

## 2nd National Mental Health Conference

### *Abstracts Review Guide*

**THEME:** Holistic Approach to Mental Health for Generations

#### **SUB-THEMES**

1. Foundations of mental health: A focus on the family, children, and youth mental health
2. Promoting Workplace Mental Well-being: Creating Supportive Environments Across All Sectors
3. From Awareness to Action: Suicide Prevention Across the Lifespan
4. Advancing Mental Health through Research, Innovation and Technology
5. Strengthening Mental Health Systems through Capacity Building for mental Healthcare workforce
6. Community Approaches: Advocacy, Education and Addressing Cultural issues

#### **Review guidelines**

**Manuscript No: 95**

**Title: RISE & REST: A SCHOOL-BASED SOUND THERAPY ROUTINE TO PROMOTE ADOLESCENT MENTAL WELLNESS AND NEURO-INCLUSION IN KENYA**

**Reviewer's Name: Withheld**

1. Rate the abstract as per the scale below

5 = Excellent

1 = Poor

|                                                                                                                                                                                                                                                                       | 1 | 2 | 3 | 4 | 5 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|
| Does the abstract title align with the conference themes? (Title should be clear what is investigated, who is involved, where, and method e,g <i>Exploring mental health stressors among middle level public healthcare managers in Kenya- a qualitative study</i> ). |   |   |   |   | 5 |
| Is the main question/Aim/Objective addressed by the research clear, interesting, relevant, and original and aligns to the topic and theme?                                                                                                                            |   |   |   | 4 |   |
| Is the rationale for the article well grounded (Is it Based on a known theory or intended to fill a well-articulated gap?                                                                                                                                             |   |   |   | 4 |   |
| Is the methodology appropriate and applied properly? <ul style="list-style-type: none"><li>• Is it appropriate based on the objectives/aim/questions of the study?</li></ul>                                                                                          |   |   | 3 |   |   |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |   |   |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---|---|--|
| <ul style="list-style-type: none"> <li>Does methodology align with best practices for replicability and robustness?</li> <li>Is there description of study population, area, data collection approach, time (year)</li> <li>Where relevant, does the study indicate clear statistical measures and qualitative analyses that informs study</li> <li>Is the data analysis appropriate, accurate and rigorous</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |   |   |  |
| <p>Did author adhere to ethical research standards? (If ethical approval is not evident but required, kindly highlight this in the comments section and request the same from the author)</p> <ul style="list-style-type: none"> <li>Given the increased vulnerability associated with mental health research, assess whether the manuscript mentions specific measures taken to protect participants from potential harm.</li> <li>If the study was conducted within an institution, confirm whether appropriate institutional permissions were obtained.</li> <li>Is there clear evidence that the researcher sought and received relevant ethical approval from an accredited body?</li> <li>Are ethical procedures and safeguards clearly outlined in the methodology?</li> <li>For studies involving participants with lived experience of mental illness, check whether the abstract specifies any reasonable accommodations provided.</li> <li>For desk reviews, systematic reviews, or studies using only secondary data with no direct interaction with human subjects, indicate N/A.</li> </ul> | 1  |   |   |  |
| Are the results and conclusions based on data analyzed? (results aren't overstated or overgeneralized, or irrelevant; Are policy implications clearly articulated?)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 2  |   |   |  |
| Is the abstract based on rigorous research? (follow academic standards)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |    | 3 |   |  |
| Does the abstract clearly illustrate the problem, the gap, how the study intends to address it                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |    | 3 |   |  |
| Does the abstract convey the main ideas in a clear and understandable manner (is it Well organized, clearly written)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |    | 3 |   |  |
| Does the article offer a substantial contribution science? For instance, is it highly significant, contextually novel within the Kenyan setting, groundbreaking in its findings, or does it lay a strong foundation for future research? Additionally, how does the abstract advance the field compared to existing literature?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |    |   | 4 |  |
| Is the Abstract clearly written, and is the argument easy to follow?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |    | 3 |   |  |
| TOTAL                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 35 |   |   |  |

2. What is your recommendation (*tick appropriately*)?

|                             |   |
|-----------------------------|---|
| Accept, as is               |   |
| Accept with minor revisions | X |
| Accept with major revisions |   |
| Clear reject                |   |

3. If you Recommended the article to be accepted (Accept, as is: Accept with minor revisions: Accept with major revisions) which **subtheme** below does the abstract fall into to? (*tick appropriately*)?

|                                                                                               |  |
|-----------------------------------------------------------------------------------------------|--|
| Foundations of mental health: A focus on the family, children, and youth mental health        |  |
| Promoting Workplace Mental Well-being: Creating Supportive Environments Across All Sectors    |  |
| From Awareness to Action: Suicide Prevention Across the Lifespan                              |  |
| Advancing Mental Health through Research, Innovation and Technology                           |  |
| Strengthening Mental Health Systems through Capacity Building for mental Healthcare workforce |  |
| Community Approaches: Advocacy, Education and Addressing Cultural issues                      |  |

4. If you Recommended the article to be accepted (Accept, as is: Accept with minor revisions: Accept with major revisions) what comments do you have for the author to help them improve on their abstract? (*the comments here will be shared with the author*)

An innovative intervention for an important problem affecting adolescents in Kenyan schools. Abstract should be enhanced by:

Background- provide important statistics on burden of mental problems in Kenyan schools.

Methods:

Please outline clearly- study population- include age, gender, number of people involved.

Study sites: Geographical coverage and number of schools and whether public or private.

Data collection methods: Distribution of participants per study method eg how many in survey, who and how many were involved in qualitative study.

Time- when was the study conducted, and duration. Eg how many weeks

Ethical consideration- who approved study.

Data analysis methods- what methods were used and software.

If cost effectiveness analysis was conducted, evidence on what data were collected and what outcomes were compared, otherwise bump off any reference to cost effectiveness- a health economics audience would expect costs and outcomes data.

Remove references from abstract.

Kenya school health policy and disability Act, should be embedded in the background to position the work.

Conclusions should align with methods and findings section- we should not have conclusions that are not grounded to prior information- for example There was no prior mention of costs of psychiatric services, so we cannot have conclusions referring to it.