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\*\*\*\*\*\* New Exclusion\*\*\*\*\*

1. [exclude; conceptual paper no effect sizes]Aydin R, Bulut E. Experiences of nurses diagnosed with COVID-19 in Turkey: A qualitative study. Int Nurs Rev. 2022;69(3):294-304. doi:10.1111/inr.12735
2. [Exclude – A Review with Quali-s] Bovero, A., Balzani, S., Tormen, G., Malandrone, F., & Carletto, S. (2023). Factors Associated with Post-Traumatic Growth during the COVID-19 Pandemic: A Systematic Review. Journal of clinical medicine, 13(1), 95. <https://doi.org/10.3390/jcm13010095>
3. [exclude – only correlations] {still exclude; table 2 has to correlation, and table 4 has regression coefficient, but not enough to get the mean and sd of the ptgi-x}Deleuil, S., & \*\* Mussap, A. J. (2023). Evaluating an online self-distancing intervention to promote emotional regulation and posttraumatic growth during the COVID-19 pandemic. Anxiety, stress, and coping, 36(1), 18–37. <https://doi.org/10.1080/10615806.2022.2150177>
4. [exclude; no effect size] DiGiovanni M, Weller I, Martin A. Pivoting in the pandemic: a qualitative study of child and adolescent psychiatrists in the times of COVID-19. Preprint. Res Sq. 2021;rs.3.rs-287057. Published 2021 Mar 4. doi:10.21203/rs.3.rs-287057/v1
5. [exclude – no effect size reported] {still exclude, figure 1 says to have results, but not a numerical one, it’s a flow chart of concepts.} Jiang, J., Liu, Y., Han, P., Zhang, P., Shao, H., Dai, Z., & Zhuang, Y. (2024). Post-traumatic growth among emergency nurses after COVID-19 in Shanghai, China: a qualitative study. BMJ open, 14(2), e081212. <https://doi.org/10.1136/bmjopen-2023-081212>
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7. [exclude; no effect size – conceptual paper]Mohammed N, Lelièvre H. Lived experience ; of medicine nurses caring for COVID-19 patients: a quality improvement perspective. J Nurs Care Qual. 2022;37(1):35–41.
8. [unclear; have effect size but no sd for it] \* Prekazi L, Hajrullahu V, Bahtiri S, et al. The Impact of Coping Skills in Post-traumatic Growth of Healthcare Providers: When Mental Health Is Deteriorating Due to COVID-19 Pandemic. Front Psychol. 2021;12:791568. Published 2021 Dec 3. doi:10.3389/fpsyg.2021.791568