**Title:** The supportive role of online supervision for local mental health workers following the major Türkiye-Syria earthquakes

**Authors:** Gülşah Kurt1, Fatema Almeamari2, Hafsa Eldardery2, Ceren Acartürk2, &Ruth Wells3

1School of Psychology, UNSW, Sydney, Australia

2Department of Psychology, Koc University, Istanbul, Türkiye

3Discipline of Psychiatry and Mental Health, School of Clinical Medicine, UNSW, Sydney, Australia

**Background:** The earthquakes in Türkiye and Syria are considered the worst natural disaster in the past 100 years, causing massive destruction in the affected areas and resulting in thousands of deaths and injuries. In emergencies, local humanitarian workers are often the first to arrive and the last to leave. Due to their direct exposure to the crisis and close work with affected communities, they face a heightened risk of developing mental health problems.

**Objective:** This study aimed to examine the stress-buffering role of group-based supervision on the mental health and compassion satisfaction of Syrian mental health workers following the earthquakes.

**Method:** A mixed-methods longitudinal study was conducted with 55 Syrian mental health workers in Türkiye and Northwest Syria (41.8% female). A piecewise mixed-effects model within a Bayesian hierarchical framework was used to examine changes in psychological distress and compassion satisfaction over 16 months, divided into control, pre-earthquake, and post-earthquake periods. The supervision sessions (N = 9) and interviews with supervisors (N = 10) were analyzed using thematic analysis.

**Results:** The findings indicated significant improvements in psychological distress and compassion satisfaction during the post-earthquake supervision period. Qualitative results highlighted the role of supervision as a safe space for practitioners, providing both emotional and practical support in the aftermath of the earthquakes.

**Conclusion:** These findings underscore the stress-buffering role of supervision for local mental health workers in complex humanitarian settings. Supervision can play a pivotal role in ensuring the sustainability of high-quality and effective psychological support for conflict-affected populations.