

INPLASY PROTOCOL

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Review Stage at time of this submission: The review has not yet started.

Conflicts of interest:
None declared.

Effect of mindfulness based cognitive therapy on resilience in healthcare workers: A systematic analysis of randomized controlled trial

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Review question / Objective: (1) **Participants.** For participants, we included studies of healthcare workers. There were no restrictions on sex, age, race, nationality. (2) **Interventions and controls.** The intervention for healthcare workers in the experimental group used mindfulness-based cognitive therapy. The control group received conventional support methods. (3) **Outcome.** The primary outcome was assessed to identify the effectiveness of mindfulness based cognitive therapy on psychological resilience in healthcare professionals.

Condition being studied: Resilience refers to a personality trait in which an individual can recover quickly from a dilemma and adapt flexibly to change. Individuals with low levels of psychological resilience are more likely to develop negative psychological states such as depression and anxiety in the face of stress. Studies have proved that resilience enables healthcare workers to adapt to workplace stressors positively, avoid psychological harm and continue to provide safe, high-quality patient care. Inherent mindfulness tendencies (shown to increase following mindfulness training), can foster an individual's resilience and decrease the risk of burnout, overwhelming stress, and distress symptoms by 75% or more.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 25 March 2023 and was last updated on 25 March 2023 (registration number INPLASY202330101).

INTRODUCTION

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METHODS

Participant or population: Healthcare workers including the interns.

Intervention: Mindfulness based cognitive therapy.

Comparator: Inactive control conditions (i.e., waiting list or no treatment), active control conditions (i.e., those that control for thenonspecific effects of activity and attention), or comparison interventions.

Study designs to be included: Only randomized controlled trials (RCTs) of mindfulness based cognitive therapy on resilience in healthcare workers were included in this review.

Eligibility criteria: Exclusion criteria: (1) duplicate publications; (2) incomplete data in the literature.

Information sources: Pubmed, Web of Science, APA psycInfo, Embase, clinical trials. gov, CINAHL, Cochrane Central

Register of Controlled Trials, Wanfang and CNKI.

Main outcome(s): Resilience, depression, anxiety, mental health, quality of life.

Quality assessment / Risk of bias analysis: Two researchers used Cochrane risk of bias tool for evaluating the quality of randomised trials. If more than 10 studies are included, we will assess reporting bias by generating funnel plots. For continuous variables, Egger's test will be used to test the symmetry of the funnel plot.

Strategy of data synthesis: Revman 5. 3 (or Stata if applicable) will be used for quantitative analysis of the data.

Subgroup analysis: Not Available.

Sensitivity analysis: Not Available.

Country(ies) involved: China, Malaysia.

Keywords: mindfulness-based cognitive therapy; resilience; depression; anxiety; quality of life; healthcare workers.

Contributions of each author:

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