Reviewer's report

Title: Evaluation of a novel intervention to reduce burnout in doctors-in-training using self-care and digital wellbeing strategies: A mixed-methods pilot

Version: 0 Date: 01 Feb 2020

Reviewer: Angelo Dante

Reviewer's report:

Thank you for the opportunity to revise this interesting manuscript aimed at describing a novel intervention to reduce burnout in medical students as well as improve their wellbeing. I appreciate the mixed-methods approach since it allows to better understand the impact of the workshop intervention on student's wellbeing.

I think your work could be improved at reporting level following my suggestions:

Page 4. Table 1 should be moved as first section of study results: 'Participants'. Since you used a mixed-methods approach, you should add some details to allow readers to better understand some methodological hidden aspects. I suggest adding details about both the setting as well as participants' inclusion and exclusion criteria. In addition, it is not clearly stated that you used a longitudinal follow-up study design combined with a phenomenological approach. In addition, I suggest adding details about strategies you used to avoid any possible bias (if any), especially for quantitative section of the study. Finally, I suggest adding details about the phenomenological approach. For example, about interview guide (if any), non-participation (reasons), duration of interviews, data saturation, software, and participant checking.

Page 6, line 53. p value is 'not significant'. Why did you state a significant reduction? Please, check it.

Since you stated values higher than 2.25 (for exhaustion) and 2.1 (disengagement) as burnout cut-off, I suggest reconsidering the pre-post workshop results. Even if there was a reduction in students' burnout level following your intervention, study results highlight the persistence of burnout (2.58 and 2.23 are higher than 2.25 and 2.1). I encourage you to consider my point of view and revise the first section of your discussion. Even if qualitative results support the beneficial effects of your intervention, quantitative data should be also considered.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

No

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Unable to assess

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

No

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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