

# Review of: "Training Teachers to Become Mental Health Promoters: Impact on Their Well-Being"

Ridha Joobar<sup>1</sup>

<sup>1</sup> McGill University

**Potential competing interests:** No potential competing interests to declare.

The main goal of the study is to assess the impact of a capacity-building training program for teachers on their mental well-being. This training is part of a research project called "ES'COOL," designed to promote mental health in students.

The authors posit that improved mental well-being among teachers may positively impact student mental health.

Measurements were taken one week before and one week after the training. The sample consists of 275 teachers working in Portuguese schools.

The authors reported an overall positive impact of the training, as measured by various assessment tools.

Overall, the project is ambitious and interesting, but the manuscript requires major revisions.

1. The clarity of the ideas and the English writing needs major revision. Just to give an example, in the abstract, the last sentence is unclear in its relation to the study's results and its formulation.
2. While the authors discuss the "mental health" of teachers, it seems to me that the study investigates general well-being rather than "mental health." The expression "Mental health", generally, is related to psychiatric conditions, which were not evaluated here.
3. The statistical section is brief and lacks clarity on methodologies and justification for statistical models. This section needs a major revamp, particularly in relation to the multiple regression models that have been used.
4. Though the authors hypothesize that improved teacher well-being will positively impact student mental health, measurements were taken only a week after training, possibly not allowing for the full effects of the training to manifest. Would it have been preferable to measure outcomes months after the training?
5. Tables 2 and 3 could be amalgamated and presented more effectively. Including only subjects with 2 measurements (before and after training) may streamline the presentation of the tables.
6. The results section should be more concise. A general statement could be made, followed by reference to the results table.

