

Building Resilience: Psychological Approaches to Prevent Burnout in Health Professionals

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1. Round 1

1.1. Reviewer 1

Reviewer:

While the article summarizes existing research, it needs to critically evaluate the quality and outcomes of the studies reviewed. Including a meta-analysis or systematic review findings could offer a stronger evidence base.

The discussion on interventions is general. Future revisions should detail specific intervention programs, their implementation, and measured outcomes to offer actionable insights for practitioners.

The article mentions the need for future research but does not adequately address the long-term effectiveness of resilience-building interventions. Highlighting this aspect could guide future studies.

There's insufficient discussion on how cultural differences impact the effectiveness of interventions. Expanding on this could improve the article's applicability in global contexts.

Response: Revised and uploaded the manuscript.

1.2. Reviewer 2

Reviewer:

Adopt a more systematic review approach to strengthen the evidence base.
Critically evaluate and synthesize study outcomes more deeply.
Provide detailed examples of specific interventions and their effectiveness.
Emphasize the importance of long-term impact assessments in future research.
Include a discussion on cultural and contextual considerations in implementing interventions.

Response: Revised and uploaded the manuscript.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.