

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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This manuscript seeks to make the justification for a nationwide training of mindfulness instructors within Brazil's Unified Health System by showing that it is not only financially feasible but strategically advantageous and cost-effective. The researchers use epidemiological benchmarks, comparative health expenditures, and evidence from mindfulness-based interventions to make a compelling case. I found the topic timely, given the growing burden of mental health conditions and increasing global attention to integrative and complementary practices. The manuscript is well-written, structured logically, and highly persuasive. However, it would benefit from tightening the methodological explanations (e.g., describing how cost estimates were calculated, providing more detail on training requirements, including a limitations section, adding a brief discussion on implementation challenges and potential mitigation strategies), clarifying assumptions behind the cost estimates, and better differentiating between evidence-based claims and advocacy positions (e.g., incorporating mental health epidemiology, condensing the repeated claim about fallacy, and focusing on the strength of evidence). Overall, the manuscript is promising.

Declarations

Potential competing interests: No potential competing interests to declare.