceptance and commitment ”.tw,kf.
27 Combined Modality Therapy/

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28 (multimodal or multi-modal or combined modal\$.tw,kf.

29 exp Health promotion/

30 (health adj3 (educat\$ or promot\$)).tw,kf.

31 or/11-30

32 10 and 31

33 (resilien\$ adj5 (train\$ or program\$ or intervention\$ or promot\$ or prevent\$ or enhanc\$ or learn\$ or teach\$ or educat\$ or increas\$

or develop\$ or manag\$ or therap\$ or protocol\$ or treat\$)).tw,kf.

34 (hardiness\$ adj5 (train\$ or program\$ or intervention\$ or promot\$ or prevent\$ or enhanc\$ or learn\$ or teach\$ or educat\$ or increas\$

or develop\$ or manag\$ or therap\$ or protocol\$ or treat\$)).tw,kf.

35 or/32-34

36 randomized controlled trial.pt.

37 controlled clinical trial.pt.

38 randomi#ed.ab.

39 placebo\$.ab.

40 drug therapy.fs.

41 randomly.ab.

42 trial.ab.

43 groups.ab.

44 or/36-43

45 exp animals/ not humans.sh.

46 44 not 45

47 35 and 46

48 limit 47 to yr="1990 -Current"

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