

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

Lindsey Strieter¹

¹ University of Illinois at Chicago

Potential competing interests: No potential competing interests to declare.

This is an important topic of study and, as the article states, has further implications on patient care, and economic and societal burdens and benefits. The background for the study presented a clear argument and stated both personal and professional hindrances as to why healthcare students would hesitate to seek out help. The intervention VIHASA is laudable and you presented a clear argument for a proactive approach to improving mental wellness for healthcare students. I agree with your assessment of the weaknesses in methodology regarding sample size and timing of interventions and questionnaires. I also think you need to look into some of the confounding variables as presented in your demographic table. There is more content there to explore. Overall, you have an interesting paper, which suggests a worthy intervention that tackles a worthy cause.