Peer Review Report

Review Report on Assessing changes in anxiety, empowerment, stigma and wellbeing in participants attending an Online-Based Recovery College in Quebec during the Covid-19 Pandemic: a pre-experimental study

Original Article, Int J Public Health

EVALUATION

Q 1 **Please summarize the main findings of the study.**

Maximum participants were females and Healthcare workers from the public system. Almost half of them were diagnosed for a mental health problem in their lifetime. Training attendance was maximum for coping strategies.

mental health problem was associated with higher GAD7 scores while healthcare workers in the public system had a lower association. Lower levels of Stigma were associated with age and social role (Person with lived experience, relatives). Lower scores of General Wellbeing is associated with a diagnosis for a mental health problem in a lifetime.

The outcome was measured at three data points termed T0, T1, T2. Anxiety (GAD7) was significantly reduced with every training.
empowerment (CCSME) was significantly improved from T0 to T1 but no further significant improvement was found from T1 to T2.
Stigma and well being has shown no significant change.

Q 2 **Please highlight the limitations and strengths.**

Limitation: Real word setting experimental, Quasi-experimental study, Single group study (no controls) so no comparison.

Confounders are not listed, so these strategies to address these confounders.

Dissimilarities in the sample population (smaller number of men, highly educated) these dissimilarities questions the generalizability of the findings.
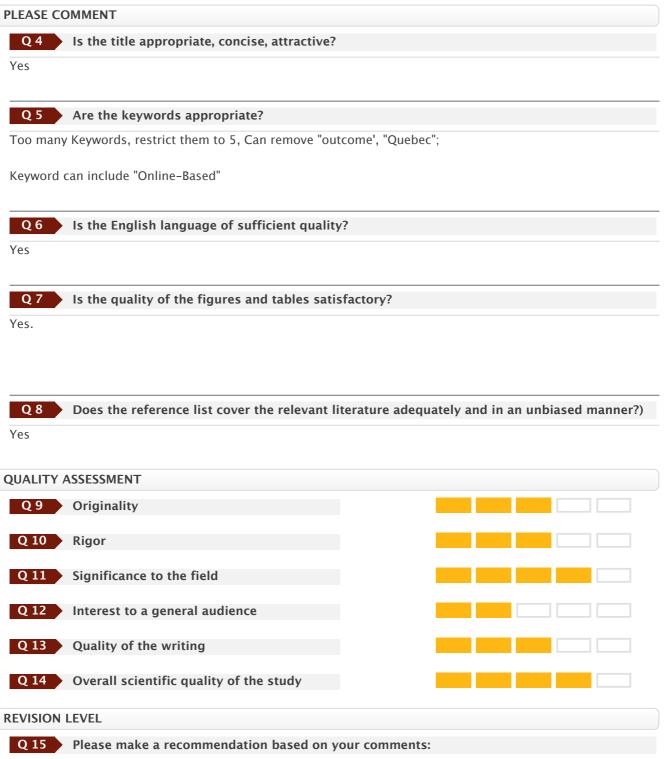Strength: More sample size; Online assessability of the training schedule.

Q 3 **Please provide your detailed review report to the authors. The editors prefer to receive your review structured in major and minor comments. Please consider in your review the methods (statistical methods valid and correctly applied (e.g. sample size, choice of test), is the study replicable based on the method description?), results, data interpretation and references. If there are any objective errors, or if the conclusions are not supported, you should detail your concerns.**

three data points termed T0, T1, T2 timeline must be described well because time can be one of the confounders in relation to the Covid Pandemic.

Probable confounders must be listed at least mentioned if not addressed. What adjustment of variables mixed model adjusted should be mentioned a bit more.

The association of outcome measures to the determinants should be given in the Odds ratios.

PLEASE COMMENT

Q 4   **Is the title appropriate, concise, attractive?**

Yes

Q 5   **Are the keywords appropriate?**

Too many Keywords, restrict them to 5, Can remove "outcome", "Quebec";

Keyword can include "Online-Based"

Q 6   **Is the English language of sufficient quality?**

Yes

Q 7   **Is the quality of the figures and tables satisfactory?**

Yes.

Q 8   **Does the reference list cover the relevant literature adequately and in an unbiased manner?)**

Yes

QUALITY ASSESSMENT

Q 9	Originality	3/5
Q 10	Rigor	3/5
Q 11	Significance to the field	4/5
Q 12	Interest to a general audience	2/5
Q 13	Quality of the writing	3/5
Q 14	Overall scientific quality of the study	4/5

REVISION LEVEL

Q 15   **Please make a recommendation based on your comments:**

Minor revisions.