

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

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Potential competing interests: No potential competing interests to declare.

This research makes a compelling case for placing mental health interventions at the top of the list in the healthcare education sector and emphasizes the importance of individualized programs in fostering a safe and supportive school environment. It highlights the impact of the VIHASA intervention program on the well-being of these students, shedding light on the pressing need for proactive mental health initiatives in educational settings. Specifically, the study reveals valuable insights into the stressors faced by healthcare students, emphasizing the success of the VIHASA program in enhancing their mental well-being, stress management, and interpersonal relations.

While the study's findings are commendable, it is imperative to address certain methodological limitations, including the small sample size and the short intervention duration. Although the study's discussion and recommendation regarding the continued monitoring of mental well-being in educational institutions and implementing targeted well-being promotion initiatives are well-founded, the references need to be updated. Furthermore, the call for further research, encompassing larger sample sizes, extended intervention periods, and post-intervention assessments, underscores the importance of assessing these initiatives' long-term sustainability and impact.