The Effectiveness of Health-Oriented Interventions and Health Promotion for Unemployed People – a Meta-Analysis

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SUPPLEMENTARY ONLINE MATERIAL - A: Search strings

Search strings

For the PubMed database:

(unemploy* [TIAB] OR jobseeker [TIAB] OR "job loss"[TIAB] OR reemploy*[TIAB]) AND (program [TIAB] OR intervention[TIAB] OR "health promotion"[TIAB] OR "primary prevention"[TIAB] OR counsel*[TIAB] OR training[TIAB] OR "physical activity"[TIAB] OR "smoking prevention"[TIAB] OR "tobacco cessation"[TIAB] OR exercise[TIAB] OR diet[TIAB] OR "stress management"[TIAB] OR "health literacy"[TIAB] OR "body weight change"[TIAB] OR "suicide prevention"[TIAB] OR "behavior coping"[TIAB]) AND (health [TIAB] OR distress[TIAB] OR depression[TIAB] OR well-being[TIAB] OR anxiety[TIAB] OR psychosomatic[TIAB] OR somatization[TIAB] OR self-esteem[TIAB] OR "sense of coherence"[TIAB] OR "physical symptoms"[TIAB] OR alcohol[TIAB] OR smoking [TIAB] OR sport [TIAB] OR "physical activity" [TIAB])

For the PsycInfo database:

(AB (unemploy* OR jobseeker OR "job loss" OR reemploy*) OR TI (unemploy* OR jobseeker OR "job loss" OR reemploy*)) AND (AB (program OR intervention OR "health promotion" OR "primary prevention" OR counsel* OR training OR "physical activity" OR "smoking prevention" OR "tobacco cessation" OR exercise OR diet OR "stress management" OR "health literacy" OR "body weight change" OR "suicide prevention" OR "behavior coping") OR TI (program OR intervention OR "health promotion" OR "primary prevention" OR counsel* OR training OR "physical activity" OR "smoking prevention" OR "tobacco cessation" OR exercise OR diet OR "stress management" OR "health literacy" OR "body weight change" OR "suicide prevention" OR "behavior coping")) AND (AB (health OR distress OR depression OR well-being OR anxiety OR psychosomatic OR somatization OR self-esteem OR "sense of coherence" OR "physical symptoms" OR alcohol OR smoking OR sport OR "physical activity") OR TI (health OR distress OR depression OR well-being OR anxiety OR psychosomatic OR somatization OR self-esteem OR "sense of coherence" OR "physical symptoms" OR alcohol OR smoking OR sport OR "physical activity"))

For the Scopus database:

(unemploy* OR jobseeker OR {job loss} OR reemploy*) AND (program OR intervention OR {health promotion} OR {primary prevention} OR counsel* OR training OR {physical activity} OR {smoking prevention} OR {tobacco cessation} OR exercise OR diet OR {stress management} OR {health literacy} OR {body weight change} OR {suicide prevention} OR {behavior coping}) AND (health OR distress OR depression OR well-being OR anxiety OR psychosomatic OR somatization OR self-esteem OR {sense of coherence} OR {physical symptoms} OR alcohol OR smoking OR sport OR {physical activity})

SUPPLEMENTARY ONLINE MATERIAL - B: Tables documenting the results of moderator tests

Table S1: Moderator tests for intervention effectivity on mental health: Type of intervention

Variable	Time		Q_b	*p*	*k*	*d*	*p*	95% CI
CBT	Post-intervention	Yes	0.64	0.426	14	0.29	0.019	[0.05, 0.53]
		No			18	0.17	0.063	[-0.01, 0.34]
	Follow-up	Yes	1.08	0.298	7	0.18	0.007	[0.05, 0.30]
		No			9	0.10	<0.001	[0.05, 0.16]
Non-CBT Stress Management	Post-intervention	Yes	0.00	0.959	12	0.21	0.052	[-0.00, 0.42]
		No			20	0.22	0.024	[0.03, 0.40]
	Follow-Up	Yes	0.31	0.577	6	0.11	<0.001	[0.05, 0.16]
		No			10	0.14	0.010	[0.03, 0.25]
Relaxation techniques	Post-intervention	Yes	0.54	0.463	10	0.15	0.046	[0.00, 0.30]
		No			22	0.24	0.011	[0.06, 0.43]
	Follow-Up	Yes	0.20	0.658	4	0.15	0.087	[-0.02, 0.32]
		No			12	0.11	<0.001	[0.06, 0.16]
Strengthening social support	Post-intervention	Yes	0.00	0.954	9	0.21	0.044	[0.01, 0.41]
		No			23	0.22	0.021	[0.03, 0.40]
	Follow-up	Yes	0.24	0.624	6	0.11	<0.001	[0.06, 0.16]
		No			10	0.14	0.027	[0.02, 0.27]
Job-search training	Post-intervention	Yes	0.92	0.761	15	0.24	0.015	[0.05, 0.43]
		No			17	0.19	0.074	[-0.02, 0.41]
	Follow-up	Yes	0.42	0.515	9	0.11	<0.001	[0.06, 0.16]
		No			7	0.19	0.035	[0.01, 0.36]
Physical exercise	Post-intervention	Yes	0.58	0.448	4	0.12	0.317	[-0.11, 0.35]
		No			28	0.23	0.005	[0.07, 0.38]
Health counseling	Post-intervention	Yes	1.80	0.180	4	-0.05	0.806	[-0.49, 0.38]
		No			28	0.26	<0.001	[0.12, 0.40]

Note. *k* = number of effect sizes; *d* = average meta-analytic effect size; CI= 95% confidence interval for *d*; Q_b = heterogeneity between groups; *p* = significance level for *d* or for Q_b; CBT = cognitive behavioral training.

Table S2: Moderator tests for intervention effectivity on physical health: Type of intervention

Variable	Time		Q_b	*P*	*k*	*d*	*p*	95% CI
CBT	Post-intervention	Yes	1.05	0.306	5	0.15	0.007	[0.04, 0.27]
		No			11	0.05	0.550	[-0.11, 0.21]
Non-CBT stress management	Post-intervention	Yes	1.96	0.161	4	-0.05	0.647	[-0.25, 0.15]
		No			12	0.12	0.053	[-0.00, 0.24]
Relaxation techniques	Post-intervention	Yes	1.62	0.203	4	0.19	0.010	[0.04, 0.33]
		No			12	0.06	0.417	[-0.08, 0.20]
Job-search training	Post-intervention	Yes	8.59	0.003	4	-0.11	0.169	[-0.26, 0.05]
		No			12	0.17	0.001	[0.07, 0.27]
Physical exercise	Post-intervention	Yes	2.11	0.146	4	0.20	0.008	[0.05, 0.35]
		No			12	0.05	0.436	[-0.08, 0.19]
Health counseling	Post-intervention	Yes	2.16	0.141	7	0.18	0.029	[0.02, 0.35]
		No			9	0.02	0.728	[-0.11, 0.16]

Note. *k* = number of effect sizes; *d* = average meta-analytic effect size; CI= 95% confidence interval for *d*; Q_b = heterogeneity between groups; *p* = significance level for *d* or for Q_b; CBT = cognitive behavioral training.

Table S3: Moderator tests for intervention effectivity on mental health: Formal characteristics of intervention

Variable	*Time*	*k*	*Intercept*	SE_I	β	SE_β	*p*	$I^2_{residual}$
Duration of Intervention (in weeks)	Post-I.	31	0.287	0.0697	-0.006	0.0032	0.078	84.0%
(max 9 weeks)	Post-I.	27	0.085	0.1148	0.061	0.0301	0.041	79.8%
	Fol.-up	16	0.098	0.038	0.008	0.0134	0.561	0.0%
Intensity of intervention (hours of contact)	Post-I.	30	0.190	0.0780	0.002	0.0011	0.139	81.8%
	Fol.-up	16	0.110	0.0319	0.000	0.0008	0.852	0.0%
Size of training groups	Post-I.	21	0.299	0.1921	-0.006	0.0158	0.691	89.7%
	Fol.-up	10	0.154	0.1149	-0.003	0.0088	0.694	0.0%

Note. *k* = number of effect sizes; SE_I = standard error of intercept; β = regression weight; SE_β = standard error of regression weight; *p* = significance level for beta; $I^2_{residual}$ = heterogeneity between studies remaining unexplained; Post-I. = post intervention; Fol.-up = follow up.

Table S4: Moderator tests for intervention effectivity on physical health – formal characteristics of intervention

Variable	*Time*	*k*	*Intercept*	SE_I	β	SE_β	*p*	$I^2_{residual}$
Duration of Intervention (in weeks)	Post-I.	15	0.077	0.0617	-0.001	0.0019	0.623	34.2%
Intensity of intervention (hours of contact)	Post-I.	12	-0.014	0.0782	0.002	0.0018	0.157	31.1%
(max. 40 hours)	Post-I.	11	-0.173	0.1044	0.011	0.0046	0.014	5.1%
Size of training groups	Post-I.	11	-0.059	0.1048	0.004	0.0091	0.695	17.1%

Note. *k* = number of effect sizes; SE_I = standard error of intercept; β = regression weight; SE_β = standard error of regression weight; *p* = significance level for beta; $I^2_{residual}$ = heterogeneity between studies remaining unexplained; Post-I. = post intervention; Fol.-up = follow up.

Table S5: Moderator tests for intervention effectivity on mental health – demographic characteristics

Variable	*Time*	*k*	*Intercept*	SE_I	β	SE_β	*p*	$I^2_{residual}$
Percent. female	Post-I.	32	0.241	0.2170	0.0007	0.0038	0.905	88.0%
	Fol.-up	16	0.174	0.0962	-0.001	0.0015	0.514	0.0%
Age	Post-I.	31	0.291	0.3618	-0.003	0.0089	0.762	86.4%
	Fol.-up	16	0.028	0.2309	0.002	0.0060	0.711	0.0%
Years Education	Post-I.	14	-0.455	0.9979	0.055	0.0830	0.506	89.9%
Unemp. duration	Post-I.	23	0.191	0.1362	-0.002	0.0032	0.581	89.5%
	Fol.-up	14	0.072	0.0339	0.004	0.0023	0.099	0.0%

Note. *k* = number of effect sizes; SE_I = standard error of intercept; β = regression weight; SE_β = standard error of regression weight; *p* = significance level for beta; $I^2_{residual}$ = heterogeneity between studies remaining unexplained; Post-I. = post intervention; Fol.-up = follow up.

Table S6: Moderator tests for intervention effectivity on physical health – demographic characteristics

Variable	*Time*	*k*	*Intercept*	SE_I	β	SE_β	*p*	$I^2_{residual}$
Percent. female	Post-I.	14	0.201	0.2152	-0.002	0.0039	0.559	48.3%
Age	Post-I.	16	-0.277	0.4423	0.008	0.0100	0.402	45.5%
Unemp. duration	Post-I.	15	-0.075	0.1281	0.004	0.0028	0.157	41.7%

Note. *k* = number of effect sizes; SE_I = Standard error of intercept; β = regression weight; SE_β = standard error of regression weight; *p* = significance level for beta; $I^2_{residual}$ = heterogeneity between studies remaining unexplained; Post-I. = post intervention.

Table S7: Moderator tests for intervention effectivity on mental health: – characteristics of study design

Variable	Time		Q_b	*p*	*k*	*d*	*p*	95% CI
Language	Post-interven.	English	0.47	0.493	28	0.24	0.001	[0.09, 0.39]
		German			4	0.06	0.794	[-0.42, 0.54]
Study goals	Post-interven.	*Health is…*						
		…only goal	2.30	0.129	11	0.09	0.060	[-0.00, 0.19]
		…one of several goals or secondary goal			21	0.26	0.009	[0.06, 0.46]
Voluntariness of participation	Post-interven.	Likely voluntary	6.04	0.014	27	0.29	<0.001	[0.15, 0.43]
		Involuntary			5	-0.14	0.389	[-0.45, 0.17]
Sample with health impairments	Post-interven.	Yes	0.08	0.778	8	0.27	0.269	[-0.21, 0.74]
		No			24	0.20	<0.001	[0.08, 0.31]
Randomi-zation	Post-interven.	Yes	1.59	0.208	20	0.28	0.001	[0.12, 0.45]
		No			12	0.09	0.497	[-0.16, 0.34]
	Follow-up	Yes	0.38	0.537	10	0.11	<0.001	[0.06, 0.16]
		No			6	0.16	0.044	[0.00, 0.32]
Treatment control group	Post-interven.	No alternative treatment	2.48	0.115	19	0.30	0.004	[0.10, 0.51]
		Alternat. treatment or standard training for unemp. ppl.			13	0.09	0.257	[-0.07, 0.26]

Note. *k* = number of effect sizes; *d* = average meta-analytic effect size; CI= 95% confidence interval for *d*; Q_b = heterogeneity between groups; *p* = significance level for *d* or Q_b.

Table S8: Moderator tests for intervention effectivity on physical health: – characteristics of study design

Variable	Time		Q_b	*P*	*k*	*d*	*p*	95% CI
Language	Post-interven.	English	1.21	0.272	11	0.04	0.536	[-0.09, 0.17]
		German			5	0.17	0.071	[-0.01, 0.34]
Study goals	Post-interven.	*Health is…*						
		…only goal	1.20	0.274	11	0.15	0.003	[0.05, 0.24]
		…one of several goals or secondary goal			5	0.02	0.892	[-0.20, 0.23]
Voluntariness of participation	Post-interven.	Likely voluntary	1.82	0.177	12	0.04	0.583	[-0.10, 0.17]
		Involuntary			4	0.18	0.023	[0.03, 0.34]
Sample with health impairments	Post-interven.	Yes	0.44	0.506	5	0.14	0.133	[-0.04, 0.33]
		No			11	0.06	0.351	[-0.07, 0.20]
Randomi-zation	Post-interven.	Yes	1.78	0.183	6	0.01	0.953	[-0.17, 0.18]
		No			10	0.16	0.024	[0.02, 0.29]
Treatment control group	Post-interven.	No alternative treatment	0.65	0.419	10	0.05	0.594	[-0.14, 0.23]
		Alt. treatment or standard training for unemp. ppl.			6	0.14	0.010	[0.03, 0.24]

Note. *k* = number of effect sizes; *d* = average meta-analytic effect size; CI= 95% confidence interval for *d*; Q_b = heterogeneity between groups; *p* = significance level for *d* or Q_b.

SUPPLEMENTARY ONLINE MATERIAL - C

List of primary studies used in meta-analysis

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Herbig, B., Glaser, J., & Angerer, P. (2012). Old, sick, unemployed, without a chance? Results of a randomized controlled trial of the effects of a combined health and employment

promotion program for the older long-term unemployed. *Bundesgesundheitsblatt - Gesundheitsforschung - Gesundheitsschutz, 55*(8), 970-979. https://doi.org/10.1007/s00103-012-1514-3

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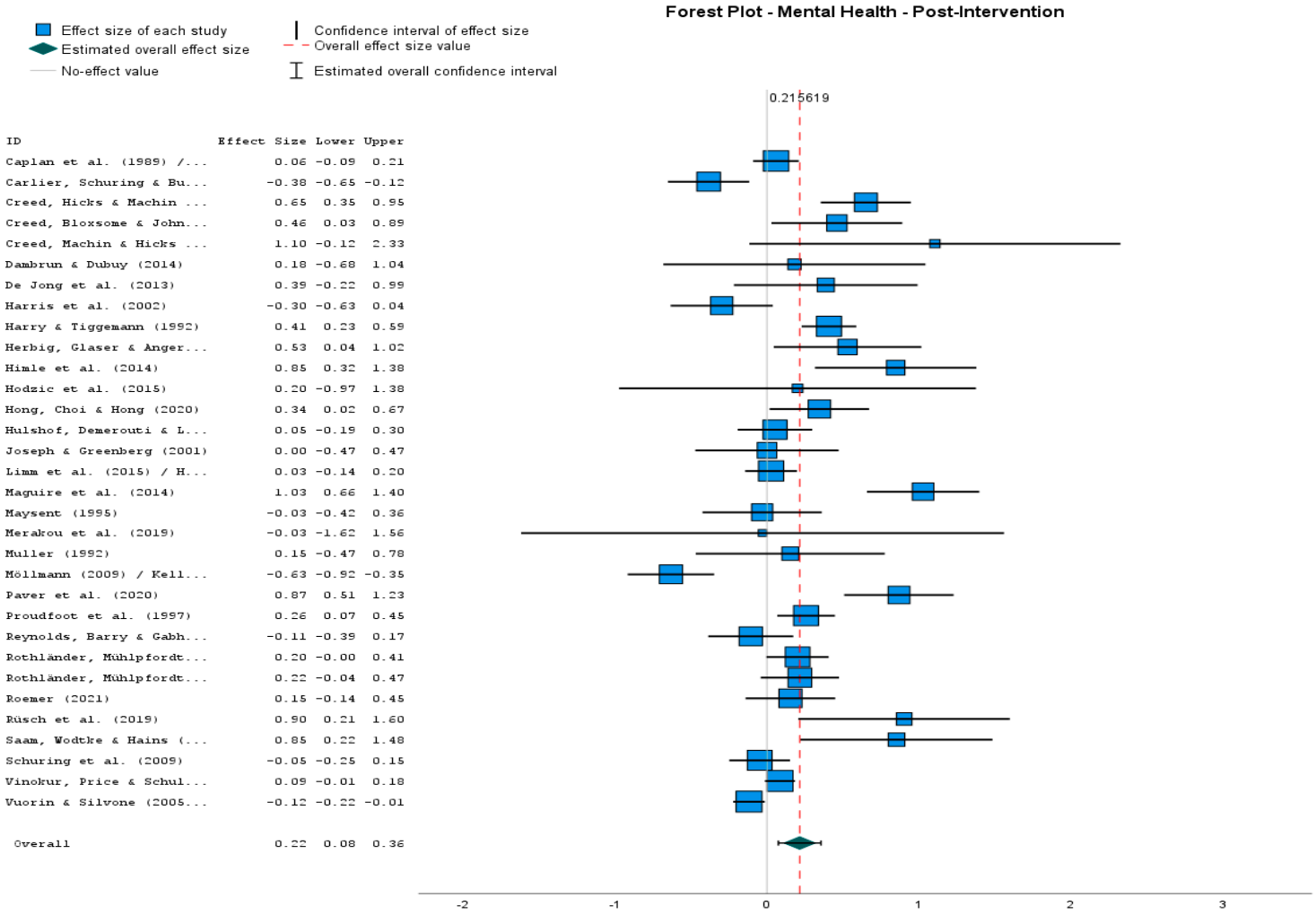
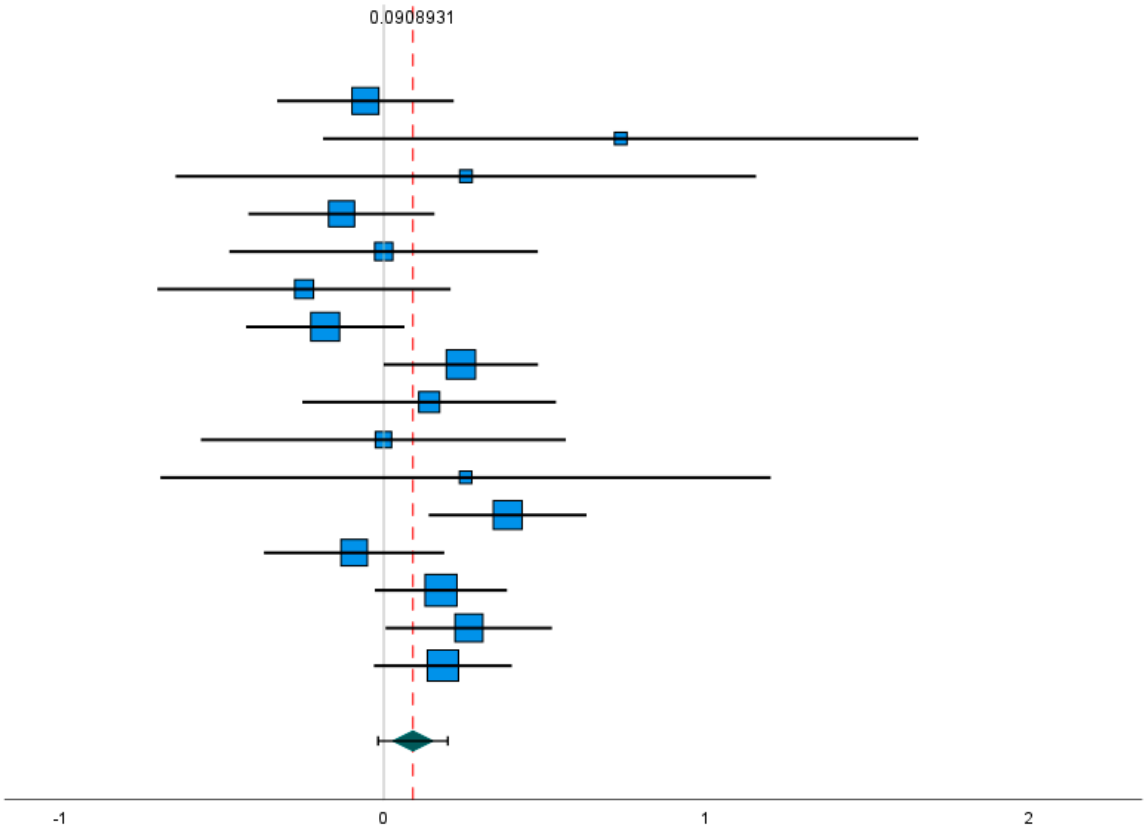
SUPPLEMENTARY ONLINE MATERIAL - D: Forest plots depicting each primary study's effect size and confidence interval



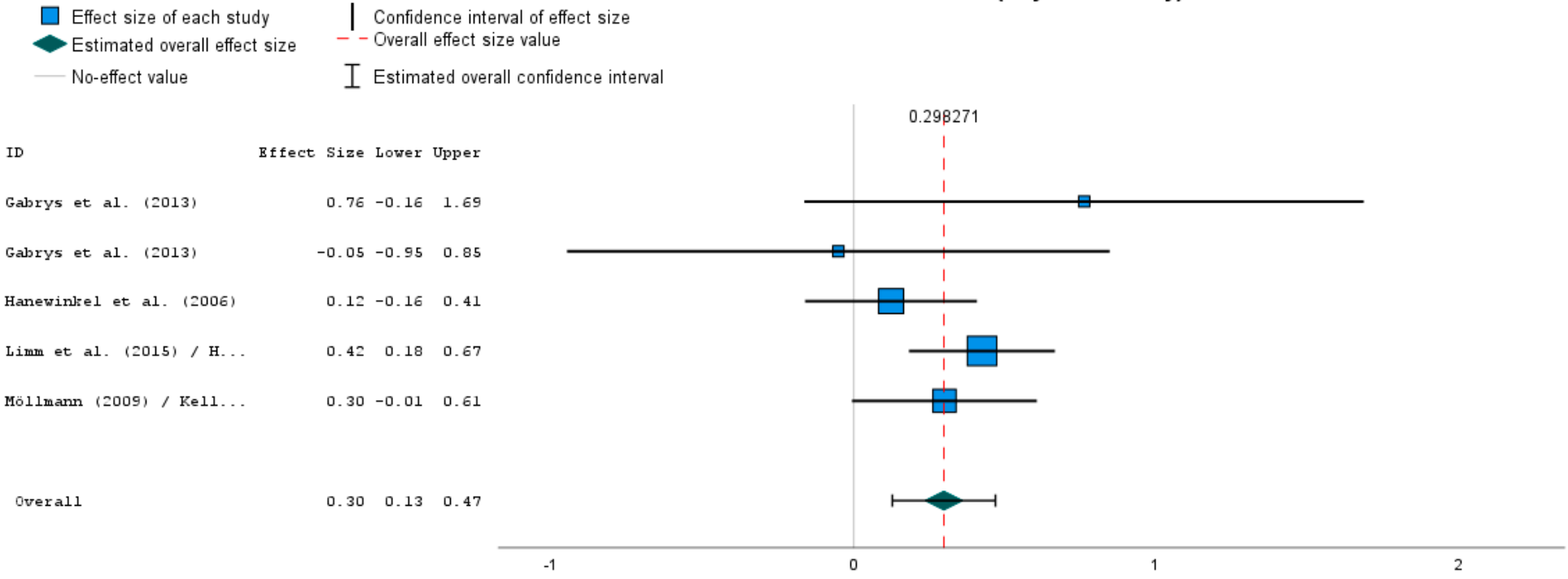
Forest Plot - Physical Health - Post Intervention

Effect size of each study
Estimated overall effect size
No-effect value
Confidence interval of effect size
Overall effect size value
Estimated overall confidence interval

ID	Effect Size	Lower	Upper
Carlier, Schuring & Bu...	-0.06	-0.33	0.22
Gabrys et al. (2013)	0.73	-0.19	1.66
Gabrys et al. (2013)	0.25	-0.65	1.16
Hanewinkel et al. (2006)	-0.13	-0.42	0.16
Herbig, Glaser & Anger...	0.00	-0.48	0.48
Hodzic et al. (2015)	-0.25	-0.70	0.21
Hulshof, Demerouti & L...	-0.18	-0.43	0.06
Limm et al. (2015) / H...	0.24	-0.00	0.48
Maysent (1995)	0.14	-0.25	0.53
Merakou et al. (2019)	-0.00	-0.57	0.56
Muller (1992)	0.25	-0.69	1.20
Möllmann (2009) / Kell...	0.38	0.14	0.63
Reynolds, Barry & Gabh...	-0.09	-0.37	0.19
Rothländer, Mühlpfordt...	0.18	-0.03	0.38
Rothländer, Mühlpfordt...	0.26	0.01	0.52
Schuring et al. (2009)	0.18	-0.03	0.40
Overall	0.09	-0.02	0.20



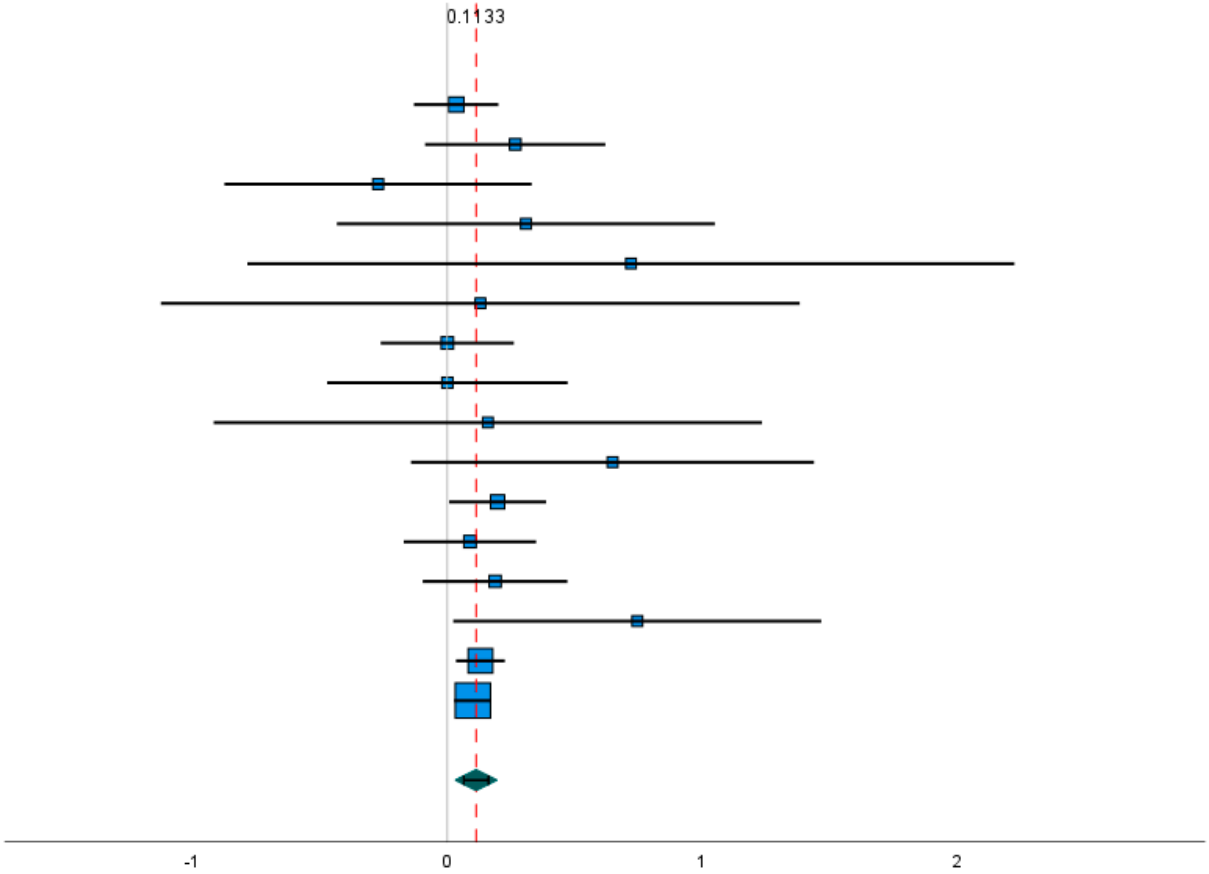
Forest Plot - Health Behavior (Physical Activity) - Post Intervention



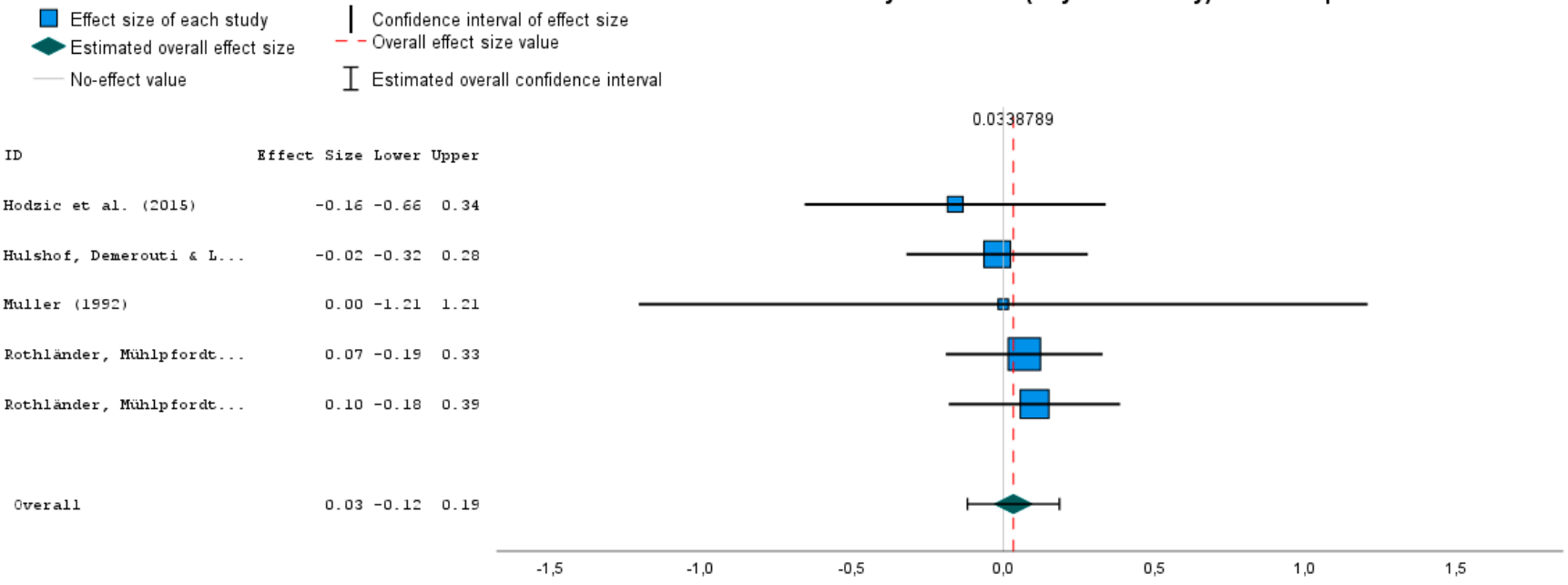
Forest Plot - Mental Health - Follow-Up

Effect size of each study
Estimated overall effect size
No-effect value
Confidence interval of effect size
Overall effect size value
Estimated overall confidence interval

ID	Effect Size	Lower	Upper
Caplan et al. (1989) /...	0.03	-0.13	0.20
Creed, Hicks & Machin ...	0.27	-0.09	0.62
Creed, Bloxsome & John...	-0.27	-0.87	0.33
Dambrun & Dubuy (2014)	0.31	-0.43	1.05
Himle et al. (2014)	0.72	-0.78	2.22
Hodzic et al. (2015)	0.13	-1.12	1.38
Hulshof, Demerouti & L...	0.00	-0.26	0.26
Joseph & Greenberg (2001)	0.00	-0.47	0.47
Machin & Creed (2003)	0.16	-0.92	1.23
Muller (1992)	0.65	-0.14	1.44
Proudfoot et al. (1997)	0.20	0.01	0.39
Rothländer, Mühlpfordt...	0.09	-0.17	0.35
Rothländer, Mühlpfordt...	0.19	-0.10	0.47
Rüsch et al. (2019)	0.74	0.02	1.47
Vinokur, Price & Schul...	0.13	0.03	0.23
Vuorin & Silvone (2005...	0.10	0.03	0.17
Overall	0.11	0.06	0.16



Forest Plot - Physical Health (Physical Activity) - Follow-Up



SUPPLEMENTARY ONLINE MATERIAL - E1: Tables with codings of study characteristics

Codings of formal characteristics of intervention & demographics

	Duration of intervention (weeks)	Intensity of intervention (number of hours average participant received treatment)	Number of participants per training group	Percentage of women in sample	Average age of the sample	Average years of formal education	mean duration of unemployment
Caplan et al. (1989)	2,00	24,00	18	54,00	35,90	12,90	3,00
Carlier et al. (2017)	104,29	-88,00	1	55,07	40,50	-88,00	53,63
Creed et al. (1998)	5,50	220,00	-88	45,86	33,00	-88,00	-88,00
Creed et al. (1999)	,43	15,00	-88	46,00	19,00	-88,00	-88,00
Creed et al. (2001)	5,00	200,00	-88	55,56	27,73	-88,00	10,87
Dambrun & Dubuy (2014)	2,00	1,00	1	52,38	41,00	-88,00	15,41
De Jong et al. (2013)	8,00	20,00	20	60,00	46,67	13,12	-88,00
Gabrys et al. (2013)-PAC	2,21	-88,00	1	-88,00	54,94	-88,00	64,96
Gabrys et al. (2013)-PAC + Exercise	14,21	-88,00	1	-88,00	54,73	-88,00	47,78
Hanewinkel et al. (2006)	,14	1,00	1	41,59	44,39	12,09	29,51
Harris et al. (2002)	,29	11,00	7	50,00	35,00	-88,00	39,00
Harry & Tiggemann (1992)	3,29	136,00	10	100,00	35,00	-88,00	-88,00
Herbig et al. (2012)	25,98	10,97	1	52,11	53,34	9,85	46,65
Himle et al. (2014)	4,00	16,00	4	32,80	43,59	11,71	-88,00
Hodzic et al. (2015)	2,42	15,00	10	86,60	34,37	-88,00	16,89
Hong et al. (2016)	1,20	20,00	8	53,25	49,85	-88,00	-88,00
Hulshof et al. (2020)	6,29	14,00	12	56,51	50,77	-88,00	15,92
Joseph & Greenberg (2001)	2,00	3,00	-88	40,00	46,80	-88,00	2,30
Limm et al. (2015)/Horns et al. (2012)	12,99	37,50	-88	56,10	44,10	10,50	68,63

Machin & Creed (2003)	,29	16,00	8	81,32	33,99	11,08	42,17
Maguire et al. (2014)	5,00	80,00	9	59,70	-88,00	-88,00	28,24
Maysent (1995)	1,00	6,00	-88	8,85	46,67	-88,00	-88,00
Merakou et al. (2018)	8,60	27,40	7	54,00	33,52	12,07	36,00
Möllmann (2009)/Kellner (2021)	-88,00	-88,00	-88	45,98	41,54	9,69	54,68
Muller (1992)	1,00	40,00	11	100,00	38,00	-88,00	132,00
Paver et al. (2020)	1,00	20,00	18	60,62	30,76	10,70	36,40
Proudfoot et al. (1997)	7,00	21,00	13	17,00	43,00	-88,00	24,58
Reynolds et al. (2010)	1,50	20,00	17	58,80	33,83	11,99	47,96
Roemer et al. (2017)	4,00	4,00	-88	35,60	20,03	-88,00	-88,00
Rothländer et al. (2012) - freely accessible	3,00	24,00	-88	62,26	49,56	13,49	20,39
Rothländer et al. (2012) - integrated	3,00	24,00	-88	60,13	45,23	12,88	22,97
Rüsch et al. (2019)	6,00	8,00	-88	52,00	46,10	13,50	46,30
Saam et al. (1995)	4,00	5,50	1	19,05	46,00	-88,00	-88,00
Schuring et al. (2009)	12,00	108,00	17	49,16	41,22	11,08	48,54
Vinokur et al. (1995)	1,00	20,00	16	55,00	36,20	13,95	,95
Vuori & Silvonen (2005)	1,00	20,00	10	77,80	37,00	-88,00	10,70

SUPPLEMENTARY ONLINE MATERIAL - E2: Tables with codings of study characteristics

Coding of study characteristics

	Language of study report	Importance of health as goal of intervention	Level of voluntariness of participation	Sample with health impairments	Randomization dichotomous	Treatment control group
Caplan et al. (1989)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	randomization	no training/waiting list/booklet
Carlier et al. (2017)	English	Health one of several goals or secondary goal	low level of voluntariness	No health impairments	no randomization	course or training for unemployed or spec. designed alt. treatment
Creed et al. (1998)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	no randomization	no training/waiting list/booklet
Creed et al. (1999)	English	Health only goal	high level of voluntarines	Sample has preexisting health impairments	no randomization	no training/waiting list/booklet
Creed et al. (2001)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	no randomization	no training/waiting list/booklet
Dambrun & Dubuy (2014)	English	Health only goal	high level of voluntarines	Sample has preexisting health impairments	no randomization	course or training for unemployed or spec. designed alt. treatment
De Jong et al. (2013)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	randomization	no training/waiting list/booklet
Gabrys et al. (2013)-PAC	English	Health only goal	high level of voluntarines	Sample has preexisting health impairments	no randomization	no training/waiting list/booklet
Gabrys et al. (2013)-PAC + Exercise	English	Health only goal	high level of voluntarines	Sample has preexisting health impairments	no randomization	no training/waiting list/booklet
Hanewinkel et al. (2006)	German	Health only goal	high level of voluntarines	Sample has preexisting health impairments	randomization	no training/waiting list/booklet

Harris et al. (2002)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	randomization	course or training for unemployed or spec. designed alt. treatment
Harry & Tiggemann (1992)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	randomization	no training/waiting list/booklet
Herbig et al. (2012)	German	Health one of several goals or secondary goal	high level of voluntarines	No health impairments	randomization	no training/waiting list/booklet
Himle et al. (2014)	English	Health one of several goals or secondary goal	high level of voluntarines	No health impairments	randomization	course or training for unemployed or spec. designed alt. treatment
Hodzic et al. (2015)	English	Health only goal	high level of voluntarines	Sample has preexisting health impairments	randomization	no training/waiting list/booklet
Hong et al. (2016)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	randomization	no training/waiting list/booklet
Hulshof et al. (2020)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	randomization	no training/waiting list/booklet
Joseph & Greenberg (2001)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	randomization	course or training for unemployed or spec. designed alt. treatment
Limm et al. (2015)/Horns et al. (2012)	English	Health only goal	high level of voluntarines	Sample has preexisting health impairments	randomization	course or training for unemployed or spec. designed alt. treatment
Machin & Creed (2003)	English	Health only goal	high level of voluntarines	Sample has preexisting health impairments	randomization	course or training for unemployed or spec. designed alt. treatment
Maguire et al. (2014)	English	Health one of several goals or secondary goal	high level of voluntarines	No health impairments	randomization	no training/waiting list/booklet
Maysent (1995)	English	Health only goal	high level of voluntarines	Sample has preexisting health impairments	no randomization	no training/waiting list/booklet
Merakou et al. (2018)	English	Health only goal	high level of voluntarines	No health impairments	no randomization	no training/waiting list/booklet
Möllmann (2009)/Kellner (2021)	German	Health one of several goals or secondary goal	low level of voluntariness	No health impairments	no randomization	no training/waiting list/booklet

Muller (1992)	English	Health only goal	high level of voluntarines	Sample has preexisting health impairments	no randomization	no training/waiting list/booklet
Paver et al. (2020)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	randomization	no training/waiting list/booklet
Proudfoot et al. (1997)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	randomization	course or training for unemployed or spec. designed alt. treatment
Reynolds et al. (2010)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	no randomization	course or training for unemployed or spec. designed alt. treatment
Roemer et al. (2017)	English	Health only goal	low level of voluntariness	Sample has preexisting health impairments	randomization	course or training for unemployed or spec. designed alt. treatment
Rothländer et al. (2012) - freely accessible	German	Health only goal	high level of voluntarines	Sample has preexisting health impairments	no randomization	course or training for unemployed or spec. designed alt. treatment
Rothländer et al. (2012) - integrated	German	Health only goal	low level of voluntariness	Sample has preexisting health impairments	no randomization	course or training for unemployed or spec. designed alt. treatment
Rüsch et al. (2019)	English	Health one of several goals or secondary goal	high level of voluntarines	No health impairments	randomization	no training/waiting list/booklet
Saam et al. (1995)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	randomization	course or training for unemployed or spec. designed alt. treatment
Schuring et al. (2009)	English	Health only goal	low level of voluntariness	No health impairments	randomization	course or training for unemployed or spec. designed alt. treatment
Vinokur et al. (1995)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	randomization	no training/waiting list/booklet
Vuori & Silvonen (2005)	English	Health one of several goals or secondary goal	high level of voluntarines	Sample has preexisting health impairments	randomization	no training/waiting list/booklet

SUPPLEMENTARY ONLINE MATERIAL – E3

Coding of type of intervention

	Intervention includes cognitive Methods	Intervention includes non-cognitive stress management	Intervention includes relaxation techniques	Intervention includes methods to increase social support	Intervention includes teaching of job search methods	Intervention includes direct physical exercise	Intervention includes health counselling
Caplan et al. (1989)	No	yes	no	yes	yes	no	no
Carlier et al. (2017)	yes	no	no	no	yes	no	no
Creed et al. (1998)	no	no	no	no	yes	no	no
Creed et al. (1999)	yes	yes	no	no	no	no	no
Creed et al. (2001)	no	no	no	no	yes	no	no
Dambrun & Dubuy (2014)	no	yes	no	no	no	no	no
De Jong et al. (2013)	no	no	yes	no	no	yes	no
Gabrys et al. (2013)-PAC	no	no	no	no	no	no	yes
Gabrys et al. (2013)-PAC + Exercise	no	no	no	no	no	yes	yes
Hanewinkel et al. (2006)	no	no	no	no	no	no	yes
Harris et al. (2002)	yes	no	yes	no	no	no	no
Harry & Tiggemann (1992)	yes	no	no	no	yes	no	no
Herbig et al. (2012)	no	no	no	no	no	yes	yes
Himle et al. (2014)	yes	no	no	no	no	no	no
Hodzic et al. (2015)	no	yes	no	no	no	no	no
Hong et al. (2016)	no	yes	yes	yes	yes	no	no
Hulshof et al. (2020)	no	no	no	no	yes	no	no
Joseph & Greenberg (2001)	yes	no	yes	no	yes	no	no
Limm et al. (2015)/Horns et al. (2012)	no	no	no	no	no	yes	yes

Machin & Creed (2003)	yes	no	no	no	no	no	no
Maguire et al. (2014)	yes	no	no	no	yes	no	no
Maysent (1995)	yes	yes	yes	no	no	no	no
Merakou et al. (2018)	no	no	yes	no	no	no	no
Möllmann (2009)/Kellner (2021)	no	no	no	no	no	no	yes
Muller (1992)	no	yes	no	no	yes	no	no
Paver et al. (2020)	no	yes	no	yes	yes	no	no
Proudfoot et al. (1997)	yes	no	no	no	yes	no	no
Reynolds et al. (2010)	no	yes	no	yes	yes	no	no
Roemer et al. (2017)	no	no	yes	no	no	no	no
Rothländer et al. (2012) - freely accessible	yes	no	yes	yes	no	no	no
Rothländer et al. (2012) - integrated	yes	no	yes	yes	no	no	no
Rüsch et al. (2019)	yes	no	yes	yes	no	no	no
Saam et al. (1995)	yes	yes	no	no	no	no	no
Schuring et al. (2009)	yes	no	no	no	no	yes	yes
Vinokur et al. (1995)	no	yes	no	yes	yes	no	no
Vuori & Silvonen (2005)	no	yes	no	yes	yes	no	no