

Peer Review

Review of: "Mindfulness in the Brazilian National Health System (SUS): Why Training Instructors Is Not Expensive but Strategic and Cost-Effective"

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Overall, this commentary on the cost-effectiveness of training mindfulness instructors is meaningful. Mindfulness-based health promotion could reduce the cost and side effects of medication in the long run.

I have a couple of comments:

1. Cost analysis in this article is counted only for training mindfulness instructors. The author needs to consider the cost of manpower. Should mindfulness instructor training be given to the existing healthcare professionals or students enrolled in health-related disciplines? Healthcare institutions would need to employ more professional staff to balance the workload, then there will be additional costs to be estimated (wages and remuneration for additional staff members).
2. In the implementation strategy, patients' preferences need to be considered although mindfulness-based interventions are proven effective. Potential challenges in the Brazilian context could be discussed.

Declarations

Potential competing interests: No potential competing interests to declare.