



Supplementary Table S1. PICO keywords for search strategies.

PICO	Keywords
Population	“general population,” “older adult*,” “age*,” “geriatric*,” “gerontology,” “pensioner*,” “aging,” “senior citizen*,” “elder*,” “senescent*,” “older people,” “elderly people,” “adult*,” “health care worker*,” “nurse*,” “physician*,” “doctor*,” “patient*,” “medical team*”
Intervention or Exposure	“COVID-19,” “coronavirus disease,” “SARS-CoV-2”
Comparison	Not applicable
Outcome	“resilience,” “psychological distress,” “anxiety,” “stress,” “post-traumatic stress disorder,” “PTSD,” “depression,” “depressive symptom*”

Search date: June 2, 2021

Supplementary Table S2. JBI critical appraisal checklist for analytical cross-sectional studies. (n = 31)

Study	1. Were the criteria for inclusion in the sample clearly defined?	2. Were the study subjects and the setting described in detail?	3. Was the exposure measured in a valid and reliable way?	4. Were objective, standard criteria used for measurement of the condition?	5. Were confounding factors identified?	6. Were strategies to deal with confounding factors stated?	7. Were the outcomes measured in a valid and reliable way?	8. Was appropriate statistical analysis used?	Total
Aruta [1]	N	Y	Y	Y	Y	Y	Y	Y	7/8
Awano et al. [2]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Doo et al. [3]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Ebrahimi et al. [4]	N	Y	Y	Y	U	U	Y	Y	5/8
Feng et al. [5]	N	U	Y	Y	U	U	Y	Y	4/8
Goldbach et al. [6]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Hou et al. [7]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Hou et al. [8]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Hu et al. [9]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Huang et al. [10]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Jin et al. [11]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Jacome et al. [12]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Kimhi et al. [13]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Kocjan et al. [14]	N	Y	Y	Y	Y	Y	Y	Y	7/8
Lau et al. [15]	N	Y	Y	Y	Y	Y	Y	Y	7/8
Levaot et al. [16]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Li et al. [17]	Y	Y	U	Y	Y	Y	U	Y	6/8
Lin et al. [18]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Lubian et al. [19]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Morales-Vives et al. [20]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Ou et al. [21]	N	Y	Y	Y	Y	Y	Y	Y	7/8

Study	1. Were the criteria for inclusion in the sample clearly defined?	2. Were the study subjects and the setting described in detail?	3. Was the exposure measured in a valid and reliable way?	4. Were objective, standard criteria used for measurement of the condition?	5. Were confounding factors identified?	6. Were strategies to deal with confounding factors stated?	7. Were the outcomes measured in a valid and reliable way?	8. Was appropriate statistical analysis used?	Total
Pan et al. [22]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Pang et al. [23]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Schmitt et al. [24]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Setiawati et al. [25]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Tam et al. [26]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Wang et al. [27]	Y	Y	Y	Y	Y	Y	Y	Y	8/8
Xu et al. [28]	N	Y	Y	Y	Y	Y	Y	Y	7/8
Ye et al. [29]	U	Y	Y	Y	Y	Y	Y	Y	7/8
Ye et al. [30]	Y	Y	U	Y	Y	Y	Y	Y	7/8
Zhang et al. [31]	Y	Y	Y	Y	Y	Y	Y	Y	8/8

Supplementary Table S3. The quality appraisal for cohort studies. (n = 2).

Study	1. Were the two groups similar and recruited from the same population?	2. Were the exposures measured similarly to assign people to both exposed and unexposed groups?	3. Was the exposure measured in a valid and reliable way?	4. Were confounding factors identified?	5. Were strategies to deal with confounding factors stated?	6. Were the groups/ participants free of the outcome at the start of the study (or at the moment of exposure)?	7. Were the outcomes measured in a valid and reliable way?	8. Was the follow up time reported and sufficient to be long enough for outcomes to occur?	9. Was follow up complete, and if not, were the reasons to loss to follow up described and explored?	10. Were strategies to address incomplete follow up utilized?	11. Was appropriate statistical analysis used?	Total
Irusen et al. [32]	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	11
Valero-Moreno et al. [33]	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	No	Yes	7

Supplementary Table S4. Instruments used to measure psychological distress.

Variables	Measurements	Range of Reliability	K
Depression	-Patients Health Questionnaire-9 (PHQ-9) [23, 24, 31]	$\alpha > .90$	3
	-Patient Health Questionnaire-4 (PHQ-4) [26]	$\alpha = 0.86$	1
	-Patient Health Questionnaire (PHQ-2) [5]	Not reported	1
	- Center of Epidemiologic Studies of Depression Scale (CES-D) [2,29]	Not reported	2

Variables	Measurements	Range of Reliability	K
	-9-items the depression screening tool Korean version [3]	$\alpha = 0.94$	1
	- Zung's Self-rating Depression Scale (SDS) [9, 27]	$\alpha = 0.87-0.88$	2
	-Depression, Anxiety, and Stress Scale-21 (DASS-21) [11, 12, 15, 28, 33]	$\alpha = 0.88$ (depression)	5
	-Hospital Anxiety and Depression Scale (HADS) [18]	$\alpha = 0.70$ (depression)	1
	- Edinburgh Postnatal Depression Scale (EPDS) [19]	*= 79%; **= 95.5%	1
	- Chinese version of Symptom Checklist-90 (SCL-90) [21]	$\alpha = 0.91$	1
	-Zung Self-rating Anxiety Scale (SAS) [9, 22, 27]	Not reported	3
	-The Corona Anxiety Questionnaire [17]	$\alpha = 0.89$	1
	-7-item Generalized Anxiety Disorder Scale (GAD-7) [2, 3, 5, 8, 23, 31]	$\alpha = 0.94$	6
	-Patient self-Report Outcome Measurement Information System(PROMIS)-Anxiety [23]	$\alpha = 0.94$	1
Anxiety	-State-Trait Anxiety Inventory State (STAI-S) [8, 26, 31]	$\alpha = 0.86-0.95$	3
	- Depression, Anxiety, and Stress Scale-21 (DASS-21) [11, 12, 15, 28, 33]	$\alpha = 0.84$ (anxiety)	5
	-Hospital Anxiety and Depression Scale (HADS) [18]	$\alpha = 0.73$ (anxiety)	1
	- Chinese version of Symptom Checklist-90 (SCL-90) [7]	$\alpha = 0.91$	1
	-Anxiety Symptoms Questionnaire [7]	$\alpha = 0.93$	1
	-Perceived Stress Scale-10 (PSS) [5, 10, 14]	Not reported	3
Stress	-The Chinese perceived stress scale [22]	$\alpha = 0.87$	1
	- Depression, Anxiety, and Stress Scale-21 (DASS-21) [11, 12, 15, 28, 33]	Not reported	5
	- COVID-19 Stress [17]	Not reported	1
	-General Health Questionnaire-12 (GHQ-12) [20]	IC = 0.87	1
	-COVID-19 Stressors [26]	$\alpha = 0.78$	1
	-Acute Stress Disorder (ASD) [30]	$\alpha = 0.94$	1
PTSD	-COVID-19 Related Stressful Experience [30]	$\alpha = 0.60$	1
	-Primary Care Posttraumatic Stress Disorder Screen for DSM-5 (PC-PTSD-5) [5]	Not reported	1
	-Peritraumatic distress disorder [16]	$\alpha = 0.88$	1
Psychological Distress	-Psychological distress questionnaire [1]	$\alpha = 0.90$	1
	- Symptom Checklist-90 (SCL-90) [7, 21]	$\alpha = 0.98$	2
	-Brief Symptom Inventory (BSI) [13]	Not reported	1

*Sensitivity, **Specificity, IC: Internal consistency; abbreviation: K: Number of association .

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