

Review of: "Assessing the Impact of a Group Intervention on the Mental Well-being of Undergraduate Healthcare Students"

Marwa Zalat¹

¹ Zagazig University

Potential competing interests: No potential competing interests to declare.

Title: Assessing the Impact of a Group Intervention on the Mental Well-being of

Undergraduate Healthcare Students

Thank you for inviting me to review this manuscript. This is an important study concerning Mental Well-being of Undergraduate Healthcare Students. Nevertheless, I do have several concerns in this particular study I would like to address:

Major comments in the article which needs clarification, rewrites and/or additional information

Methods: Please describe the detailed methods

- Random assignment of participants to intervention and comparison groups was not possible in this research: why was not possible? Justify your answer why the researchers didn't make the randomization?
- A convenient sampling technique was used to enroll fifty-seven students who were willing to join the study: what is the total number of dental students in the intern? What was the sample size? Please demonstrate
- The intervention group of 29 students received eight facilitated sessions of four hours' duration each, spaced over the duration of three weeks: write in details where these sessions were held? How many participants in each session? How many session weekly? How was the announcement for session done? How gave these sessions for the participants? What were the contents of these intervention sessions?
- Two-phase data collection: clarify what was done in each phase separately, better to involve flowchart demonstrating this quazi experimental study. How the participants were recruited in the study? Was the data collection using questionnaire was direct (face to face) or electronic? And if so how the researchers distribute the questionnaire for the students? Please write in details
- The study, which spanned from February to July 2018: write full detail of study period Month/ Day/ Year
- Ethical clearance from the institutional ethics committee of the Indian Institute of Public Health Gandhinagar (IIPHG): write the Number of the research ethical approval
- was there pilot study before conducting the research?
- What about the statistical analysis / data management? And tests used in this study?

Results:

- Add the number (frequency of students) before the percentage in table 1
- in table 1: 20-25 years -25-30 years: for this classification of age group, the students who were 25 years where was it calculated? To group 1 (20-25) or for group 2 (25-30)? The classification should be mutually exclusive.
- fourteen positively worded statements describing different aspects of positive mental well-being, including positive functioning, harmonious interpersonal relationships, and positive feeling: why there wasn't table demonstrate change in these aspects of mental well-being before presenting the total change?

Discussion: very short and weak, need more justifications from previous studies

I wish my comments will be helpful

Regards,

Prof. Marwa Zalat

Department of Family, Community medicine Taibahu University, KSA.

Department of Community, Occupational and Environmental medicine, Zagazig University, Egypt.