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: 40

Title: Impacts of Societal Disruptions on Mental Health and Quality of Life of Health Workers: Qualitative Findings from the REACH Study (REsilience Amid Challenges in Healthcare)

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 *Exploring mental health stressors among middle level public healthcare managers in Kenya- a qualitative study*).				✔	
Is the main question/Aim/Objective addressed by the research clear, interesting, relevant, and original and aligns to the topic and theme?				✔	
Is the rationale for the article well grounded (Is it Based on a known theory or intended to fill a well-articulated gap?			✔		
Is the methodology appropriate and applied properly? ● Is it appropriate based on the objectives/aim/questions of the study? ● Does methodology align with best practices for replicability and robustness?			✔		

• Is there description of study population, area, data collection approach, time (year) • Where relevant, does the study indicate clear statistical measures and qualitative analyses that informs study • Is the data analysis appropriate, accurate and rigorous					
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) • Given the increased vulnerability associated with mental health research, assess whether the manuscript mentions specific measures taken to protect participants from potential harm. • If the study was conducted within an institution, confirm whether appropriate institutional permissions were obtained. • Is there clear evidence that the researcher sought and received relevant ethical approval from an accredited body? • Are ethical procedures and safeguards clearly outlined in the methodology? • For studies involving participants with lived experience of mental illness, check whether the abstract specifies any reasonable accommodations provided. • For desk reviews, systematic reviews, or studies using only secondary data with no direct interaction with human subjects, indicate N/A.		✔			
Are the results and conclusions based on data analyzed? (results aren't overstated or overgeneralized, or irrelevant; Are policy implications clearly articulated?)				✔	
Is the abstract based on rigorous research? (follow academic standards)				✔	
Does the abstract clearly illustrate the problem, the gap, how the study intends to address it				✔	
Does the abstract convey the main ideas in a clear and understandable manner (is it Well organized, clearly written)			✔		
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?				✔	
Is the Abstract clearly written, and is the argument easy to follow?				✔	
TOTAL	39				

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

Accept, as is	
Accept with minor revisions	✔
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***)
    a. Methodological detail and reflexivity
        i. Indicate how FGD and KII guides were developed or piloted—were they informed by theory, literature, or pretesting?
        ii. Describe interviewer backgrounds, training, and any reflexivity measures to minimize bias.
        iii. Provide evidence of ethical approval
    b. Credibility of findings
        i. Did you engage in any member checking (participant validation) to ensure themes reflected participants' intentions? This is a recognized credibility technique in qualitative research
        ii. Triangulating FGD and KII findings helps confirm consistency across data sources.
    c. Clarify analytic rigor
        i. Include details on coding: Did you use multiple coders or participants? How were disagreements resolved?

ii. Was inter-coder reliability assessed?

d. Linking findings to theory or frameworks
   i. Although you identify useful themes, anchoring them in resilience frameworks—such as the "capacities for resilience" model (structure, learning, leadership, coordination, etc.)—can strengthen theoretical framing, drawing parallels with established mental health intervention frameworks can enhance interpretative depth

e. Contextualize within existing regional evidence
   i. Mention findings from similar settings or prior Kenyan studies: e.g., high prevalence of depression, anxiety, and burnout among Kenyan nurses during COVID-19 (45–48% reported symptoms)
   ii. Reference evidence on how health system shocks—like strikes—disrupt care and strain systems, reinforcing the importance of resilience training