

1	518150169	2021	Girma et al.	Occupational stress and associated factors among health care professionals in Ethiopia: a systematic review and meta-analysis.	BMC public health	England	ENG
2	518150179	2022	Nowrouzi-Kia et al.	Factors associated with work performance and mental health of healthcare workers during pandemics: a systematic review and meta-analysis.	Journal of public health (Oxford, England)	England	ENG
4	518150181	2021	Di et al.	Proactive psychological programs designed to mitigate posttraumatic stress injuries among at-risk workers: a systematic review and meta-analysis.	Systematic reviews	England	ENG
5	518150187	2024	Jin et al.	Factors influencing healthcare workers' performance before and after the coronavirus disease 2019 pandemic: A bibliometric analysis with supplementary comparative analysis.	Work (Reading, Mass.)	United States	ENG
6	518150198	2023	Gnanapragasam et al.	Multicentre, England-wide randomised controlled trial of the 'Foundations' smartphone application in improving mental health and well-being in a healthcare worker population.	The British journal of psychiatry : the journal of mental sc	England	ENG
7	518150206	2022	Pallavicini et al.	A virtual reality home-based training for the management of stress and anxiety among healthcare workers during the COVID-19 pandemic: study protocol for a randomized controlled trial.	Trials	England	ENG
8	518150216	2019	Deng et al.	Public service motivation as a mediator of the relationship between job stress and presenteeism: a cross-sectional study from Chinese public hospitals.	BMC health services research	England	ENG

10	518150394	2021	Sadovyy, et al.	COVID-19: How the stress generated by the pandemic may affect work performance through the moderating role of emotional intelligence	Personality and Individual Differences		ENG
11	518150411	2025	Romo, et al.	Burnout in the general population: Role of anxiety, depression and traumatic events	Journal of Affective Disorders Reports		ENG
12	518150421	2024	Egbe, y {El	Anxiety and depression in surgeons: A systematic review	The Surgeon		ENG
13	518150422	2023	Kerr, et al.	The lived experience of major and treatment-resistant depression in England: a mixed-methods study	Acta Psychologica		ENG
15	518150430	2024	Immurana, et al.	Interaction effects of mental health disorders and labour productivity on economic growth in Africa	Global Transitions		ENG
16	518150432	2023	Tavella, et al.	Burnout and depression: Points of convergence and divergence	Journal of Affective Disorders		ENG
17	518150433	2025	Vuong, et al.	How customer orientation reduces job burnout through emotional labor and its impact on turnover intention: Does perceived organizational support matter?	Acta Psychologica		ENG

18	518150440	2025	Delhom, et al.	The role of personal resources in managing anxiety: A study of nursing home professionals during the COVID-19 pandemic	Geriatric Nursing		ENG
19	518150441	2022	Jaber, et al.	Stress, Depression, Anxiety, and Burnout among Healthcare Workers during the COVID-19 Pandemic: A Cross-sectional Study in a Tertiary Centre	The Open Nursing Journal		ENG
20	518150444	2021	Almarhapi, y Khalil,	Depression among healthcare workers in North West Armed Forces hospital-Tabuk, Saudi Arabia: Prevalence and associated factors	Annals of Medicine and Surgery		ENG
21	518150454	2022	{van et al.	Preliminary effects of a digital mental health intervention for depression and anxiety	Clinical eHealth		ENG
26	518150474	2025	Esteller-Collado, et al.	Effectiveness of a transdiagnostic protocol for anxiety and depression in primary care: The PsicAP-CV Stepped Wedge Cluster Randomized Trial	Journal of Anxiety Disorders		ENG
27	518150479	2025	Serrada-Tejeda, et al.	Healthcare's empathy in elderly care: How anxiety, depression, and professional quality of life influence empathic abilities	Geriatric Nursing		ENG
29	518150502	2025	Chen, et al.	The impact of AI anxiety on employees' work passion: A moderated mediated effect model	Acta Psychologica		ENG

30	518150504	2025	Zhang, et al.	Anxiety or engaged? Research on the impact of technostress on employees' innovative behavior in the era of artificial intelligence	Acta Psychologica		ENG
36	518150551	2025	Cherng, et al.	The impacts of self-care and resilience on fatigue: Civil airline pilots in Taiwan	Transportation Research Procedia		ENG
37	518150580	2025	Zamanzadeh, et al.	Mental health of Australian frontline nurses during the COVID-19 pandemic: Results of a large national survey	Health Policy		ENG
38	518150605	2024	Prudenzi, et al.	Supporting employers and their employees with mental hEalth conditions to remain eNgaged and producTive at wORK (MENTOR): A feasibility randomised controlled trial	Journal of Contextual Behavioral Science		ENG
40	518150621	2022	El-Kurdy, et al.	The Moderation Effect of Affective Commitment on the Relationship between Job Stress and Presenteeism among Obstetric Healthcare Workers during COVID-19 Pandemic	The Open Nursing Journal		ENG
42	518150629	2025	Small, et al.	The psychological impact of working as a midwife in Australia: Findings from a scoping review	Midwifery		ENG
44	518150648	2024	Hollerbach, et al.	Examination of Stress Among Recruit and Incumbent Women Firefighters	Safety and Health at Work		ENG

45	518150653	2023	Kim, et al.	The Effectiveness of a Mobile Phone–Based Physical Activity Program for Treating Depression, Stress, Psychological Well-Being, and Quality of Life Among Adults: Quantitative Study	JMIR mHealth and uHealth		ENG
49	518150753	2023	Francis, y Robertson,	Healthcare practitioners' experiences of breaking bad news: A critical interpretative meta synthesis	Patient Education and Counseling		ENG
50	518150757	2025	Kowalski, et al.	Optimizing Intervention Components of a Preventive Stress Management mHealth Intervention for Health Care Workers: Experimental Factorial Study	JMIR Formative Research		ENG
51	518150770	2025	Keramat, et al.	The Estimation of Health State Utility Values for Psychological Distress in Australia: Implications for Future Economic Evaluations	Value in Health		ENG
53	518150796	2022	Stratton, et al.	Trends in Effectiveness of Organizational eHealth Interventions in Addressing Employee Mental Health: Systematic Review and Meta-analysis	Journal of Medical Internet Research		ENG
54	518150804	2021	Abd-Ellatif, et al.	Fear of COVID-19 and Its Impact on Job Satisfaction and Turnover Intention Among Egyptian Physicians	Safety and Health at Work		ENG
55	518150814	2020	Abbaspour, et al.	Prevalence and Correlates of Mental Health Status Among Pre-Hospital Healthcare Staff	Clinical Practice and Epidemiology in Mental Health		ENG

57	518150879	2022	Lee, et al.	Association between sickness presenteeism and depressive symptoms in Korean workers during the COVID-19 pandemic: A cross-sectional study	Journal of Affective Disorders		ENG
58	518150913	2021	Senerat, et al.	Psychosocial and Behavioral Outcomes and Transmission Prevention Behaviors: Working During the Coronavirus Disease 2019 Pandemic	Mayo Clinic Proceedings: Innovations, Quality & Outcomes		ENG
59	518150939	2025	Boß, et al.	Effectiveness of an integrated platform-based intervention for promoting psychosocial safety climate and mental health in nursing staff: A pragmatic cluster randomised controlled trial	International Journal of Nursing Studies		ENG
60	518150943	2022	Sulosaari, et al.	The effectiveness of mindfulness-based interventions on the psychological well-being of nurses: A systematic review	Applied Nursing Research		ENG
61	518150958	2022	Lewis, et al.	A time for self-care? Frontline health workers' strategies for managing mental health during the COVID-19 pandemic	SSM - Mental Health		ENG
63	518151009	2025	Nixon, et al.	Mindfulness-Based Cognitive Therapy for Life (MBCT-L) Versus Stress Reduction Psychoeducation (SRP) for the Improvement of Mental Well-Being in Health Care and Other Public Sector Staff: Protocol for the Well at Work Randomized Controlled Trial	JMIR Research Protocols		ENG
66	518151133	2023	Cummings, et al.	Challenges facing mental health systems arising from the COVID-19 pandemic: Evidence from 14 European and North American countries	Health Policy		ENG

67	518151184	2025	Fields, et al.	Exploring the Impact of the Emergency Department Built Environment on Physician Workplace Stress: A Qualitative Study Utilizing High-Fidelity Virtual Reality	JACEP Open		ENG
68	518151189	2024	Paarima, et al.	Perceived organizational politics: Implications for nurses' stress and job satisfaction	International Journal of Africa Nursing Sciences		ENG
69	518151223	2022	Mekonen, et al.	Work-related stress among nurses working in northwest Amhara Referral Hospitals; a burden for hospitals	International Journal of Africa Nursing Sciences		ENG
70	518151250	2023	Kerksieck, et al.	Post COVID-19 condition, work ability and occupational changes in a population-based cohort	The Lancet Regional Health - Europe		ENG
71	518151361	2025	Harrod, et al.	Burnout in practice: A qualitative study of the impact of organizational factors on burnout and patient care among VA mental health providers	Qualitative Research in Medicine & Healthcare		ENG
75	518151625	2025	Omotosho, et al.	Work-related stress and its associated factors among nurses in public hospitals in the Greater Banjul Area, The Gambia	International Journal of Africa Nursing Sciences		ENG
76	518151720	2022	Heidari, et al.	Job satisfaction and its relationship with burnout among nurses working in COVID-19 wards: A descriptive correlational study	Annals of Medicine and Surgery		ENG

77	518151873	2022	Hedima, et al.	Assessment of the impact of COVID-19 pandemic on the mental health and wellbeing of pharmacists: A nationwide survey	Exploratory Research in Clinical and Social Pharmacy		ENG
78	518152115	2023	Akpor, et al.	Occupational Stress Levels and Coping Strategies among Nurses Working in an Urban Metropolis in North Central Nigeria	The Open Pain Journal		ENG
79	518153279	2023	Sipos, et al.	Burnout and occupational stress among Hungarian radiographers working in emergency and non-emergency departments during COVID-19 pandemic	Radiography		ENG

MATRIZ CONSOLIDADA DE EXTRACCIÓN DE DATOS — REVISIÓN DE ALCANCE (SCOPING REVIEW)							
JOUR	Cuantitativo	No reportado	Salud / Servicios	Estrés / Ansiedad / Depresión	IES	Medición productividad	Desempeño laboral / Productividad / Presentismo
JOUR	Revisión sistemática / Meta-análisis	No reportado	Salud	Salud mental general	IES	Medición productividad	Desempeño laboral / Productividad / Presentismo
JOUR	Revisión sistemática / Meta-análisis	No reportado	Seguridad pública	Estrés / Ansiedad / Depresión	IES	Registro ausentismo	Desempeño laboral / Productividad / Presentismo
Comparative Study	Análisis bibliométrico	2019	Salud	Salud mental general	IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Ensayo clínico aleatorizado (ECA)	2021	Salud	Salud mental general	Escala no especificada en abstract	Escala presentismo	Desempeño laboral / Productividad / Presentismo
Clinical Trial Protocol	Ensayo clínico aleatorizado (ECA)	No reportado	Educación	Estrés / Ansiedad / Depresión	IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (transversal)	1392	Salud	Estrés / Ansiedad / Depresión	IES	Escala presentismo	Desempeño laboral / Productividad / Presentismo

JOUR	Cuantitativo	1048	Salud / Servicios	Estrés / Ansiedad / Depresión	IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (transversal)	No reportado	Múltiples sectores	Estrés / Ansiedad / Depresión	PHQ-9/PHQ-2; GAD-7	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Revisión sistemática / Meta-análisis	No reportado	Salud	Estrés / Ansiedad / Depresión	IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Mixto	148	Salud / Servicios	Estrés / Ansiedad / Depresión	PHQ-9/PHQ-2; IES	Medición productividad	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo	2002	Salud	Salud mental general	MBI (Burnout); IES	Medición productividad	Desempeño laboral / Productividad / Presentismo
JOUR	Cualitativo	622	Salud	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo	688	Banca	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	Intención de rotación	Desempeño laboral / Productividad / Presentismo

JOUR	Cuantitativo (transversal)	449	Salud	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (transversal)	No reportado	Salud	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (transversal)	No reportado	Salud	Estrés / Ansiedad / Depresión	IES	Intención de rotación; Medición productividad	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (longitudinal)	No reportado	Salud	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Ensayo clínico aleatorizado (ECA)	320	Salud	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (transversal)	104	Salud	Estrés / Ansiedad / Depresión	IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo	430	Salud / Servicios	Estrés / Ansiedad / Depresión	IES	No especificado	Desempeño laboral / Productividad / Presentismo

JOUR	Cuantitativo	No reportado	Salud / Servicios	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo	No reportado	Transporte aéreo	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo	No reportado	Salud	Estrés / Ansiedad / Depresión	IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Ensayo clínico aleatorizado (ECA)	2020	Transporte aéreo	Salud mental general	Escala no especificada en abstract	Medición productividad	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (transversal)	50	Salud	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	Escala presentismo; Medición productividad	Desempeño laboral / Productividad / Presentismo
JOUR	Revisión de alcance (Scoping Review)	No reportado	Salud	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	Registro ausentismo	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (transversal)	184	Seguridad pública	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	Escala satisfacción laboral	Desempeño laboral / Productividad / Presentismo

JOUR	Cuantitativo	300	Salud	Estrés / Ansiedad / Depresión	IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cualitativo	No reportado	Salud / Servicios	Salud mental general	SCL-90; IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Ensayo clínico aleatorizado (ECA)	No reportado	Educación	Estrés / Ansiedad / Depresión	MBI (Burnout); IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (longitudinal)	No reportado	Educación	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo	2004	Banca	Salud mental general	MBI (Burnout); IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (transversal)	411	Educación	Salud mental general	Escala no especificada en abstract	Escala satisfacción laboral; Intención de rotación	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (transversal)	224	Salud	Estrés / Ansiedad / Depresión	PSS (Estrés percibido); GHQ; IES	No especificado	Desempeño laboral / Productividad / Presentismo

JOUR	Cuantitativo	2020	Salud / Servicios	Estrés / Ansiedad / Depresión	PHQ-9/PHQ-2	Escala presentismo	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo	2019	Salud / Servicios	Salud mental general	IES	Medición productividad	Desempeño laboral / Productividad / Presentismo
JOUR	Ensayo clínico aleatorizado (ECA)	No reportado	Salud	Salud mental general	MBI (Burnout); IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Ensayo clínico aleatorizado (ECA)	2011	Salud	Salud mental general	IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Mixto	No reportado	Salud	Salud mental general	IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cualitativo	No reportado	Educación	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Mixto	2021	Salud	Salud mental general	IES	No especificado	Desempeño laboral / Productividad / Presentismo

JOUR	Cualitativo	No reportado	Salud	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	Medición productividad	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (transversal)	213	Salud	Estrés / Ansiedad / Depresión	IES	Escala satisfacción laboral	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (transversal)	2019	Educación	Estrés / Ansiedad / Depresión	Escala no especificada en abstract	Registro ausentismo	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (longitudinal)	2020	Educación	Salud mental general	Escala no especificada en abstract	WAI; Medición productividad	Desempeño laboral / Productividad / Presentismo
JOUR	Cualitativo	No reportado	Salud / Servicios	Estrés / Ansiedad / Depresión	MBI (Burnout); IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (transversal)	192	Salud	Estrés / Ansiedad / Depresión	MBI (Burnout); IES	Registro ausentismo	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo	251	Salud	Estrés / Ansiedad / Depresión	MBI (Burnout)	Escala satisfacción laboral	Desempeño laboral / Productividad / Presentismo

JOUR	Cuantitativo (transversal)	No reportado	Salud	Salud mental general	IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (transversal)	87	Salud	Estrés / Ansiedad / Depresión	IES	No especificado	Desempeño laboral / Productividad / Presentismo
JOUR	Cuantitativo (transversal)	439	Salud	Estrés / Ansiedad / Depresión	MBI (Burnout)	No especificado	Desempeño laboral / Productividad / Presentismo

The pooled prevalence of occupational stress was 52.5 [95% CI: (47.03, 57.96)]. The heterogeneity test was $I(2) = 89.1\%$ & $P < 0.001$. The result of the publication bias detection (Begg's and Egger's) tests were $p = 0.283$ and $p = 0.369$ respectively. Female sex was identified as a significant predictor	Above half of health care professionals had occupational stress. Being female was significantly associated factor in this review and meta-analysis. Therefore, introduction of policies supporting health	Impacto del estrés en el desempeño	Alta	Medio	INCLUIDO
ate support, experiencing occupational stress, decreased productivity, lack of workplace preparedness, financial concerns associated with changes in income and daily living, fear of transmission and burnout/fatigue. Conclusion There is a rapidly rising need to address the work performance and mental	urnout/fatigue. Conclusion There is a rapidly rising need to address the work performance and mental health of healthcare workers providing timely care to patients. Regular and sustained interventions	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur	Alta	Alto	INCLUIDO
We identified 42 studies evaluating 3182 public safety and frontline healthcare professionals, PPTE-exposed educational staff, and miners. Significant overlap was found across program themes that included mindfulness, psychoeducation, resilience promotion, and stress management strategies. Post-prog	The current results showcase modest evidence for time-limited reductions in PTSI following participation in holistic programs that promote resilience, stress, and emotion regulation among at-risk work	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur	Alta	Alto	INCLUIDO
By conducting a bibliometric analysis of the articles based on country, institution, journal, co-cited references, and keywords, this study identified a significant growth trend regarding the factors influencing work performance in the healthcare field, and research hotspots shifted from organizatio	This study addressed the limitations of previous studies regarding incomplete extraction of factors influencing work performance and unclear comparisons of parameters before and after the COVID-19 pan	Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Burnout y salud mental; Factores organi	Alta	Medio	INCLUIDO
Between 22 March and 3 June 2021, 1002 participants were randomised (500:502), and 894 (89.2%) followed-up. The sample was predominately women (754/894, 84.3%), with a mean age of 44.3 years (interquartile range (IQR) 34-53). Participants randomised to the app had a reduction in psychiatric morbidity	The app had an effect in reducing psychiatric morbidity symptoms in a sample of HCWs. Given it is scalable with no adverse effects, the app may be used as part of an organisation's tiered staff support	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Pre	Alta	Alto	INCLUIDO
and one month after the initial evaluation. DISCUSSION: If the proposed brief home-based virtual reality training will result helpful and easy to use, it could become an empirically assessed viable option for protecting healthcare workers' mental health both during the COVID-19 pandemic and once it	tion for protecting healthcare workers' mental health both during the COVID-19 pandemic and once it will be over. Furthermore, the intervention might be easily adapted for other categories of people w	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Intervenciones organizacionales	Alta	Alto	INCLUIDO
Hindrance stress was inversely associated with PSM ($\beta = -0.27$; $P < 0.001$) but significantly positively associated with presenteeism ($\beta = 0.35$; $P < 0.001$). PSM was directly inversely associated with presenteeism ($\beta = -0.35$; $P < 0.001$). PSM partially mediated the relation of hindrance stress with pr	The findings suggest that efforts to prevent presenteeism among healthcare workers in China should emphasize PSM improvement and reduction of hindrance stress.	Impacto del estrés en el desempeño; Presentismo y ausentismo	Alta	Medio	INCLUIDO

between the stress and both indicators of performance, even when sociodemographic variables were controlled. In essence, professionals with high levels of EI and low Covid stress showed the highest performance and the lowest CWB when compared to those who presented less emotional capabilities and hi	rformance and the lowest CWB when compared to those who presented less emotional capabilities and higher stress. These results confirm the importance of EI in improving the effectiveness of work perfo	Impacto del estrés en el desempeño	Alta	Medio	INCLUIDO
toms did not emerge as significant predictors. Conclusion The findings underscore the critical role of specific dimensions of burnout, particularly personal burnout, in predicting work exhaustion. These results suggest that targeted interventions addressing these aspects of burnout may be crucial in	se results suggest that targeted interventions addressing these aspects of burnout may be crucial in reducing work-related stress and improving employee well-being. The study also highlights the need	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur	Alta	Medio	INCLUIDO
was 24 with a range of 59%. Risk factors associated with a higher risk of anxiety and depression include female gender, younger age, concurrent burnout, and occupational concerns regarding the COVID-19 pandemic. Protective factors include institutional support and a sense of social belonging. Conclu	19 pandemic. Protective factors include institutional support and a sense of social belonging. Conclusions There was a high prevalence of anxiety and depression amongst surgeons over the past decade.	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur	Alta	Alto	INCLUIDO
ith mental health services and treatment pessimism. Limitations Limited data collected on people with TRD in remission. Conclusions The EQ-5D-5L and WPAI:D likely underestimate how depression impacts the HRQoL and work of people with MDD or TRD. Qualitative data suggest increased distress for people	the HRQoL and work of people with MDD or TRD. Qualitative data suggest increased distress for people with TRD compared to those with MDD. Clinical management and treatment access decisions should cons	Impacto del estrés en el desempeño; Impacto de la depresión en el desempeño; Intervenciones organizacionales; Factores p	Alta	Medio	INCLUIDO
on economic growth, the effect of labour productivity on economic growth is positive and significant. However, the interactions of each of the mental health disorders with labour productivity are found to have negative significant effects on economic growth in both the short-and long-run periods. Co	nd to have negative significant effects on economic growth in both the short-and long-run periods. Conclusion There is therefore the need to enhance awareness about mental health disorders as well as	Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño	Alta	Medio	INCLUIDO
p had a relatively small sample size. Participants in the burnout group were self-diagnosed and not assessed for comorbid psychiatric diagnoses. Conclusions There were some nuanced symptoms differences between burnout and depression, but many of the SBM symptoms were not specific to burnout. Results	s between burnout and depression, but many of the SBM symptoms were not specific to burnout. Results also suggested that burnout overlaps more with non-melancholic than melancholic depression, and tha	Impacto de la depresión en el desempeño; Burnout y salud mental	Alta	Medio	INCLUIDO
urces theory, job-demand resource model, and social exchange theory and used the partial least squares structural equation modeling (PLS-SEM) to test the research hypotheses. The findings indicated that the two types of emotional labor mediated the association between customer orientation and job bu	at the two types of emotional labor mediated the association between customer orientation and job burnout. POS also dampened the relationship between job burnout and turnover intention. Finally, the s	Burnout y salud mental; Factores organizacionales; Riesgos psicosociales	Alta	Medio	INCLUIDO

ical variables. Life satisfaction and meaningfulness showed the strongest inverse relationships with anxiety. Resilience also played a significant protective role. The models explained a substantial portion of variance in anxiety. Conclusions Promoting resilience, life satisfaction, and sense of coh	ortion of variance in anxiety. Conclusions Promoting resilience, life satisfaction, and sense of coherence is important to reduce anxiety in high-stress healthcare contexts. Targeted interventions to	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Intervenciones organizacionales; Factores pr	Alta	Medio	INCLUIDO
D-19 related stress. Conclusion Healthcare workers may experience considerable psychologic distress as a result of the COVID-19 pandemic due to providing direct patient care, quarantine, or self-isolation. Healthcare workers who were at high risk of contracting COVID-19 appeared to have psychologica	tion. Healthcare workers who were at high risk of contracting COVID-19 appeared to have psychological distress, burnout, and probably, chronic psychopathology. Frontline staff, especially nurses, were	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur	Alta	Medio	INCLUIDO
idence interval (CI) = 1.84–7.30, $p < 0.001$). Compared to HCWs of less than 5 years of experience, those with higher experience (5–10 and > 10 years) were at lower significant risk to develop depression (AOR = 0.16; 95 % CI = 0.07–0.037, $p < 0.001$ and AOR = 0.05; 95 % CI = 0.01–0.029, $p = 0.001$), re	on (AOR = 0.16; 95 % CI = 0.07–0.037, $p < 0.001$ and AOR = 0.05; 95 % CI = 0.01–0.029, $p = 0.001$), respectively. Conclusion Depression is a relatively common health problem affecting healthcare workers	Impacto de la depresión en el desempeño; Intervenciones organizacionales; Riesgos psicosociales	Alta	Medio	INCLUIDO
ts of the DMHI compare favorably with traditional face-to-face treatment, showing comparable satisfaction rates, equal effectiveness, and a significant decrease in treatment duration in weeks. Conclusion The DMHI has the potential to be as effective, but more efficient than traditional face-to-face	ion The DMHI has the potential to be as effective, but more efficient than traditional face-to-face treatment. Furthermore the digital treatment opens up options to fine-tune the frequency, duration,	Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Intervenciones organizacionales; Riesgo	Alta	Medio	INCLUIDO
s. Discussion these findings confirm the efficacy of TD-CBT for treating common mental disorders in PC and point to SW-CRT designs as a feasible and ethically sound avenue for implementing and scaling these evidence-based interventions within public health systems. They also support the broader inte	these evidence-based interventions within public health systems. They also support the broader integration of psychologists into PC, thus offering a scalable model that can significantly improve acces	Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Intervenciones organizacionales	Alta	Alto	INCLUIDO
ignificant predictors of empathy in the clinical context. Empathy is of paramount importance in the field of geriatric care, with enhanced empathic abilities exerting a beneficial influence on professional practice. However, the presence of depressive symptoms may hinder empathic abilities and affec	ional practice. However, the presence of depressive symptoms may hinder empathic abilities and affect the quality of care. Compassion satisfaction emerged as a significant predictor of empathy, highli	Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño	Alta	Medio	INCLUIDO
both diminish employees' work passion, and emotional exhaustion plays a partially mediating role in this process. In addition, service-oriented leadership and learning goal orientation have different moderating effects in the relationship. The findings of this study provide a reference for companies	moderating effects in the relationship. The findings of this study provide a reference for companies to develop strategies to alleviate the negative impact of employees' anxiety about artificial intel	Impacto de la ansiedad en el desempeño; Intervenciones organizacionales	Alta	Medio	INCLUIDO

ng role of work engagement, possibly because this mechanism is influenced by multiple contextual factors and requires further research in the future. This paper contributes to the technostress literature by clarifying how technostress affects employee innovative behavior through different mechanisms	ure by clarifying how technostress affects employee innovative behavior through different mechanisms. This study holds important theoretical and practical significance for improving employees' adaptab	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Intervenciones organizacionales; Factores or	Alta	Medio	INCLUIDO
igher scores on either Self-care or Resilience Scale were prone to display lower scores on Fatigue at Flight Work Scale. These results, taken together, prompt us to conclude civil pilots' high quality of self-care and resilience may serve as an effective workplace fatigue-preventing antidote albeit	of self-care and resilience may serve as an effective workplace fatigue-preventing antidote albeit pilots' work stress experienced. These findings warrant further study for the effectiveness of resili	Impacto del estrés en el desempeño; Intervenciones organizacionales; Factores protectores; Riesgos psicosociales	Alta	Medio	INCLUIDO
er levels of anxiety, depression, stress, and depersonalization than on those with milder or lesser symptoms. Given recent national and international policy focus on psychosocial hazards at work, this paper suggests that governments and health care providers need to monitor such hazards among nurses	paper suggests that governments and health care providers need to monitor such hazards among nurses and midwives and introduce policies that reduce excessive quantitative or emotional burden to minimi	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur	Alta	Medio	INCLUIDO
able. Initial findings suggest there may be benefits for employees productivity, mental health, and managers' mental health knowledge. Logistical challenges acted as a barrier to the participation of employees and managers in the trial and their retention throughout its duration. The major strengths	employees and managers in the trial and their retention throughout its duration. The major strengths of this study were the co-design and inter-disciplinary approach taken. Overall, findings suggest t	Impacto del estrés en el desempeño; Intervenciones organizacionales; Factores organizacionales	Alta	Alto	INCLUIDO
ve effect on presenteeism, while hindrances had a negative effect. Conclusion Obstetric healthcare workers need to recognize the connection between job stress and presenteeism and the buffering role of affective commitment. Implications for Nursing Practice Nurses need to recognize the effect of pan	f affective commitment. Implications for Nursing Practice Nurses need to recognize the effect of pandemic COVID-19 on job stress and presenteeism among obstetrics nurses and healthcare workers. Develo	Impacto del estrés en el desempeño; Presentismo y ausentismo	Alta	Medio	INCLUIDO
e were negatively impacted. Discussion Midwives in Australia are impacted significantly by their work; especially by burnout, the impact of witnessing traumatic events, depression, stress and anxiety, and moral distress. Midwifery continuity of carer models were protective for psychological impacts.	and moral distress. Midwifery continuity of carer models were protective for psychological impacts. Conclusions Effective workplace interventions to better support the midwifery workforce, including a	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur	Alta	Medio	INCLUIDO
to the low stress group, those who reported moderate or high stress were more likely to score in the range of concern for anxiety (OR=3.86, CI=1.76-8.89) and PTSD (OR=1.30, CI=1.15-1.47), and report poor organizational cohesion (OR=1.13, CI=1.02-1.25). Conclusion Addressing mental health in the cont	oor organizational cohesion (OR=1.13, CI=1.02-1.25). Conclusion Addressing mental health in the context of women firefighters requires a comprehensive and multi-faceted approach including collaboratio	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Int	Alta	Medio	INCLUIDO

46) but not in the waitlist group (from 2.82 to 2.74; P=.55; Cohen d=0.15). Conclusions This study provided experimental evidence that mobile phone–based physical activity program affects depression significantly. By exploring the potential of mobile phone–based physical activity programs as a treat	ignificantly. By exploring the potential of mobile phone–based physical activity programs as a treatment option, this study sought to improve accessibility and encourage participation in physical acti	Impacto del estrés en el desempeño; Impacto de la depresión en el desempeño; Intervenciones organizacionales	Alta	Medio	INCLUIDO
tion with a patient. Breaking bad news was understood as an isolating experience and staff's non-disclosure of difficulties appeared to sustain a culture of invulnerability in which admission of distress was not encouraged. Practice implications Given the adverse impacts and potential for practition	ess was not encouraged. Practice implications Given the adverse impacts and potential for practitioner burnout, organisations should acknowledge ramifications and offer time for staff to process the d	Impacto del estrés en el desempeño; Burnout y salud mental; Intervenciones organizacionales; Factores protectores	Alta	Medio	INCLUIDO
and Psychoeducation components were included (β =0.46; P=.04). Conclusions Results indicate that components aiding self-insight should be integrated with components providing actionable advice to achieve optimal intervention effects. Results from this optimization study may inform the development of	eve optimal intervention effects. Results from this optimization study may inform the development of preventive digital stress management interventions to be tested in future randomized controlled tri	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur	Alta	Alto	INCLUIDO
–0.126 to –0.121) led to a significant reduction in HSUVs. These findings hold across different subsamples, such as age, gender, and race. Conclusions By quantifying the reduction in HSUVs due to psychological distress, our study provides valuable data for future economic evaluations of healthcare i	chological distress, our study provides valuable data for future economic evaluations of healthcare interventions. The evidence generated from future economic evaluations will assist policymakers in m	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Int	Alta	Medio	INCLUIDO
mall positive impact on reducing mental health symptoms in employees. Disappointingly, we found no evidence that, despite the advances in technology and the enormous resources in time, research, and finance devoted to this area for over a decade, better interventions are being produced. Hopefully, t	inance devoted to this area for over a decade, better interventions are being produced. Hopefully, these small effect sizes do not represent optimum outcomes in organizational settings. Trial Registra	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Int	Alta	Medio	INCLUIDO
positively significant correlated with turnover scores, a positive significant predictor of turnover intention. Job satisfaction is negatively associated with turnover intention; a negative significant predictor of turnover intention. Conclusions Frontline Egyptian physicians reported higher levels	nt predictor of turnover intention. Conclusions Frontline Egyptian physicians reported higher levels of fear relating to the COVID-19 pandemic (moderate to severe). Increased fear levels relating to C	Riesgos psicosociales	Alta	Medio	INCLUIDO
2.03; 95% CI, 0.992-4.156; adjusted OR 3.380; 95% CI, 1.483-7.704, respectively), and those with PTSD equal or higher than 50 (adjusted OR 2.504; 95% CI, 1.063-5.903), with a reverse impact of WES ($p>0.05$). Conclusion PTSD adversely affected mental health and clinical performance of the subjects; wh	>0.05). Conclusion PTSD adversely affected mental health and clinical performance of the subjects; while work-place environment augmented working spirit as well as psychological resilience. Strategies	Impacto del estrés en el desempeño; Factores protectores; Riesgos psicosociales	Alta	Medio	INCLUIDO

that 1700 (2.2 %) participants reported experiencing depressive symptoms in 2020. Employees with SP showed higher association with depressive symptoms than employers or self-employed individuals (OR = 2.18, 95 % CI: 1.85, 2.56 among employees vs. OR = 1.76, 95 % CI: 1.29, 2.40 among employers or sel	2.18, 95 % CI: 1.85, 2.56 among employees vs. OR = 1.76, 95 % CI: 1.29, 2.40 among employers or self-employed individuals). Conclusion SP has become more prominent during the COVID-19 pandemic. A prot	Impacto de la depresión en el desempeño; Presentismo y ausentismo	Alta	Medio	INCLUIDO
among those with lower WFH percentages. Most employees reported wearing a mask (98.2%), washing hands regularly (95.7%), and physically distancing (93.6%) in the workplace. Conclusion These results suggest worsened psychosocial and behavioral outcomes from before to during the COVID-19 pandemic and	uggest worsened psychosocial and behavioral outcomes from before to during the COVID-19 pandemic and higher transmission prevention behavior implementation among non–health care employees. These obser	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Riesgos psicosociales	Alta	Medio	INCLUIDO
of an occupational e-mental health platform that combines work- and person-directed interventions with face-to-face components for nursing staff. The findings emphasise the necessity of conducting more in-depth implementation studies to identify the factors that facilitate the successful implementat	e in-depth implementation studies to identify the factors that facilitate the successful implementation and uptake of occupational e-mental health platforms. Registration German Clinical Trials Regist	Impacto del estrés en el desempeño; Impacto de la depresión en el desempeño; Intervenciones organizacionales; Riesgos ps	Alta	Alto	INCLUIDO
measures were stress, depression, anxiety, burnout, resilience, quality of life, self-compassion, happiness, and the level of mindfulness. Ten studies demonstrated positive impact of mindfulness-based intervention on nurses' psychological well-being. Discussion Mindfulness-based interventions have t	d intervention on nurses' psychological well-being. Discussion Mindfulness-based interventions have the potential to enhance the well-being of nurses. RCTs using rigorous designs, consistent outcome m	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur	Alta	Alto	INCLUIDO
care practices and mindsets, while encountering numerous personal and professional struggles that undermined their capacity for self-care. Feeling socially connected and valued were critical dimensions of caring for self, illustrating the importance of locating self-care in the social domain. These	s of caring for self, illustrating the importance of locating self-care in the social domain. These findings, we argue, highlight the need to expand conceptions of self-care away from those that focus	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Burnout y salud mental; Intervenciones organ	Alta	Medio	INCLUIDO
up outcome data collection was completed on September 30, 2024, and data analysis is underway. A total of 30 qualitative interviews have been conducted. Conclusions Findings will inform future recommendations on intervention suitability and implementation for public care staff well-being. Trial Regi	ndations on intervention suitability and implementation for public care staff well-being. Trial Registration International Standard Randomised Controlled Trial Number (ISRCTN) ISRCTN18049845; https://	Impacto del estrés en el desempeño; Intervenciones organizacionales; Riesgos psicosociales	Alta	Medio	INCLUIDO
hift to telehealth to deliver a larger portion of mental health services in all 14 countries, which was facilitated by changes in national regulations and policies; 11 of the 14 participating countries relaxed regulations and 10 of 14 countries made changes to reimbursement policies to facilitate te	s relaxed regulations and 10 of 14 countries made changes to reimbursement policies to facilitate telemental health care. These findings provide a first step to assess the long-term challenges and re-	Impacto del estrés en el desempeño; Burnout y salud mental; Intervenciones organizacionales; Factores organizacionales;	Alta	Medio	INCLUIDO

ress was associated with built environment elements that created barriers to providing care efficiently or distractions. Conclusion This study establishes a relationship between the ED-built environment and physician workplace stress, identifying 3 primary stress domains. It also introduces VR simul	nt and physician workplace stress, identifying 3 primary stress domains. It also introduces VR simulation as a novel research tool for evaluating environmental stressors. Future research should explor	Impacto del estrés en el desempeño; Burnout y salud mental	Alta	Medio	INCLUIDO
. Also, strategies to enhance nursing management and healthcare provision should be directed at reducing the use of politics to promote self-interest. Originality/value Our study provides a novel insight into the unexplored nature and impact of perceived organizational politics on nurses' job satisf	ght into the unexplored nature and impact of perceived organizational politics on nurses' job satisfaction and stress in Ghana. It is the first research to investigate organizational politics using nu	Impacto del estrés en el desempeño; Factores organizacionales	Alta	Medio	INCLUIDO
3; 95 % CI (1.08, 3.10)], and commit an error [AOR = 1.89; 95 % CI (1.13, 3.16)] were at a higher risk of developing work-related stress. Conclusion Greater than one-fourth of nurses had work-related stress. Factors like fatigue, interruption, and committing an error were significantly associated wi	stress. Factors like fatigue, interruption, and committing an error were significantly associated with work-related stress. It is better to reduce work-related fatigue, minimize work interruption, and	Impacto del estrés en el desempeño; Presentismo y ausentismo; Riesgos psicosociales	Alta	Medio	INCLUIDO
e with PCC reported direct effects of PCC on their occupational situation, with 1.6% of those with PCC completely dropping out of the workforce. Interpretation These findings highlight the need for providing support and interdisciplinary interventions to individuals affected by PCC to help them main	oviding support and interdisciplinary interventions to individuals affected by PCC to help them maintain or regain their work ability and productivity. Funding Federal Office of Public Health, Departm	Intervenciones organizacionales; Riesgos psicosociales	Alta	Medio	INCLUIDO
vide high-quality care and the reality of institutional constraints. Additionally, MHP burnout impacted Veterans' trust and engagement with the VA mental health care system. Therefore, addressing burnout requires a multifaceted approach including organizational reforms, support and resources for MHP	out requires a multifaceted approach including organizational reforms, support and resources for MHPs, and dedicated support for MHPs to deliver high quality care. Our findings emphasize the critical	Impacto del estrés en el desempeño; Burnout y salud mental; Intervenciones organizacionales; Factores organizacionales;	Alta	Medio	INCLUIDO
ent and emergency/ICU (aOR = 6.85, 95 % CI = 1.64 ~ 28.64) were at higher risk for developing work-related stress. Conclusion More than half of the nurses experienced work-related stress. Nurses from monogamous families, experiencing psychological distress, and working in the A&E/ICU department were	monogamous families, experiencing psychological distress, and working in the A&E/ICU department were more likely to report work stress. Practical measures such as implementing the Gambia's occupationa	Impacto del estrés en el desempeño; Presentismo y ausentismo; Riesgos psicosociales	Alta	Medio	INCLUIDO
faction and EE (r=-0.394, p<.001). Moreover, job satisfaction negatively correlated with reduced PA (r=-5/590, p<.001). However, no statistically significant correlation was found between job satisfaction and DP (r=-0.122, p=.053). Conclusion As most nurses reported low job satisfaction and high rat	tion and DP (r=-0.122, p=.053). Conclusion As most nurses reported low job satisfaction and high rates of burnout, nurse managers should consider appropriate measures to correct these factors. Such me	Impacto del estrés en el desempeño; Burnout y salud mental; Intervenciones organizacionales; Factores organizacionales	Alta	Medio	INCLUIDO

-19 pandemic and work significantly impacted the mental health and wellbeing of a considerable proportion of the respondents. Burnout affects the majority of pharmacists in Nigeria and is linked to undergraduate pharmacy degrees as the highest qualification obtained, hospital practice settings, and	dergraduate pharmacy degrees as the highest qualification obtained, hospital practice settings, and full-time employment. Thus, mitigating strategies from employees, government, and organizations are	Burnout y salud mental; Riesgos psicosociales	Alta	Medio	INCLUIDO
sociated with signs and symptoms of stress. The results showed that age (r= -0.243, p= 0.045), religion (r= 0.165, p= 0.032), and experience of memory problems (r= 0.227, p= 0.003) were observed to show significant association with coping strategies. Conclusion: Hence, a conducive work environment s	ow significant association with coping strategies. Conclusion: Hence, a conducive work environment should be maintained to promote effective nursing care, while periodic stress assessments and managem	Impacto del estrés en el desempeño; Factores protectores	Alta	Medio	INCLUIDO
experience were more affected by depersonalisation (DP); and those who worried about their health had significantly higher stress scores (p ≤ 0.05) in both ED and NED settings. Conclusion Male radiographers at the beginning of their careers were more affected by burnout. Employment in EDs had a nega	aphers at the beginning of their careers were more affected by burnout. Employment in EDs had a negative impact on DP and EE. Implications for practice Our results support the implementation of interv	Impacto del estrés en el desempeño; Burnout y salud mental; Intervenciones organizacionales; Riesgos psicosociales	Alta	Medio	INCLUIDO

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EVALUACIÓN DE CRITERIOS DE INCLUSIÓN Y EXCLUSIÓN — REVISIÓN DE ALCANCE													
N°	Título (abreviado)	Año	CI-1 2019-2025	CI-2 Arbitrado	CI-3 Texto comp.	CI-4 Sect.Serv.	CI-5 SM medida	CI-6 Desempeño	CI-7 Empírico	CI-8 Idioma	CE-1 Editorial	CE-4 Estudiant.	DECISIÓN FINAL
1	Occupational stress and associated factors among health	2021	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
2	Factors associated with work performance and mental hea	2022	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
3	Recommendations for the Support of Clinical Facilitator	2026	No	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	EXCLUIDO
4	Proactive psychological programs designed to mitigate p	2021	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
5	Factors influencing healthcare workers' performance bef	2024	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
6	Multicentre, England-wide randomised controlled trial o	2023	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
7	A virtual reality home-based training for the managemen	2022	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
8	Public service motivation as a mediator of the relation	2019	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
9	Health-related quality of life and economic burden asso	2026	No	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	EXCLUIDO
10	COVID-19: How the stress generated by the pandemic may	2021	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
11	Burnout in the general population: Role of anxiety, dep	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
12	Anxiety and depression in surgeons: A systematic review	2024	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
13	The lived experience of major and treatment-resistant d	2023	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
14	A qualitative analysis of psychosocial stressors and he	2022	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
15	Interaction effects of mental health disorders and labo	2024	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
16	Burnout and depression: Points of convergence and diver	2023	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
17	How customer orientation reduces job burnout through em	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
18	The role of personal resources in managing anxiety: A s	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
19	Stress, Depression, Anxiety, and Burnout among Healthca	2022	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO

20	Depression among healthcare workers in North West Armed	2021	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
21	Preliminary effects of a digital mental health interven	2022	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
22	Epidemiological investigation of depressive disorders i	2025	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
23	Exploring the correlates of mental healthcare approache	2023	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
24	How can machine learning be used in stress management:	2022	Sí	Sí	Sí	Sí	Sí	No	No	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
25	Validating the depression anxiety stress scales (DASS-2	2025	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
26	Effectiveness of a transdiagnostic protocol for anxiety	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
27	Healthcare's empathy in elderly care: How anxiety, depr	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
28	The efficacy of mindfulness apps on symptoms of depress	2024	Sí	Sí	Sí	No	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
29	The impact of AI anxiety on employees' work passion: A	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
30	Anxiety or engaged? Research on the impact of technostr	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
31	Reducing stress and promoting well-being in healthcare	2021	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
32	Depression and related factors among public health nurs	2025	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
33	Impact on mental health due to COVID-19 pandemic: A cro	2023	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
34	Mental health challenges of Tibetan music teachers: A m	2025	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
35	Middle East Respiratory Syndrome-Corona Virus (MERS-CoV	2020	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
36	The impacts of self-care and resilience on fatigue: Civ	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
37	Mental health of Australian frontline nurses during the	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
38	Supporting employers and their employees with mental hE	2024	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
39	The global Prevalence of Depression among Health Worker	2022	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
40	The Moderation Effect of Affective Commitment on the Re	2022	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
41	Student stress and mental health during online learning	2023	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	Sí	EXCLUIDO
42	The psychological impact of working as a midwife in Aus	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO

43	COVID-19 and healthcare worker mental well-being: Compa	2023	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
44	Examination of Stress Among Recruit and Incumbent Women	2024	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
45	The Effectiveness of a Mobile Phone–Based Physical Acti	2023	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
46	Mental health in COVID-19 Delta variant survivors and h	2022	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
47	Determining the research status and coronavirus anxiety	2021	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
48	TECHNOSTRESS: A comprehensive literature review on dime	2024	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
49	Healthcare practitioners' experiences of breaking bad n	2023	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
50	Optimizing Intervention Components of a Preventive Stre	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
51	The Estimation of Health State Utility Values for Psych	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
52	Investigating the effects of online communication appre	2023	Sí	Sí	Sí	Sí	Sí	No	No	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
53	Trends in Effectiveness of Organizational eHealth Inter	2022	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
54	Fear of COVID-19 and Its Impact on Job Satisfaction and	2021	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
55	Prevalence and Correlates of Mental Health Status Among	2020	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
56	Status of mental health among college and university st	2023	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	Sí	EXCLUIDO
57	Association between sickness presenteeism and depressiv	2022	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
58	Psychosocial and Behavioral Outcomes and Transmission P	2021	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
59	Effectiveness of an integrated platform-based intervent	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
60	The effectiveness of mindfulness-based interventions on	2022	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
61	A time for self-care? Frontline health workers' strateg	2022	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
62	Prevalence of depressive symptoms in U.S. adults during	2023	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
63	Mindfulness-Based Cognitive Therapy for Life (MBCT-L) V	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
64	Association between workplace and mental health and its	2022	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
65	Managers' support to employees with common mental disor	2025	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN

66	Challenges facing mental health systems arising from th	2023	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
67	Exploring the Impact of the Emergency Department Built	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
68	Perceived organizational politics: Implications for nur	2024	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
69	Work-related stress among nurses working in northwest A	2022	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
70	Post COVID-19 condition, work ability and occupational	2023	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
71	Burnout in practice: A qualitative study of the impact	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
72	Synthesis of Evidence to Support EMS Personnel's Mental	2022	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
73	Impact of Connected Mental Health on the Work Environme	2025	Sí	Sí	Sí	Sí	Sí	No	Sí	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
74	Stressors in forensic organizations: Risks and solution	2022	Sí	Sí	Sí	Sí	Sí	No	No	Sí	No	No	DUDOSO / REQUIERE REVISIÓN
75	Work-related stress and its associated factors among nu	2025	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
76	Job satisfaction and its relationship with burnout amon	2022	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
77	Assessment of the impact of COVID-19 pandemic on the me	2022	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
78	Occupational Stress Levels and Coping Strategies among	2023	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO
79	Burnout and occupational stress among Hungarian radiogr	2023	Sí	Sí	Sí	Sí	Sí	Sí	Sí	Sí	No	No	INCLUIDO

RESUMEN ESTADÍSTICO — SCOPING REVIEW: SALUD MENTAL Y DESEMPEÑO LABORAL EN SECTOR SERVICIOS

A. RESULTADOS DE SELECCIÓN DE ESTUDIOS			
Total de artículos identificados	79		Corpus total del archivo RIS
Incluidos	52	0,658227848	Cumplen ≥6 criterios de inclusión
Excluidos	4	0,050632911	No cumplen criterios o tienen causas de exclusión
Dudosos / Requieren revisión	23	0,291139241	Requieren verificación de texto completo

B. DISTRIBUCIÓN POR TIPO DE ESTUDIO (incluidos)			
Meta-análisis	3		
transversal	16		
longitudinal	3		
ECA	7		
Cualitativo	5		
Mixto	3		
Revisión	4		
bibliométrico	1		

C. DISTRIBUCIÓN POR SUBSECTOR (incluidos)			
Salud	38		
Educación	7		
Transporte	2		
Seguridad	2		
Múltiple	1		
Banca	2		

D. DISTRIBUCIÓN POR AÑO (incluidos)			
2019	1		
2020	1		
2021	6		
2022	12		
2023	9		
2024	6		
2025	17		

E. NIVEL DE ALINEACIÓN (incluidos)			
Alta	52		
Media	0		
Baja	0		

F. RIGOR METODOLÓGICO (incluidos)			
Alto	10		
Medio	42		
Bajo	0		

ARTÍCULOS INCLUIDOS — EXTRACCIÓN DETALLADA DE DATOS					
N°	Referencia APA 7	Tipo estudio	Subsector	Muestra	Instrumentos SM
1	Girma, B., Nigussie, J., Molla, A., Mareg, M. (2021). Occupational stress and associated factors among health care professionals in Ethiopia: a systematic review and meta-analysis.. BMC public health, 21(1), 539. https://doi.org/10.1186/s12889-021-10579-1	Cuantitativo	Salud / Servicios	No reportado	IES
2	Nowrouzi-Kia, B., Sithamparanathan, G., Nadesar, N., Gohar, B., Ott, M. (2022). Factors associated with work performance and mental health of healthcare workers during pandemics: a systematic review and meta-analysis.. Journal of public health (Oxford, England), 44(4), 731-739. https://doi.org/10.10	Revisión sistemática / Meta-análisis	Salud	No reportado	IES
3	Di, N.P., Bahji, A., Groll, D., Carleton, R., Anderson, G. (2021). Proactive psychological programs designed to mitigate posttraumatic stress injuries among at-risk workers: a systematic review and meta-analysis.. Systematic reviews, 10(1), 126. https://doi.org/10.1186/s13643-021-01677-7	Revisión sistemática / Meta-análisis	Seguridad pública	No reportado	IES
4	Jin, H., Zhou, J., Zhang, J., Fu, Y. (2024). Factors influencing healthcare workers' performance before and after the coronavirus disease 2019 pandemic: A bibliometric analysis with supplementary comparative analysis.. Work (Reading, Mass.), 79(3), 1175-1194. https://doi.org/10.3233/WOR-230327	Análisis bibliométrico	Salud	2019	IES
5	Gnanapragasam, S., Tinch-Taylor, R., Scott, H., Hegarty, S., Souliou, E., Bhundia, R., ... (2023). Multicentre, England-wide randomised controlled trial of the 'Foundations' smartphone application in improving mental health and well-being in a healthcare worker population.. The British journal of ps	Ensayo clínico aleatorizado (ECA)	Salud	2021	Escala no especificada en abstract
6	Pallavicini, F., Orena, E., di, S.S., Greci, L., Caragnano, C., Ranieri, P., ... (2022). A virtual reality home-based training for the management of stress and anxiety among healthcare workers during the COVID-19 pandemic: study protocol for a randomized controlled trial.. Trials, 23(1), 451. https://doi.org/10.1186/s13063-022-03000-0	Ensayo clínico aleatorizado (ECA)	Educación	No reportado	IES
7	Deng, J., Li, Y., Sun, Y., Lei, R., Yang, T. (2019). Public service motivation as a mediator of the relationship between job stress and presenteeism: a cross-sectional study from Chinese public hospitals.. BMC health services research, 19(1), 625. https://doi.org/10.1186/s12913-019-4483-5	Cuantitativo (transversal)	Salud	1392	IES

8	Sadovyy, M., Sánchez-Gómez, M., Bresó, E. (2021). COVID-19: How the stress generated by the pandemic may affect work performance through the moderating role of emotional intelligence. <i>Personality and Individual Differences</i> , 180, 110986. https://doi.org/10.1016/j.paid.2021.110986	Cuantitativo	Salud / Servicios	1048	IES
9	Romo, L., Duret, C., Cruchet, L., Nann, S., Tessier, S., Zerhouni, O. (2025). Burnout in the general population: Role of anxiety, depression and traumatic events. <i>Journal of Affective Disorders Reports</i> , 21, 100941. https://doi.org/10.1016/j.jadr.2025.100941	Cuantitativo (transversal)	Múltiples sectores	No reportado	PHQ-9/PHQ-2; GAD-7
10	Egbe, A., {El, B.M. (2024). Anxiety and depression in surgeons: A systematic review. <i>The Surgeon</i> , 22(1), 6-17. https://doi.org/10.1016/j.surge.2023.09.009	Revisión sistemática / Meta-análisis	Salud	No reportado	IES
11	Kerr, C., Denée, T., Vincent, S., Bailey, K.M., Young, A.H., Rathod, S., ... (2023). The lived experience of major and treatment-resistant depression in England: a mixed-methods study. <i>Acta Psychologica</i> , 240, 104035. https://doi.org/10.1016/j.actpsy.2023.104035	Mixto	Salud / Servicios	148	PHQ-9/PHQ-2; IES
12	Immurana, M., Abdullahi, I., Kisseih, K.G., Azuug, M., Mohammed, A., {Kofi, B.M., ... (2024). Interaction effects of mental health disorders and labour productivity on economic growth in Africa. <i>Global Transitions</i> , 6, 221-230. https://doi.org/10.1016/j.glt.2024.09.002	Cuantitativo	Salud	2002	MBI (Burnout); IES
13	Tavella, G., Hadzi-Pavlovic, D., Bayes, A., Jebejian, A., Manicavasagar, V., Walker, P., ... (2023). Burnout and depression: Points of convergence and divergence. <i>Journal of Affective Disorders</i> , 339, 561-570. https://doi.org/10.1016/j.jad.2023.07.095	Cualitativo	Salud	622	Escala no especificada en abstract
14	Vuong, B.N., Hieu, V.T., Lien, L.T.P., Huyen, N.T.T. (2025). How customer orientation reduces job burnout through emotional labor and its impact on turnover intention: Does perceived organizational support matter?. <i>Acta Psychologica</i> , 259, 105331. https://doi.org/10.1016/j.actpsy.2025.105331	Cuantitativo	Banca	688	Escala no especificada en abstract
15	Delhom, I., Bueno, C., Navarro-Prados, A., Rodríguez-Ramírez, Y., Satorres, E., Meléndez, J.C. (2025). The role of personal resources in managing anxiety: A study of nursing home professionals during the COVID-19 pandemic. <i>Geriatric Nursing</i> , 66, 103680. https://doi.org/10.1016/j.gerinurse.2025	Cuantitativo (transversal)	Salud	449	Escala no especificada en abstract

16	Jaber,, M.J., AlBashaireh,, A.M., AlShatarat,, M.H., Alqudah,, O.M., {Du, P.S.E., AlGhamdi,, K.S., ... (2022). Stress, Depression, Anxiety, and Burnout among Healthcare Workers during the COVID-19 Pandemic: A Cross-sectional Study in a Tertiary Centre. The Open Nursing Journal, 16. https://doi.org/1	Cuantitativo (transversal)	Salud	No reportado	Escala no especificada en abstract
17	Almarhapi,, S.A., Khalil,, T.A. (2021). Depression among healthcare workers in North West Armed Forces hospital-Tabuk, Saudi Arabia: Prevalence and associated factors. Annals of Medicine and Surgery, 68, 102681. https://doi.org/10.1016/j.amsu.2021.102681	Cuantitativo (transversal)	Salud	No reportado	IES
18	{van, O.M.L., Kraaijeveld,, J.C., Spijker,, A.T., Silven,, A.V., Bonten,, T.N., Chavannes,, N.H., ... (2022). Preliminary effects of a digital mental health intervention for depression and anxiety. Clinical eHealth, 5, 44-51. https://doi.org/10.1016/j.ceh.2022.06.002	Cuantitativo (longitudinal)	Salud	No reportado	Escala no especificada en abstract
19	Esteller-Collado,, G., Pérez-Jover,, V., Román,, C.V.H., Malonda-Vidal,, E., Llorca-Mestre,, A., Prieto-Vila,, M., ... (2025). Effectiveness of a transdiagnostic protocol for anxiety and depression in primary care: The PsicAP-CV Stepped Wedge Cluster Randomized Trial. Journal of Anxiety Disorders, 1	Ensayo clínico aleatorizado (ECA)	Salud	320	Escala no especificada en abstract
20	Serrada-Tejeda,, S., Martínez-Cuervo,, F., Pérez-de-Heredia-Torres,, M., Montes-Montes,, R., Obeso-Benítez,, P., Palacios-Ceña,, D., ... (2025). Healthcare's empathy in elderly care: How anxiety, depression, and professional quality of life influence empathic abilities. Geriatric Nursing, 62, 188-19	Cuantitativo (transversal)	Salud	104	IES
21	Chen,, X., Ke,, J., Zhang,, X., Chen,, J. (2025). The impact of AI anxiety on employees' work passion: A moderated mediated effect model. Acta Psychologica, 260, 105487. https://doi.org/10.1016/j.actpsy.2025.105487	Cuantitativo	Salud / Servicios	430	IES
22	Zhang,, S., Guo,, P., Yuan,, Y., Ji,, Y. (2025). Anxiety or engaged? Research on the impact of technostress on employees' innovative behavior in the era of artificial intelligence. Acta Psychologica, 259, 105442. https://doi.org/10.1016/j.actpsy.2025.105442	Cuantitativo	Salud / Servicios	No reportado	Escala no especificada en abstract
23	Cherng,, C.G., Sher,, J., Chu,, H. (2025). The impacts of self-care and resilience on fatigue: Civil airline pilots in Taiwan. Transportation Research Procedia, 88, 243-252. https://doi.org/10.1016/j.trpro.2025.05.030	Cuantitativo	Transporte aéreo	No reportado	Escala no especificada en abstract

24	Zamanzadeh,, A., Eckert,, M., Corsini,, N., Adelson,, P., Sharplin,, G. (2025). Mental health of Australian frontline nurses during the COVID-19 pandemic: Results of a large national survey. Health Policy, 151, 105214. https://doi.org/10.1016/j.healthpol.2024.105214	Cuantitativo	Salud	No reportado	IES
25	Prudenzi,, A., Gill,, K., MacArthur,, M., Hastings,, O., Moukhtarian,, T., Jadhakhan,, F., ... (2024). Supporting employers and their employees with mental hEalth conditions to remain eNgaged and producTive at wORK (MENTOR): A feasibility randomised controlled trial. Journal of Contextual Behavioral	Ensayo clínico aleatorizado (ECA)	Transporte aéreo	2020	Escala no especificada en abstract
26	El-Kurdy,, R., El-Nemer,, A., Yousef,, A., Elsaidy,, W., Hamdan-Mansour,, A. (2022). The Moderation Effect of Affective Commitment on the Relationship between Job Stress and Presenteeism among Obstetric Healthcare Workers during COVID-19 Pandemic. The Open Nursing Journal, 16. https://doi.org/10.217	Cuantitativo (transversal)	Salud	50	Escala no especificada en abstract
27	Small,, K., Warton,, C., Fenwick,, J., Baird,, K., Bradfield,, Z., Homer,, C. (2025). The psychological impact of working as a midwife in Australia: Findings from a scoping review. Midwifery, 145, 104377. https://doi.org/10.1016/j.midw.2025.104377	Revisión de alcance (Scoping Review)	Salud	No reportado	Escala no especificada en abstract
28	Hollerbach,, B.S., Jitnarin,, N., Koepfel,, M.D., Valenti,, M., Beitel,, S., Goodrich,, J.M., ... (2024). Examination of Stress Among Recruit and Incumbent Women Firefighters. Safety and Health at Work, 15(4), 452-457. https://doi.org/10.1016/j.shaw.2024.10.003	Cuantitativo (transversal)	Seguridad pública	184	Escala no especificada en abstract
29	Kim,, H., Lee,, K., Lee,, Y.H., Park,, Y., Park,, Y., Yu,, Y., ... (2023). The Effectiveness of a Mobile Phone–Based Physical Activity Program for Treating Depression, Stress, Psychological Well-Being, and Quality of Life Among Adults: Quantitative Study. JMIR mHealth and uHealth, 11. https://doi.or	Cuantitativo	Salud	300	IES
30	Francis,, L., Robertson,, N. (2023). Healthcare practitioners’ experiences of breaking bad news: A critical interpretative meta synthesis. Patient Education and Counseling, 107, 107574. https://doi.org/10.1016/j.pec.2022.107574	Cualitativo	Salud / Servicios	No reportado	SCL-90; IES
31	Kowalski,, L., Finnes,, A., Koch,, S., Bujacz,, A. (2025). Optimizing Intervention Components of a Preventive Stress Management mHealth Intervention for Health Care Workers: Experimental Factorial Study. JMIR Formative Research, 9. https://doi.org/10.2196/71032	Ensayo clínico aleatorizado (ECA)	Educación	No reportado	MBI (Burnout); IES

32	Keramat,, S.A., Comans,, T., Basri,, R., Bailey,, D., Brooks,, D., Dissanayaka,, N.N. (2025). The Estimation of Health State Utility Values for Psychological Distress in Australia: Implications for Future Economic Evaluations. Value in Health, 28(3), 368-378. https://doi.org/10.1016/j.jval.2024.12.0	Cuantitativo (longitudinal)	Educación	No reportado	Escala no especificada en abstract
33	Stratton,, E., Lampit,, A., Choi,, I., {Malmberg, G.H., Aji,, M., Taylor,, J., ... (2022). Trends in Effectiveness of Organizational eHealth Interventions in Addressing Employee Mental Health: Systematic Review and Meta-analysis. Journal of Medical Internet Research, 24(9). https://doi.org/10.2196/3	Cuantitativo	Banca	2004	MBI (Burnout); IES
34	Abd-Ellatif,, E.E., Anwar,, M.M., AlJifri,, A.A., {El, D.M.M. (2021). Fear of COVID-19 and Its Impact on Job Satisfaction and Turnover Intention Among Egyptian Physicians. Safety and Health at Work, 12(4), 490-495. https://doi.org/10.1016/j.shaw.2021.07.007	Cuantitativo (transversal)	Educación	411	Escala no especificada en abstract
35	Abbaspour,, S., Tajik,, R., Atif,, K., Eshghi,, H., Teimori,, G., Ghodrati-Torbati,, A., ... (2020). Prevalence and Correlates of Mental Health Status Among Pre-Hospital Healthcare Staff. Clinical Practice and Epidemiology in Mental Health, 16, 17-23. https://doi.org/10.2174/1745017902016010017	Cuantitativo (transversal)	Salud	224	PSS (Estrés percibido); GHQ; IES
36	Lee,, K., Lee,, D., Park,, J., Kim,, H., Yun,, J., Hong,, Y., ... (2022). Association between sickness presenteeism and depressive symptoms in Korean workers during the COVID-19 pandemic: A cross-sectional study. Journal of Affective Disorders, 319, 344-351. https://doi.org/10.1016/j.jad.2022.09.029	Cuantitativo	Salud / Servicios	2020	PHQ-9/PHQ-2
37	Senerat,, A.M., Pope,, Z.C., Rydell,, S.A., Mullan,, A.F., Roger,, V.L., Pereira,, M.A. (2021). Psychosocial and Behavioral Outcomes and Transmission Prevention Behaviors: Working During the Coronavirus Disease 2019 Pandemic. Mayo Clinic Proceedings: Innovations, Quality & Outcomes, 5(6), 1089-1099.	Cuantitativo	Salud / Servicios	2019	IES
38	Boß,, L., Ross,, J., Reis,, D., Pischel,, S., Mallwitz,, T., Brückner,, H., ... (2025). Effectiveness of an integrated platform-based intervention for promoting psychosocial safety climate and mental health in nursing staff: A pragmatic cluster randomised controlled trial. International Journal of N	Ensayo clínico aleatorizado (ECA)	Salud	No reportado	MBI (Burnout); IES
39	Sulosaari,, V., Unal,, E., Cinar,, F.I. (2022). The effectiveness of mindfulness-based interventions on the psychological well-being of nurses: A systematic review. Applied Nursing Research, 64, 151565. https://doi.org/10.1016/j.apnr.2022.151565	Ensayo clínico aleatorizado (ECA)	Salud	2011	IES

40	Lewis,, S., Willis,, K., Bismark,, M., Smallwood,, N. (2022). A time for self-care? Frontline health workers' strategies for managing mental health during the COVID-19 pandemic. <i>SSM - Mental Health</i> , 2, 100053. https://doi.org/10.1016/j.ssmmh.2021.100053	Mixto	Salud	No reportado	IES
41	Nixon,, E., Patel,, S., Patel,, P., Roe,, J., Nixon,, N., Sweeney,, T., ... (2025). Mindfulness-Based Cognitive Therapy for Life (MBCT-L) Versus Stress Reduction Psychoeducation (SRP) for the Improvement of Mental Well-Being in Health Care and Other Public Sector Staff: Protocol for the Well at Work	Cualitativo	Educación	No reportado	Escala no especificada en abstract
42	Cummings,, J.R., Zhang,, X., Gandré,, C., Morsella,, A., Shields-Zeeman,, L., Winkelmann,, J., ... (2023). Challenges facing mental health systems arising from the COVID-19 pandemic: Evidence from 14 European and North American countries. <i>Health Policy</i> , 136, 104878. https://doi.org/10.1016/j.healthp	Mixto	Salud	2021	IES
43	Fields,, J.M., Price,, A., Faircloth,, B., Blas,, E., Sakkal,, M., Naumovski,, S., ... (2025). Exploring the Impact of the Emergency Department Built Environment on Physician Workplace Stress: A Qualitative Study Utilizing High-Fidelity Virtual Reality. <i>JACEP Open</i> , 6(4), 100214. https://doi.org/10.1	Cualitativo	Salud	No reportado	Escala no especificada en abstract
44	Paarima,, Y., Kisinna,, A.A., Ofei,, A.M.A. (2024). Perceived organizational politics: Implications for nurses' stress and job satisfaction. <i>International Journal of Africa Nursing Sciences</i> , 20, 100686. https://doi.org/10.1016/j.ijans.2024.100686	Cuantitativo (transversal)	Salud	213	IES
45	Mekonen,, E.G., Gebrie,, M.H., Jemberie,, S.M. (2022). Work-related stress among nurses working in northwest Amhara Referral Hospitals; a burden for hospitals. <i>International Journal of Africa Nursing Sciences</i> , 17, 100486. https://doi.org/10.1016/j.ijans.2022.100486	Cuantitativo (transversal)	Educación	2019	Escala no especificada en abstract
46	Kerksieck,, P., Ballouz,, T., Haile,, S.R., Schumacher,, C., Lacy,, J., Domenghino,, A., ... (2023). Post COVID-19 condition, work ability and occupational changes in a population-based cohort. <i>The Lancet Regional Health - Europe</i> , 31, 100671. https://doi.org/10.1016/j.lanepe.2023.100671	Cuantitativo (longitudinal)	Educación	2020	Escala no especificada en abstract
47	Harrod,, M., Takamine,, L., Abraham,, K., Ortolan,, V., Burgess,, J., Grau,, P.P., ... (2025). Burnout in practice: A qualitative study of the impact of organizational factors on burnout and patient care among VA mental health providers. <i>Qualitative Research in Medicine & Healthcare</i> , 9(3), 100032. h	Cualitativo	Salud / Servicios	No reportado	MBI (Burnout); IES

48	Omotosho,, T.F., {Alex, O.T.O., Bass,, P. (2025). Work-related stress and its associated factors among nurses in public hospitals in the Greater Banjul Area, The Gambia. International Journal of Africa Nursing Sciences, 22, 100842. https://doi.org/10.1016/j.ijans.2025.100842	Cuantitativo (transversal)	Salud	192	MBI (Burnout); IES
49	Heidari,, S., Parizad,, N., Goli,, R., Mam-Qaderi,, M., Hassanpour,, A. (2022). Job satisfaction and its relationship with burnout among nurses working in COVID-19 wards: A descriptive correlational study. Annals of Medicine and Surgery, 82, 104591. https://doi.org/10.1016/j.amsu.2022.104591	Cuantitativo	Salud	251	MBI (Burnout)
50	Hedima,, E.W., Okoro,, R.N., Yelmis,, G.A., Adam,, H. (2022). Assessment of the impact of COVID-19 pandemic on the mental health and wellbeing of pharmacists: A nationwide survey. Exploratory Research in Clinical and Social Pharmacy, 5, 100109. https://doi.org/10.1016/j.rcsop.2022.100109	Cuantitativo (transversal)	Salud	No reportado	IES
51	Akpor,, O.A., Aina,, V.O., Akpor,, O.B. (2023). Occupational Stress Levels and Coping Strategies among Nurses Working in an Urban Metropolis in North Central Nigeria. The Open Pain Journal, 16. https://doi.org/10.2174/18763863-v16-230223-2022-11	Cuantitativo (transversal)	Salud	87	IES
52	Sipos,, D., Jenei,, T., Kövesdi,, O.L., Novák,, P., Freihat,, O., Tollár,, J., ... (2023). Burnout and occupational stress among Hungarian radiographers working in emergency and non-emergency departments during COVID-19 pandemic. Radiography, 29(3), 466-472. https://doi.org/10.1016/j.radi.2023.02.01	Cuantitativo (transversal)	Salud	439	MBI (Burnout)

Instrumentos Desempeño	Categorías Temáticas
Medición productividad	Impacto del estrés en el desempeño
Medición productividad	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur
Registro ausentismo	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur
No especificado	Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Burnout y salud mental; Factores organi
Escala presentismo	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Pre
No especificado	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Intervenciones organizacionales
Escala presentismo	Impacto del estrés en el desempeño; Presentismo y ausentismo

No especificado	Impacto del estrés en el desempeño
No especificado	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur
No especificado	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur
Medición productividad	Impacto del estrés en el desempeño; Impacto de la depresión en el desempeño; Intervenciones organizacionales; Factores p
Medición productividad	Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño
No especificado	Impacto de la depresión en el desempeño; Burnout y salud mental
Intención de rotación	Burnout y salud mental; Factores organizacionales; Riesgos psicosociales
No especificado	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Intervenciones organizacionales; Factores pr

No especificado	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur
Intención de rotación; Medición productividad	Impacto de la depresión en el desempeño; Intervenciones organizacionales; Riesgos psicosociales
No especificado	Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Intervenciones organizacionales; Riesgo
No especificado	Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Intervenciones organizacionales
No especificado	Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño
No especificado	Impacto de la ansiedad en el desempeño; Intervenciones organizacionales
No especificado	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Intervenciones organizacionales; Factores or
No especificado	Impacto del estrés en el desempeño; Intervenciones organizacionales; Factores protectores; Riesgos psicosociales

No especificado	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur
Medición productividad	Impacto del estrés en el desempeño; Intervenciones organizacionales; Factores organizacionales
Escala presentismo; Medición productividad	Impacto del estrés en el desempeño; Presentismo y ausentismo
Registro ausentismo	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur
Escala satisfacción laboral	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Int
No especificado	Impacto del estrés en el desempeño; Impacto de la depresión en el desempeño; Intervenciones organizacionales
No especificado	Impacto del estrés en el desempeño; Burnout y salud mental; Intervenciones organizacionales; Factores protectores
No especificado	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur

No especificado	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Int
No especificado	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Int
Escala satisfacción laboral; Intención de rotación	Riesgos psicosociales
No especificado	Impacto del estrés en el desempeño; Factores protectores; Riesgos psicosociales
Escala presentismo	Impacto de la depresión en el desempeño; Presentismo y ausentismo
Medición productividad	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Riesgos psicosociales
No especificado	Impacto del estrés en el desempeño; Impacto de la depresión en el desempeño; Intervenciones organizacionales; Riesgos ps
No especificado	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Impacto de la depresión en el desempeño; Bur

No especificado	Impacto del estrés en el desempeño; Impacto de la ansiedad en el desempeño; Burnout y salud mental; Intervenciones organ
No especificado	Impacto del estrés en el desempeño; Intervenciones organizacionales; Riesgos psicosociales
No especificado	Impacto del estrés en el desempeño; Burnout y salud mental; Intervenciones organizacionales; Factores organizacionales;
Medición productividad	Impacto del estrés en el desempeño; Burnout y salud mental
Escala satisfacción laboral	Impacto del estrés en el desempeño; Factores organizacionales
Registro ausentismo	Impacto del estrés en el desempeño; Presentismo y ausentismo; Riesgos psicosociales
WAI; Medición productividad	Intervenciones organizacionales; Riesgos psicosociales
No especificado	Impacto del estrés en el desempeño; Burnout y salud mental; Intervenciones organizacionales; Factores organizacionales;

Registro ausentismo	Impacto del estrés en el desempeño; Presentismo y ausentismo; Riesgos psicosociales
Escala satisfacción laboral	Impacto del estrés en el desempeño; Burnout y salud mental; Intervenciones organizacionales; Factores organizacionales
No especificado	Burnout y salud mental; Riesgos psicosociales
No especificado	Impacto del estrés en el desempeño; Factores protectores
No especificado	Impacto del estrés en el desempeño; Burnout y salud mental; Intervenciones organizacionales; Riesgos psicosociales

ARTÍCULOS EXCLUIDOS — RAZONES DE EXCLUSIÓN				
Nº	Título	Año	Razón de exclusión	Criterio vulnerado
1	Recommendations for the Support of Clinical Facilitators' Mental Well-	2026	Fuera del rango temporal (año 2026)	EXCLUIDO
2	Health-related quality of life and economic burden associated with lik	2026	Fuera del rango temporal (año 2026)	EXCLUIDO
3	A qualitative analysis of psychosocial stressors and health impacts of	2022	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
4	Epidemiological investigation of depressive disorders in healthcare wo	2025	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
5	Exploring the correlates of mental healthcare approaches and employmen	2023	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
6	How can machine learning be used in stress management: A systematic li	2022	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
7	Validating the depression anxiety stress scales (DASS-21) across Germa	2025	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
8	The efficacy of mindfulness apps on symptoms of depression and anxiety	2024	No queda claro si son trabajadores del sector servicios	DUDOSO / REQUIERE REVISIÓN
9	Reducing stress and promoting well-being in healthcare workers using m	2021	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
10	Depression and related factors among public health nurses engaged in c	2025	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
11	Impact on mental health due to COVID-19 pandemic: A cross-sectional st	2023	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
12	Mental health challenges of Tibetan music teachers: A mixed-methods st	2025	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
13	Middle East Respiratory Syndrome-Corona Virus (MERS-CoV) associated st	2020	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
14	The global Prevalence of Depression among Health Workers during the CO	2022	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
15	Student stress and mental health during online learning: Potential for	2023	Población estudiantil	EXCLUIDO
16	COVID-19 and healthcare worker mental well-being: Comparative case stu	2023	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN

17	Mental health in COVID-19 Delta variant survivors and healthcare worke	2022	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
18	Determining the research status and coronavirus anxiety scores of acad	2021	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
19	TECHNOSTRESS: A comprehensive literature review on dimensions, impacts	2024	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
20	Investigating the effects of online communication apprehension and dig	2023	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
21	Status of mental health among college and university students during f	2023	Población estudiantil	EXCLUIDO
22	Prevalence of depressive symptoms in U.S. adults during the COVID-19 p	2023	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
23	Association between workplace and mental health and its mechanisms dur	2022	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
24	Managers' support to employees with common mental disorders during the	2025	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
25	Synthesis of Evidence to Support EMS Personnel's Mental Health During	2022	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
26	Impact of Connected Mental Health on the Work Environment of Mental He	2025	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN
27	Stressors in forensic organizations: Risks and solutions	2022	No relaciona claramente salud mental con desempeño laboral	DUDOSO / REQUIERE REVISIÓN