

# 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 intervention seems worthy of consideration. Here are some points for improvement.

## **Abstract:**

Needs a Conclusions section.

## **Introduction:**

Most of the references were more than 10yrs old. It would be good to update these with more recent studies, especially when you refer to the importance of mental health care "gaining importance in recent times." The reference for that is 2008.

3<sup>rd</sup> paragraph: what about the other substances that medical students are abusing?

## **Methodology:**

Please state why you could not randomize these "volunteers"

I would like to know more about the intervention: VIHASA, I.e. include some theory or basis of how it works/helps the students cope.

## **Results:**

It would help to know how, by stating in the results, what the compliance/attendance was for the intervention sessions.

Was there any part of the intervention they were asked to practice on their own?