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Table.A1 Scores of included studies evaluated by 'Quality Assessment Tool for Observational Cohort and Cross-Sectional Studies'

Study	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13	Q14	Total	Rating
Lai J[1]	Y	Y	Y	Y	Y	NA	NA	NA	NA	NA	Y	NA	NA	Y	7	Good
Liu X[2]	Y	Y	Y	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	6	Fair
Duan L[3]	Y	Y	Y	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	6	Fair
Qi J[4]	Y	Y	Y	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	6	Fair
Huang J[5]	Y	Y	Y	Y	Y	NA	NA	NA	NA	NA	Y	NA	NA	Y	7	Good
Zhang Y[6]	Y	Y	Y	Y	NR	Y	NA	NA	NA	NA	Y	NA	NA	Y	7	Good
Zeng M[7]	Y	Y	Y	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	6	Fair
Wu J[8]	Y	Y	Y	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	6	Fair
Huang X[9]	Y	N	Y	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	N	4	Poor
Wang S[10]	Y	Y	Y	Y	Y	NA	NA	NA	NA	NA	Y	NA	NA	Y	7	Good
Lu W[11]	Y	Y	Y	Y	Y	NA	NA	NA	NA	NA	Y	NA	NA	Y	7	Good
Cao J[12]	Y	Y	Y	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	NR	5	Fair
Chen Y[13]	Y	Y	Y	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	NR	5	Fair
Du J[14]	Y	Y	Y	N	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	5	Fair
Li G[15]	Y	Y	Y	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	6	Fair
Ni M[16]	Y	Y	Y	Y	Y	NA	NA	NA	NA	NA	Y	NA	NA	Y	7	Good
Zhang C[17]	Y	Y	NR	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	5	Fair
Zhang W[18]	Y	Y	NR	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	5	Fair
Huang Y[19]	Y	Y	Y	N	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	5	Fair
Chen J[20]	Y	Y	Y	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	6	Fair
Chen Y[21]	Y	Y	Y	Y	Y	NA	NA	NA	NA	NA	Y	NA	NA	N	6	Fair
Wei L[22]	Y	Y	Y	Y	Y	NA	NA	NA	NA	NA	Y	NA	NA	Y	7	Good
Xu Y[23]	Y	Y	NR	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	5	Fair
Ye J[24]	Y	Y	Y	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	6	Fair
Zhen C[25]	Y	Y	NR	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	5	Fair
Li C[26]	Y	Y	Y	Y	NR	NA	NA	NA	NA	NA	Y	NA	NA	Y	6	fair

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*CD, cannot determine; NA, not applicable; NR, not reported

Q1: Was the research question or objective in this paper clearly stated?

Q2: Was the study population clearly specified and defined?

Q3: Was the participation rate of eligible persons at least 50%?

Q4: Were all the subjects selected or recruited from the same or similar populations (including the same time period)? Were inclusion and exclusion criteria for being in the study prespecified and applied uniformly to all participants?

Q5: Was a sample size justification, power description, or variance and effect estimates provided?

Q6: For the analyses in this paper, were the exposure(s) of interest measured prior to the outcome(s) being measured?

Q7: Was the timeframe sufficient so that one could reasonably expect to see an association between exposure and outcome if it existed?

Q8: For exposures that can vary in amount or level, did the study examine different levels of the exposure as related to the outcome (e.g., categories of exposure, or exposure measured as continuous variable)?

Q9: Were the exposure measures (independent variables) clearly defined, valid, reliable, and implemented consistently across all study participants?

Q10: Was the exposure(s) assessed more than once over time?

Q11: Were the outcome measures (dependent variables) clearly defined, valid, reliable, and implemented consistently across all study participants?

Q12: Were the outcome assessors blinded to the exposure status of participants?

Q13: Was loss to follow-up after baseline 20% or less?

Q14: Were key potential confounding variables measured and adjusted statistically for their impact on the relationship between exposure(s) and outcome(s)?

Table.A2 Summary of national guidelines and instructions for mental health services for healthcare workers during the COVID-19 pandemic in China

Date	Guidelines and instructions	Note
27 Jan	Principles For Emergency Psychological Crisis Intervention For COVID-19 pandemic	Classify the frontline medical staff as the key population for intervention.
7 Feb	Notice On Earnestly Ensure The Support Of Frontline Medical Personnel And Their Families	Provide medical personnel and their families with guarantees in terms of life, psychology and safety, the etc.
10 Feb	Several Measures To Improve The Working Conditions Of Frontline Medical Staff And To Care For Their Physical And Mental Health	Improve the working environment of medical workers; Strengthen medical staff's psychological crisis intervention.
15 Feb	Notice On The Implementation Of Several Measures To Improve The Working Conditions Of Frontline Medical Staff And To Care For Their Physical And Mental Health	Psychiatric medical personnel should be equipped in the medical teams dispatched to support Hubei; Set up medical staff service hotline and special area in the existing online platform.
23 Feb	Notice On The Comprehensive Implementation Of Several Measures To Further Protect And Care For Medical Staff	Emphasize on strengthening psychological intervention and counselling of frontline medical staff
25 Feb	Notice On Caring For The Elderly Relatives Of Medical Staff In The Frontline Of Prevention And Control Of COVID-19	Emphasis on solving the problems of elderly relatives of medical staff
5 Mar	Notice On Strengthening Psychological Assistance And Social Work Services In The Response To COVID-19	Strengthen psychological support and social work services for frontline workers
11 Mar	Notice On Implementation Of Protection And Care For The Frontline Medical Staff	Provide adequate living supply for medical staff
18 Mar	Notice On The Issuance Of The Work Plan For Psychological Counselling During COVID-19 Pandemic	Provide counselling and social support for vulnerable populations, including frontline healthcare workers

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