

Peer Review

Review of: "Benefits to Mental Wellbeing from Making Positive Changes in Health-Related Behaviours: An Ultra-Rapid Review"

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This is a clear and well-structured, concise review of current knowledge about how positive changes in health behaviour affect mental wellbeing. It effectively focuses on the practical use of findings in both public health messaging and individual counselling contexts. The still relatively novel methodology appears appropriate for its aims.

I particularly appreciate the “overall” subsections, which concisely summarise the information most relevant for practitioners engaged in counselling, including the expected time-to-benefits and whether associations can be interpreted causally. The authors’ wording is appropriately cautious, and they acknowledge that possible causal mechanisms need to be clarified.

References to supplementary materials should be checked and clarified. The link osf.io/j2gpc appears not to exist; should it be osf.io/qcg9f instead? The supplementary documents themselves probably aim to be self-contained and readable independently of the main article; however, the connection to the article could be strengthened with clearer labelling, for example, by distinguishing which supplemental files contain the study protocol (which I didn’t find), or which parts or files show results from study phase 1 and phase 2, respectively.

Declarations

Potential competing interests: No potential competing interests to declare.