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SUPPLEMENTARY APPENDIX

This appendix formed part of the original submission and has been peer reviewed. We post it as supplied by the authors.

Supplement to: Rahmi et al., "Psychological First Aid and Its Impact on Self-Efficacy: A Scoping Review" (2025) *Asian Journal of Psychiatry and Mental Health*, 1(3). [doi: 10.62337/ajpmh.v2i1.8](https://doi.org/10.62337/ajpmh.v2i1.8)

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No	Title	Author	Year	Population	Sample	Study Design	Intervention	Outcome	Time
1	The effect of psychological first-aid virtual education on the communication skills of nurses in disasters: a randomized controlled trial	Sayed Mohammad Sadegh Madani et al.	2024	Nurse in Tehran and Isfahan, Iran	55 nurses (26 in the intervention group, 24 in the control group)	Randomized Controlled Trial	Psychological First-Aid Virtual Education, Communications Skill	Pre-disaster training and virtual education can enhance self-efficacy and nurses' communication skills in handling disasters, such as the COVID-19 pandemic. After the intervention, the two groups' combined communication skills scores were significant ($p < 0.0001$), and the two groups' communication skills scores were homogeneous ($p = 0.177$). In terms of communication abilities, there was no significant difference between the two groups prior to the intervention on the pre-intervention subscales measuring "the ability to receive and send messages" and "insight into the communication process" ($p > 0.05$).	November – December 2022

2	Effect of Psychological First Aid Training on Knowledge and Self-efficacy of Nurses: A Randomized Controlled Trial	Nair, R., et al	2023	Nursing staff in the COVID-19 inpatient unit at AIIMS, Patna	The experimental group (n = 47) and the control group (n = 50). Participants in the study were nursing officers (n = 140) employed by AIIMS, Patna's COVID-19 inpatient wards.	Randomized Control Trial	Psychological first aid (PFA) training	For both groups, the self-efficacy ratings were Z = -4.26, P < 0.01, and Z = -1.04, P = 0.3. Non-significant knowledge scores (U = 895.00, P = 1.99) and significant self-efficacy scores (U = 798.50, P = 0.043) were found using the Mann Whitney U-test. For knowledge and self-efficacy, the Friedman test of differences revealed non-significant results (2.28 at P = 0.32) in the control group and significant results (15.24 at P < 0.01) in the intervention group. Overall, the study's findings showed that nurses' knowledge and self-efficacy in providing psychosocial interventions are enhanced by the required PFA training.	14 days
3	A simulation-based nursing education of psychological first aid for adolescents exposed to hazardous chemical disasters	Hyewon Kim, Yun-Jung Choi	2022	Nurse in Seoul, South Korea	30 nurses (10 intervention group, 10 comparison group, 10 control group)	Quasi-experimental pre-post control group design	Simulation-based PFA education	When compared to nurses in the other groups, individuals who took part in the simulation-based education program shown statistically significant increases in psychological first aid performance knowledge, competence, and self-efficacy.	January – February, 2019

4	Effects of a psychological first aid simulated training for pregnant flood victims on disaster relief worker's knowledge, competence, and self-efficacy	Ju-Yeon Kang, Yun-Jung Choi	2021	Aid workers in Seoul and Gyeonggi Province.	30 people (10 intervention group, 10 comparison group, 10 control group)	Quasy-experimental pre-post design	Simulation-based PFA education	The experimental group outperformed the other two groups in terms of PFA knowledge, PFA performance competence, and self-efficacy, and this difference was statistically significant.	January 2019
5	The effects of psychological first aid training on disaster preparedness perception and self-efficacy	Nurhayat Kılıç, Nuray Şimşek	2019	Nursing students in Turkey	76 students (38 intervention group, 38 control group)	Randomized Control Trial	Psychological first aid (PFA) training	Positively impacted the intervention group's opinion of overall self-efficacy and disaster preparedness ($p < 0.01$); There is a significant positive correlation ($p < 0.05$) between disaster preparedness and overall self-efficacy.	60 minutes per week for 6 weeks, involving theory and practice to improve disaster preparedness and self-efficacy.

Table 3. Summary of identified study characteristics