**Mental Health and Well-being of Doctoral Students: A Systematic Review**

# Literature Search Strategy:

## Databases searched:

* Web of Science;
* PubMed;
* Scopus;
* EBSCO (including PsycINFO, PsycARTICLES, and the Psychology and Behavioral Science Collection)

## Search terms:

（"doctoral student\*" OR "doctoral candidate\*" OR "PhD student\*" OR "Ph.D. student\*" OR "PhD candidate\*" OR "Ph.D. candidate\*" OR "doctorate student\*" OR "doctorate candidate\*" )

AND

("mental health" OR "psychological health" OR "mental disorder\*" OR "mental illness" OR "psychological distress" OR "depress\*" OR "anxiety" OR "stress" OR "burnout" OR "PTSD" OR "bipolar disorder" OR "loneliness" OR "social isolation"OR "affective disorder" OR "panic disorder" OR "sleep disorder"OR “eating disorder" OR "substance abuse" OR "alcohol use disorder" OR "drug use disorder”)

AND

("well-being" OR "wellbeing" OR "subjective well-being" OR "psychological well-being" OR "emotional well-being" OR "social well-being" OR "life satisfaction" OR "quality of life" )

## Selection criteria

The screening process applied rigorous inclusion and exclusion standards aligned with the research objectives. Studies were included if they met the following criteria: (a) participants were doctoral students; (b) the study addressed mental health issues or well-being outcomes; (c) the publication was written in English; (d) the study employed empirical methods, including quantitative, qualitative, or mixed-methods designs; and (e) the paper was peer-reviewed and published in an academic journal. Exclusion criteria were: (a) studies not focusing on doctoral students (e.g., undergraduates, master’s students, postdoctoral researchers, or faculty); (b) studies unrelated to mental health or well-being; (c) publications not in English; (d) non-empirical works such as reviews, commentaries, theoretical articles, book chapters, or conference abstracts; and (e) grey literature not subject to peer review.