

**Supplemental table A. Databases and search terms.**

Database	Search Terms
PubMed	("cognitive load" OR "cognitive load theory" OR “mental effort” OR “mental load” OR “human channel capacity” OR “mental workload”) AND (“education, professional” OR “professional education” OR education [sh] OR educat* OR training OR trainee* OR students [mesh] OR student* OR learner*)
PsycINFO	("cognitive load" OR "cognitive load theory" OR “mental effort” OR “mental load” OR “human channel capacity” OR “mental workload”) AND (educat* OR education OR training OR trainee* OR student* OR learner*) in ANYWHERE
ERIC	("cognitive load" OR "cognitive load theory" OR “mental effort” OR “mental load” OR “human channel capacity” OR “mental workload”) AND (educat* OR education OR training OR trainee* OR student* OR learner*) in ANYWHERE
CINAHL	("cognitive load" OR "cognitive load theory" OR “mental effort” OR “mental load” OR “human channel capacity” OR “mental workload”) AND (educat* OR education OR training OR trainee* OR student* OR learner*)
Scopus	("cognitive load" OR "cognitive load theory" OR “mental effort” OR “mental load” OR “human channel capacity” OR “mental workload”) AND (educat* OR education OR training OR trainee* OR student* OR learner*) in Article, Title, Abstract, Keywords
Web of Science	("cognitive load" OR "cognitive load theory" OR “mental effort” OR “mental load” OR “human channel capacity” OR “mental workload”) AND (educat* OR education OR training OR trainee* OR student* OR learner*) in TOPIC
IEEE Xplore Digital Library	("cognitive load" OR "cognitive load theory" OR “mental effort” OR “mental load” OR “human channel capacity” OR “mental workload”) AND (educat* OR education OR training OR trainee* OR student* OR learner*)
Google Scholar	allintitle: ("cognitive load" OR "cognitive load theory" OR "mental effort" OR "mental load" OR "human channel capacity" OR "mental workload") AND (education OR training OR trainee)