

**Appendix 1:** Search terms**Population: Sex Workers:**

MESH: SEX WORK OR “sex work\*” OR “female sex work\*” OR “male sex work\*” OR “trans\* sex work\*” OR “migrant sex work\*” MESH: PROSTITUTION OR prostitut\* OR “rent boy\*” OR “gay for pay” OR “commercial sex work\*” OR escort OR “massage parlour\*” OR “sell\* sex” OR “sold sex” OR “exchange\* sex” OR “sex trade” OR “sex industry” OR “adult entertainment industry” OR MESH: TRANSACTIONAL SEX OR “transactional sex” OR “red light district” OR “street walker” OR gigolo OR “call girl” OR hustler OR “sex performer”

**Interventions:**

MESH:COUNSELING OR counselling OR therap\* OR MESH INTERVENTION OR intervention\* OR MESH PREVENTION prevent\* OR “peer support” OR MESH: BEHAVIOUR CHANGE OR “behaviour change” OR MESH: THERAPEUTICS OR treat\* OR service OR MESH: HEALTH SERVICES ACCESSIBILITY OR access OR MESH: RISK REDUCTION BEHAVIOR OR “risk reduction” OR MESH: HEALTH EDUCATION OR educat\* OR advice OR program\* OR evaluat\* OR MESH: HEALTH PROMOTION “health promot\*” OR MESH: MOTIVATIONAL INTERVIEWING “motivational interviewing” OR MI OR MESH: COGNITIVE BEHAVIORAL THERAPY OR “cognitive behavioural therapy” OR CBT OR MESH: ACCEPTANCE AND COMMITMENT THERAPY OR “acceptance and commitment therapy” OR ACT OR MESH: EYE MOVEMENT DESENSITIZATION THERAPY OR “eye movement desensitization and reprocessing” OR EMDR OR “emotion focused therapy” OR MESH: MINDFULNESS OR mindful\* OR psych\* OR MESH: PSYCHOEDUCATION “psycho-education” OR “skills training” OR MESH:SOCIAL SKILLS OR “social skills” OR group OR MESH: SOCIAL SUPPORT OR “social support” OR outreach

**Outcomes: Wellbeing:**

MESH: WELBEING OR wellbeing OR well-being OR “well being” OR MESH: HEALTH OR health OR MESH: MENTAL HEALTH OR “mental health” OR “emotional health” OR MESH: DEPRESSION OR depression OR MESH: ANXIETY OR anxiety OR MESH:QUALITY OF LIFE OR “quality of life” OR qol OR “health-related quality of life” OR “health related quality of life” OR hqol OR MESH:SELF ESTEEM “self-esteem” OR “self esteem” OR MESH: CONFIDENCE / SELF CONCEPT OR confidence OR MESH: SAFE SEX OR “safe\* sex” OR “personal safety” OR MESH: PHYSICAL HEALTH OR “physical health” OR equality OR MESH: EMPOWERMENT OR empower\* OR “service engagement” OR MESH: DISTRESS OR distress OR MESH: COPING / COPING BEHAVIOR /PSYCHOLOGICAL ADAPTATION OR coping

Appendix 2: Inclusion and exclusion criteria

PICO	Inclusion	Exclusion
P	<p><b>Study population:</b></p> <ul style="list-style-type: none"><li>Sex workers (male, female, trans, migrant)</li><li>People engaging in exchange or transactional sex</li></ul> <p><b>Country:</b></p> <ul style="list-style-type: none"><li><b>First world countries:</b> UK, USA, Canada, Australia, New Zealand</li></ul>	<ul style="list-style-type: none"><li>Non-sex workers</li><li>People who do not engage in exchange or transactional sex</li><li>Sex workers under the age of 18</li><li>Sex trafficking / sexual exploitation / coercive sex work</li></ul> <ul style="list-style-type: none"><li><b>Second world countries:</b> Russia, HONG KONG, China, South Asia (Afghanistan, Iran, India, Nepal, Pakistan, Sri Lanka, Bangladesh, Bhutan and Maldives), Uzbekistan, <b>Turkmenistan</b>, Armenia, South East Asia (Brunei, Malaysia, Myanmar, Singapore, Thailand, Cambodia, Laos, Indonesia, Papa New Guinea, Vanuatu, Vietnam, The Philippines) Korea, Eastern Europe (Czech Republic, Poland, Croatia, Slovakia, Hungary, Romania, Moldova, Serbia, Lithuania, Latvia, Estonia, Slovenia, Bulgaria, Ukraine, Belarus, Bosnia, Albania, Kosovo, Macedonia) Georgia, Turkey, Mongolia</li></ul> <ul style="list-style-type: none"><li><b>Third world countries:</b> Africa, Mexico, Latin and South America (Antigua and Barbuda, Argentina, Bahamas, Barbados, Belize, Bolivia, Brazil, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Dominica, Ecuador, El Salvador, Grenada, Guatemala, Co-operative Republic of Guyana, Haiti, Honduras, Jamaica, Mexico, Nicaragua, Panama, Paraguay, Peru, Santa Lucia, Federation of Saint Kitts and Nevis, Saint Vincent and the Grenadines, Suriname, Trinidad and Tobago, Uruguay, Venezuela) Central America, Puerto Rico, Thailand, South Africa</li></ul>

I	<p><b>Psychosocial interventions:</b></p> <ul style="list-style-type: none"> <li>• Individual or group counselling,</li> <li>• Peer support</li> <li>• Behaviour change</li> <li>• Risk reduction</li> <li>• Harm minimisation</li> <li>• Health promotion</li> <li>• Psycho-education</li> <li>• Drug and alcohol support</li> <li>• Skills training</li> <li>• Outreach work.</li> </ul> <p><b>Study Design:</b> Any un/published, qualitative/quantitative/mixed methods study that measures the effectiveness of a psychosocial intervention using validated psychological or quality of life measures</p>	<p><b>Structural interventions:</b></p> <ul style="list-style-type: none"> <li>• De-criminalisation</li> <li>• Community mobilisation</li> </ul> <p><b>Economic interventions:</b></p> <ul style="list-style-type: none"> <li>• microfinancing</li> </ul> <p><b>Biomedical interventions:</b></p> <ul style="list-style-type: none"> <li>• Sexually Transmitted Infection (STI) screening</li> <li>• Periodic presumptive/treatment for STI's</li> <li>• HIV pre- and post-exposure prophylaxis and vaccinations for Hepatitis B or Human Papillomavirus) were excluded.</li> <li>• Observational studies that do not assess any intervention effects</li> <li>• Psychometric studies that validate wellbeing measurements but do not assess intervention effects</li> <li>• Prevalence studies that do not assess intervention effects</li> <li>• Systematic reviews</li> <li>• Reviews, editorials, letters, commentaries, clinical guidelines</li> </ul>
C		
O	<p><b>Outcome:</b> Qualitative studies are eligible for inclusion if they report at least one measurable health outcome that can be externally validated:</p> <ul style="list-style-type: none"> <li>• Quality of Life (QoL)</li> <li>• Health related Quality of Life (HRQoL)</li> <li>• General Anxiety Disorder (GAD-7)</li> <li>• Patient Health Questionnaire (PHQ-9)</li> <li>• The Rosenberg Self-esteem scale (Rosenberg, 1965)</li> <li>• Trauma Screening Questionnaire (Brenwin, 2002).</li> </ul>	<ul style="list-style-type: none"> <li>• Self-reported measures</li> <li>• Service attendance figures</li> <li>• Results from sexual health screening / testing</li> </ul>

	Qualitative studies can be included if they report qualitative data evaluating the effectiveness of psychosocial interventions from the perspectives of sex workers themselves.	
--	---	--

**Appendix 3:** Data extraction form

The following data was extracted from each study:

- Author
- Year
- Aim
- Geographical location
- Sample size
- Sample characteristics
- Recruitment method
- Intervention
- Study design
- Outcome measures
- Data collection
- Data analysis
- Findings

**Appendix 4:** Effective Public Health Practice Project (EPHPP) quality assessment scores

Study authors and date	Selection bias	Study design	Confounders	Blinding	Data collection methods	Withdrawals and drop outs	Overall quality score
Decker (2018)	Strong	Moderate	Weak	Weak	Strong	Moderate	<b>WEAK</b>
Gunn (2016)	Moderate	Moderate	Strong	Moderate	Strong	Weak	<b>WEAK</b>
Litchfield (2010)	Strong	Moderate	Weak	Weak	Strong	Strong	<b>WEAK</b>

**Appendix 5:** NICE Quality Appraisal Checklist for Qualitative Studies outcome scores

Study author & date	Theoretical approach	Study design	Data collection	Trustworthiness	Analysis	Ethics	Overall assessment
Arnold (2000)	Appropriate / Clear	Defensible	Appropriate	Unclear / Unclear / Reliable	Not rigorous / Poor / Unreliable / Convincing / Relevant / Inadequate	Not Reported	<b>(-)</b>
Benoit (2017)	Appropriate / Clear	Defensible	Appropriate	Clear / Clear / Reliable	Rigorous / Rich / Reliable / Convincing / Relevant / Adequate	Appropriate	<b>(++)</b>
Bodkin (2015)	Appropriate / Mixed	Indefensible	Appropriate	Unclear / Clear / Unreliable	Not rigorous / Poor / Unreliable / Convincing / Relevant / Adequate	Appropriate	<b>(-)</b>
Decker (2018)	Appropriate / Mixed	Defensible	Inadequately documented	Clear / Unclear / Not sure	Rigorous / Poor / Unreliable / Convincing / Relevant / Adequate	Appropriate	<b>(+)</b>
Jeal (2017)	Appropriate / Clear	Indefensible	Appropriate	Clearly described / Clear / Unreliable	Rigorous / Rich / Unreliable / Convincing / Relevant Adequate	Inappropriate	<b>(+)</b>
Felsher (2017)	Appropriate / Clear	Defensible	Appropriate	Clearly described / Unclear / Reliable	Rigorous / Rich / Unreliable / Convincing / Relevant/ Adequate	Appropriate	<b>(+)</b>
Preble (2016)	Appropriate / Clear	Defensible	Appropriate	Clearly described / Clear / reliable	Rigorous / Rich / Reliable / Convincing / Relevant / Adequate	Appropriate	<b>(++)</b>
Wahab (2006)	Appropriate / Clear	Defensible	Appropriate	Clearly described / Clear / Reliable	Rigorous / Rich / Reliable / Convincing / Relevant/ Adequate	Inappropriate	<b>(+)</b>