

Online resource 2. Summary of study characteristics and participant characteristics (n=64)

Study Characteristics					Participant Characteristics			
1 st Author, Year	Setting	Study design	Data Collection	Profession(s)	Practice Experience	n	Gender	Age
Al-Imam, 2014	Government hospitals in Saudi Arabia	Cross-sectional	Online questionnaire	Physical therapists	0-4 years = 10; 8.4% 5-14 years = 41; 34.4% 15-24 years = 35; 29.4% 25-34 years = 19; 16.05% >35 years = 8; 6.7%	119	M=44 F=75	NR
Balogun, 2002	Hospitals and clinics in New York City	Cross-sectional	Mailed questionnaire	Physical therapists Occupational therapists	<5 years = 144; 47%, 6-10 years = 7; 23% 11-15 years = 68; 22% 16-20 years = 9; 3% 21-25 years = 6; 2% >25 years = 12; 4%	169 138 T =307	M=64 F=243	Mean 33 years, SD 9
Bejer, 2019	Urban and rural communities in Lancat, Poland	Cross-sectional	NR	Physical therapists	Mean 6.9 years, range 1-30	86	M=21 F=65	Mean 30.1 years, range 22-53
Berry, 2015	Rural areas (frontier counties) in the US	Cross-sectional	NR	Physical therapists	0-4 years = 10; 8.8% 5-14 years = 41; 36.3% 5-24 years = 35; 31.0% 25-34 years = 19; 16.8% ≥35 years = 8; 7.1%	113	M=35 F=78	NR
Brollier, 1987	Female therapists in US hospital-based programmes	Cross-sectional	Paper questionnaire	Occupational therapists	Mean 7.5 years	129	M=0 F=129	Mean 32 years
Brown, 1992	Psychiatric hospitals in Ontario	Cross-sectional	Mailed questionnaire	Occupational therapists	Mean 10.6 years	89	M=11 F=78	Mean 37.2 years, SD 12.7

Brollier, 1987	Members of Society of Alberta Occupational Therapist (SAOT) and non-members across Canada	Cross-sectional	Online questionnaire	Occupational therapists	Student = 3; 2.1% <1 year = 3; 2.1% 1-<5 years = 32; 22.9% 5-<10 years = 21; 15% 10-<15 years = 19; 13.6% 15-<20 years = 19; 13.6% ≥20 years = 47; 33.6%	139	M=6 F=133	20-30 years = 32; 22.4% 31-40 years = 33; 23.1% 41-50 years = 42; 29.4% 51-60 years = 24; 16.8% ≥61 years = 12; 8.4%
Bruce, 2022	Novice therapists (2-5 years' work experience) in South Africa	Cross-sectional	Online questionnaire	Occupational therapists	2 years = 43; 16.5% 3 years = 68; 26.1% 4 years = 46; 17.6% 5 years = 104; 39.8%	261	M=2 F=259	21-25 years = 78; 29.9% 26-30 years = 142; 54.4% 31-35 years = 25; 9.6% 36-40 years = 13; 5.0% ≥41 years = 3; 1.1%
Bruschini, 2018	Hospitals and private health care clinics in Lazio	Cross-sectional	NR	Physical therapists Occupational therapists	NR	210 80 T=290	NR	Mean 40.8 years, SD 9.5 Mean 34.9 years, SD 10.2
Carmona-Barrientos, 2020	Therapists working in public or private practice in the province of Spain	Cross-sectional	Paper questionnaire	Physical therapists	0-2 years = 37; 13.6% 3-10 years = 107; 39.3% >10 years = 128; 47.1%	272	M=103 F=169	<25 years = 43; 15.8% 26-50 years = 215; 79.0% >50 years = 14; 5.1%
Corrado, 2019	Full-time practicing therapists	Cross-sectional	Online or postal questionnaire	Physical therapists	0-10 years = 79; 66.9% >10 years = 39; 33.1%	118	M=70 F=48	<26 years = 31; 26.3% 26-35 years = 49; 41.5% >35 years = 38; 32.2%
De Medeiros, 2022	Healthcare workers in public hospitals in northeastern	Cross-sectional	Online questionnaire	Physical therapists	NR	80	NR	NR

	Brazil during the COVID-19 pandemic							
Donohoe, 1993	Therapists working in inpatient settings in rehabilitation hospitals in Massachusetts	Cross-sectional	Paper questionnaire	Physical therapists	<3 years = 77; 63.1% >3 years = 45; 36.9%	122	M=9 F=113	Mean 27 years, SD 5
Escudero-Escudero, 2020	Members of the Spanish OT professional collages and associations and non-members across Spain	Cross-sectional	Online questionnaire	Occupational therapists	NR	758	M=70 F=688	<30 years = 247; 36.1% 30-39 years = 351; 46.3% ≥40 years = 133; 17.5%
Ferguson, 2023	Outpatient physical therapists in hospital and private practice organisations across the United States	Cross-sectional	Online questionnaire	Physical therapists	0-5 years = 29; 31.2% 6-10 years = 25; 26.9% 11-15 years = 12; 12.9% ≥16 = 27; (29.0%	94	M=47 F=47	NR
Fischer, 2013	Therapists working in public health authorities in South Tyrol and Bozen in Northern Italy	Cross-sectional	Postal questionnaire	Physical therapists	Mean 12.6 years	132	M=28 F=104	Mean 36.7 years
Grande-Alonso, 2023	Freelance and contract physical therapists working in Madrid	Cross-sectional	Online questionnaire	Physical therapists	NR	174	M=94 F=80	18-23 years = 14; 8.0% 24-29 years = 93; 53.4% 30-35 years = 36; 20.6% 36-41 years = 25; 14.4% 42-47 years = 4; 2.3% 48-53 years = 2; 1.1%

Gupta, 2012	Members of the Ontario Society of Occupational Therapists	Cross-sectional	Online questionnaire	Occupational therapists	Mean 14.72 years	63	M=5 F=58	Mean 40.21 years
Jahrami, 2009	Mental health clinicians in the psychiatric hospital Bahrain	Cross-sectional	Mailed questionnaire	Occupational therapists	NR	13	NR	NR
Janus, 2018	Professionally active therapists in Poland	Cross-sectional	NR	Occupational therapists	Mean 7 years	97	M=14 F=83	Mean 34 years
Juy, 2023	Therapists working across different geographical regions of Spain	Cross-sectional	Online questionnaire	Occupational therapists	< 1 year = 8; 6.3% 1-3 years = 27; 21.3% 3-5 years = 10; 7.9% >5 years = 82, 64.6%	127	M=9 F=118	NR
Kim, 2020	Therapists working in hospitals in Korea	Cross-sectional	NR	Physical therapists Occupational therapists	<3 years = 126; 38.8% ≥3-<6 years = 71; 21.8% ≥6 years = 128; 39.4%	216 109 T=325	M=131 F=194	20-29 years = 178; 54.8% ≥30 years = 147; 45.2%
Lee, 2021	Therapists in hospitals in several provinces of South Korea	Cross-sectional	NR	Physical therapists Occupational therapists	NR	216 109 T=325	M=131 F=194	20-39 years = 178; 54.8% ≥30 years = 147; 45.2%
Lloyd, 2004	Australian mental health therapists	Cross-sectional	Online questionnaire	Occupational therapists	NR	196	M=18 F=178	NR
Mandy, 2004	Newly qualified podiatrists in the UK and Australia	Cross-sectional	NR	Podiatrists	<3 years	492	NR	NR
Martinussen, 2011	Private and public sector therapists from the Norwegian Physiotherapy Association	Cross-sectional	Mailed questionnaire	Physical therapists	NR	244	M=57 F=187	Mean 42.1 years, SD 10.3

Morisawa (2022)	Therapists delivering service to patients with COVID-19 in Japanese hospitals	Cross-sectional	Online questionnaire	Physical therapists	Median 13 years, IQR 8-12	566	M=446 F=120	Median 37 years, IQR 31-45
Painter, 2003	Members of the American Occupational Therapy Association	Cross-sectional	Mailed questionnaire	Occupational therapists	Mean 11.5 years	521	M=42 F=479	Mean 36.3 years, SD 9.8
Pavlakakis, 2010	Therapists working in private and public health sectors in Cyprus	Cross-sectional	NR	Physical therapists	More than half of therapists had less than 10 years practice experience	172	M=62 F=110	<30 years = 13; 7.6% 31-40 years = 17; 9.95% 41-50 years = 50; 29.1% 51-60 years = 71; 41.3% >60 years = 13; 7.6%
Piedmont, 1993	Therapists from the Walter Reed medical hospital and the national rehabilitation hospital in Washington DC	Cross-sectional	NR	Occupational therapists	Mean 7.6 years, SD 5.2	36	M=4 F=32	Mean 32 years, SD 5.1
Pniak, 2021	Therapists working in hospitals during the Covid-19 pandemic in south-east Poland	Cross-sectional	NR	Physical therapists	NR	106	M=37 F=69	NR
Pranger, 1993	Therapists in an Ontario psychiatric hospital	Cross-sectional	Mailed questionnaire	Occupational therapists	Mean 10.9 years	91	M=18 F=73	Mean 37.2 years, SD 12.7
Pustulka-Piwnik, 2014	Therapists working in health service posts in Krakow, Poland	Cross-sectional	Paper questionnaire	Physical therapists	Mean 14.11 years	151	M=21 F=130	< 30 years = 20; 13.2% 30-39 years = 77; 51.0%

40-49 years = 40;
26.5%
>49 years = 14; 9.3%

Reyes, 2018	Filipino therapists in the PAOT registry	Cross-sectional	Online questionnaire	Occupational therapists	≤ 2 years = 24; 42% 3-5 years = 15; 26% >5 years = 18; 32%	57	M=14 F=43	24-29 years = 36; 63% ≥30 years = 21; 37%
Rodriguez-Nogueira, 2021	Members of the professional boards of physical therapy in Spain	Cross-sectional	Online questionnaire	Physical therapists	Mean 7.7 years, SD 8.0	472	M=149 F=323	Mean 33.4 years, SD 9.3
Rodriguez-Nogueira, 2022a	Members of the professional associations of physiotherapy in Spain	Cross-sectional	Online questionnaire	Physical therapists	Mean 10.9 years, SD 7.8	461	M=140 F=321	Mean 33.6 years, SD 8.2
Rodriguez-Nogueira, 2022b	Members of the professional associations of physiotherapy in Spain	Cross-sectional	Online questionnaire	Physical therapists	Mean 10.7 years, SD 7.8	471	M=149 F=322	Mean 33.3 years, SD 8.1
Rogers, 1988	Members of the American Occupational Therapy Association	Cross-sectional	NR	Occupational therapists	Mean 9.1 years	99	M=2 F=97	Mean 33.3 years
Roundy (2023)	Physical therapists or occupational therapists working in a university-affiliated health system	Cross-sectional	Online questionnaire	Physical therapists and occupational therapists	Mean 9.84 years, SD 9.60 years	125	M=30 F=95	Mean 36.3 years, SD 9.44
Sadeghi 2023	Paediatric occupational therapists working in Iran who took part in a training workshop	Quasi-experimental pre-post test	NR	Occupational therapists	< 1 year = 1; 2.9% >1 year = 34; 97.1%	35	M=10 F=25	<30 years >90%

Schlenz, 1995	Therapists working in head injury rehabilitation facilities in the pacific northwest	Cross-sectional	NR	Physical therapists Occupational therapists	Mean 6.7 years, SD 5.3	19 21 T=40	M=2 F=38	Mean 32.5 years, SD 6.3
Scutter, 1995	New graduates (past 5 years) working in South Australia	Cross-sectional	Mailed questionnaire	Physical therapists	NR	66	M=22 F=44	Mean 26.3 years
Shin, 2022	US therapists working in a wide range of clinical settings	Cross-sectional	Online questionnaire	Occupational therapists	Mean 12.1 years; SD 10.8	178	M=11 F=167	Mean 38.8 years; SD 11.3
Struwig, 2023	Community service occupational therapists in South Africa	Cross-sectional	Online questionnaire	Occupational therapists	NR	75	M=2 F=73	Range 22-30
Sturgess, 1983	Therapists working in the Brisbane metropolitan area	Cross-sectional	NR	Occupational therapists	>1 year = 23; 21.3% <1 year = 83; 78.7%	106	M=2 F=104	≤30 years = 89; 83.96%
Szwamel, 2022	Clinicians actively working in Poland during the COVID-19 pandemic	Cross-sectional	Online questionnaire	Physical therapists	NR	106	M=22 F=84	Mean 37.19 years, SD 9.61
Tan, 2004	Therapists working in government and private hospitals, voluntary welfare organisations and private practices in Singapore	Cross-sectional	Mailed or online questionnaire	Occupational therapists	Mean 5 years, SD 0.94	37	M=8 F=29	Mean 30 years, SD 5.2
Teo, 2021	Allied health practitioners	Cross-sectional	Electronic questionnaire	Occupational therapists	NR	33 28	NR	NR

	working in a tertiary acute care hospital in Singapore			Physical therapists Podiatrists		5 T=66		
Toellner, 2007	Therapists in the Durban metropolitan area	Cross-sectional	NR	Occupational therapists	Mean 9.69 years	31	M=1 F=30	Mean 33.4 years
Tragea, 2012	Licensed therapists in private and public hospitals and rehabilitation centres	Cross-sectional	NR	Physical therapists	NR	176	M=76 F=100	Mean 35.2 years, SD 9.3
Wandling, 1997	Members of the American Physical Therapy Association working in orthopaedic clinics in east-north central states of the US	Cross-sectional	NR	Physical therapists	Mean 11.4 years, SD 8.0	387	M=148 F=239	Mean 36.0 years, SD 7.9
Williams, 2013	Licensed chiropractors in New York, New Jersey, Pennsylvania governance bodies	Cross-sectional	Electronic questionnaire	Chiropractors	0-5 years = 7; 8% 6-10 years = 14; 16% 11-15 years = 14; 16% 16-20 years = 10; 12% 20-25 years = 15; 17% 25-30 years = 10; 12% ≥31 years = 16; 19%	90	M=68 F=18	20-30 years = 8; 9% 31-40 years = 20; 23% 41-50 years = 24; 28% 51-60 years = 27; 31% 61-70 years = 5; 6% ≥71 years = 2; 2%
Williams, 2014	Doctor of Chiropractic's in the US national database	Cross-sectional	Electronic questionnaire	Chiropractors	0-5 years = 88; 8% 6-10 years = 127; 11% 11-15 years = 197; 17%	1162	M=943 F=206	20-30 years = 61; 5% 31-40 years = 220; 19% 41-50 years = 309; 27%

16-20 years = 137;

12%

20-25 years = 169;

15%

25-30 years = 176;

15%

≥31 years = 255; 22%

51-60 years = 387;

34%

61-70 years = 148;

13%

≥71 years = 24; 2%

Yousaf, 2021	Therapists working in government and private sector hospitals, clinics, and academic settings in Lahore	Cross-sectional	NR	Physical therapists	NR	387	M=162 F=225	Public sector: Mean 27.9 years, SD 6.3 Private sector: Mean 28.9 years, SD 4.0
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M = Male; F = Female; NR = Not Reported; T = total