

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

Lee Slaughter<sup>1</sup>

<sup>1</sup> University of Queensland

Potential competing interests: No potential competing interests to declare.

Thank you for the opportunity to review this paper which addresses an important and complex topic. Supporting student wellbeing should be a responsibility of all educational institutions and studies that help us understand the most effective ways to do this are critical.

I found your paper engaging and thought provoking. While the process seems appropriate too much of the 'backstory/ specifics' are missing. This includes:

Updated references are needed. For example, WHO data is updated regularly, yet many of your introductory claims are supported by 2001 WHO data.

Justification for focusing on the Indian/ health studies market would be useful. For example, are Indian students indicative of health studies students globally; are health studies students more susceptible to challenges with mental wellbeing than other students? The latter seemed to be suggested but this was not clear to me.

Much of the demographic information collected were not used – such as religious beliefs; relationship status; place of upbringing. Was there a reason for collecting this information?

It was not clear what is included in the scales/ how the groupings were determined.

The relevance of the duration of the intervention was not clear – 3 weeks for your study (although not all students completed the intervention); 16 weeks for the South African study. Does VIHASA have a recommended duration?