

Peer Review File

Article information: <https://dx.doi.org/10.21037/joma-23-39>

Reviewer A

Comment 1.a:

“Self-Care and Wellness in Dentistry- A mini review” aims to provide a summary of the literature related to stress among DPs and the relevance of self-care strategies to ameliorating such stress. This is an important topic that could make an informative contribution to the ways dental professionals think about their own wellness.

However, as currently written the paper suffers from poor organization and lack of relevant detail, failing to make a compelling case for the necessity of self-care among DPs.

Reply to comment 1.a:

Thank you for constructive feedback manuscript. We have made significant changes per your recommendations and other reviewers.

Change 1.a:

Major adjustments throughout pages 3 – 9. Readjustments of paragraphs and rewritten statements and references added.

Comment 2.a:

I would suggest you reorganize as follows:

a. The problem: Open with some variant of the paragraph you have “stress in the work environment has been shown to negatively...” to show that stress is problematic among DPs AND it is on the rise

b. The proposed solution: Research demonstrates that self-care and wellness practices (defined how you want to define it here but it should encompass everything you talk about) can mitigate the negative effects of professional stress

c. The specifics: Summarize what the research shows are the primary stressors found among dental professionals one by one and for each one talk about associated self-care practices that can be helpful, as based on the literature

As it stands, the reader does not get a sense of the stressors that dentists face-just that they are stressed. There is research out there indicating financial pressure, time pressure, complex patients, and patient mental health are all contributors. Although this paper is stated to be a review, not much of the existing literature in this area is actually mentioned. You can be selective when you write something highly theoretically driven (e.g., we are focusing on these specific self-care practices which we argue have the most relevance to the current stressors among dentists based on this research evidence), but as is, very little regarding dentists, is actually reviewed. Additionally, when relevant literature is included, it often lacks the detail that would make it meaningful for the reader.

Reply to comment 2.a:

Again, very helpful for our revisions, we made changes to identify your comments in the intro and throughout the manuscript.

Changes 2.a

Pages 4 – 9, reorganized paragraphs, and rewrote statements to comments.

Comment 3.a:

“To manage the stress and pressure associated with their profession, DPs should prioritize self-care practices.”

It would be helpful to provide some associated research that can be extrapolated to dentistry if you cannot find anything about dentists (e.g., more detailed examples of the ways self-care has benefited other healthcare providers), rather than it generally can prevent burnout, help with energy etc.

How did you come to determine these concerns to help DPs identify and manage stressors? Were they informed by any literature?

Reply to comment 3.a:

We adjusted the manuscript and added references to descriptive statements.

Changes 3.a

Lines 85 and 91

Comment 4.a:

The relevance of the first paragraph under the “Concerns within the Medical and Dental Professions” subheading is not entirely clear. Is the overall point that while self-disclosure among DPs may be beneficial to help alleviate stress, they are unlikely to engage in it? Or that communication with patients in and of itself is a major stressor?

Reply to comment 4.a:

We removed the references regarding medical professionals to stay focused on dental professionals. In addition, we made adjustments to specific concerns within the profession. In addition, we tried to make specifications clearer.

Change for 4.a:

Subheadings adjusted: line 76

Adjustments to manuscript focuses on dental practitioners pages 3-9

Comment 5.a:

Pieces about the importance of cultural competence in the form of communication directed to patients are irrelevant to the review. Given its brevity this space would be better allocated directly to the main topic.

Reply to comment 5.a:

Understood, we moved the statement and reworked it within the intro section.

Changes for 5.a

Lines 76 - 103

Comment 6.a:

The paragraph that starts “stress in the work environment has been shown to negatively...” is good. This should be your opening paragraph. You want the reader to care about this topic. Opening by demonstrating the problems that come with stress/ anxiety and that it is on the rise among dentists.

Reply to comment 6.a

Adjusted the location of the paragraph to make the manuscript more appealing and organized beginning at intro.

Changes for comment 6.a

Lines 51 –74

Comment 7.a:

Rather than stating what related literature in a different sample of professionals has found, focus on what is known about dentists' stress and burnout (summarize what most of these studies in the US have found). Then tell the reader that among these studies, very little attention has been given to recommendations to DPs and new graduates to mitigate these impacts (the gap this paper is filling)

Reply to comment 7.a:

Yes, thank you, we made adjustments to organization and descriptions. In addition, we added more references.

Changes for comment 7.a

Lines 85-99

Comment 8.a:

Including the definition of burnout here really disrupts the flow- this should be defined early on- most people don't actually know what depersonalization means- and you should explain it's lack of feelings of personal accomplishment – most common means of measurement is irrelevant for your purposes- cite Maslach's paper if you want to include the 3-part factor conceptualization (emotional exhaustion, depersonalization, personal accomplishment)

Three levels of prevention here isn't a terribly helpful way to organize what is included here.

Reply to comment 8.a:

Understood, yes, we tried to specify and make it clearer and created sub headings

Changes to comment 8.a

Line 152 - 190

Reviewer B:

Comment 1.b:

Overall – Interesting review on an important topic currently. The introduction mentions that the mini review will help recognize the stressors, causes of burnout etc. in DP’s professional lives, however, this has not been elaborated upon in the following paragraphs and before explaining the management of the problem.

Reply to comment 1.b:

Thank you for your constructive feedback. We have made significant adjustments to address organization and provide more references.

Change for 1.b

Major adjustments throughout pages 3 – 9. Readjustments of paragraphs and rewritten statements and references added.

Comment 2.b:

The consequences of the problems need to be discussed as well, including data as well.

Reply 2.b:

Understood, we added the adjustments to address lack of discussion and data.

Changes for comment 2.b

Pages 3 - 7

Comment 3.b:

Some sections of the paper can be reorganized so that subheadings and paragraphs flow better and connect to ensure overall understanding.

Reply 3.b

Understood, we adjusted the subheadings and paragraphs for better organization.

Changes for comment 3.b

Lines 76, 105, 123 150, 155, 164, 177

Comment 4.b:

References are not formatted based on journal guidelines, please check again.

Reply to comment 4.b:

Understood, made adjustments per journal guidelines and corrected initial manuscript to make compliant with journal.

Changes for comment 4.b

Pages 3 – 9

References Pages 11 - 16

Comment 5.b:

Page 5, sentence 5 – Please explain the other two categories of burnout as well and its consequences if any or what could it lead to.

Reply to comment 5.b:

Yes, adjustments have been made to manuscript adding more specifics to address concern

Changes for comment 5.b

Lines 85 - 103

Comment 6.b:

Page 8, sentences 17-22 – Redundant information as in the sentences 1-6 on page 7, please include sentences relevant to your prevention and wellness.

Reply to comment 6.b:

Yes, adjustments have been made to manuscript adding more specifics to address concern and omitting repetitive statements. Better organization with headings and subheadings. Asking editor to create Box to summarize tips

Changes for comments 6.b

Pages 3-10

Box A

Reviewer C

Comment 1.c:

interesting paper but it needs to be improved with updated references.

Reply to comment 1.c:

Thank you kindly for our feedback, we believe we made necessary and recommended adjustments to the manuscript.

Changes for comment 1.c

Major adjustments throughout pages 3 – 9.

Comment 2.c:

it's important to discuss about musculoskeletal disorders correlated to dental professionals (DOI: 10.1111/idh.12596), stress as risk factors for periodontal health of patientes and professionals (DOI: 10.3390/healthcare11101516), Quality of Life and Stress Management in Healthcare Professionals (DOI: 10.3390/ijerph192113788) and Use of Yoga to Manage Stress and Burnout in Healthcare Workers (DOI: 10.3390/jcm8030284)

Reply to comment 2.c:

Thank you, we made sure to address the feedback that pertained to stress reduction to the manuscript and include the examples that you provided in your review.

We unfortunately did not add the references mentioned musculoskeletal disorders or periodontal health.

We appreciate your understanding.

Changes for comment 2.c

Lines 119 – 122

Pages 5 - 7

Reviewer D

Comment to reviewer D:

Thank you kindly for your feedback, we made significant adjustments to the manuscript.

Comment 1.d

Good basic overview of the topic and for the most part well written.

Overall comments

-Some Citations are missing throughout the document (please review)

- Another edit would be advised.

Reply to comment 1.d

Thank you for suggestions, we made adjustments to address your feedback

Changes for comment 1.d

Major adjustments throughout pages 3 – 9. References added throughout as well as specifying certain statements.

Comment 2.d

- Burnout is one word, does not require hyphen

Reply to comment 2.d

Thank you we've made multiple adjustments throughout manuscript

Changes to comment 2.d

See section under "concerns in the dental profession", page 4 & 5 , lines 88 - 98

Comment 3.d

- *Page 3/Line 15- please remove work auxiliary besides being slightly offensive it is inaccurate as the team includes front desk people, office managers etc.*

- *Page 3/Line 24- the header is incorrect, while you compare medical and dental professionals - this review is highlighting dental*

Reply to comment 3.d

Understood, eliminated terms provided in comment and able to rewrite sentences to encompass team and focus on dental practitioner

Changes to comment 3.d

See adjustments in page 8, line 166

Comment 4.d

-*page 4- what including active listening skills*

Reply to comment 4.d

We specified active listening and how it applies to communication.

Changes to comment 4.d

See adjustments in page 4, lines 82 – 87.

Comment 5.d

-page 4/line 11/12 - it is well established that the dental profession is highly stressful do not need to compare with medicine and there are numerous articles that can be cited.

Reply to comment 5.d

Understood, references to medical profession have been removed

Changes to comment 5.d

See page 3 – 9

Comment 6.d

- page 6/paragraph 1- you start with mindfulness and then mid paragraph change direction

Reply to comment 6.d

Understood, we made adjustment for better flow and not abandon the topic mid paragraph, we also created new subheading to discuss how mindfulness involves a multifactorial approach.

Change to comment 6.d

See page 7 , lines 127 - 155

Comment 7.d

- At times you switch from DP to dentist

Reply to comment 7.d

Thank you, adjustments were made to manuscript for consistency

Changes to comment 7.d

See pages 3 – 9

Comment 8.d

-Maslach studies Burnout Syndrome- be specific and define all 3 domains as you refer to them later in the review.

Reply to comment 8.d

Understood, adjustments were made to define and specify Burnout syndrome

Changes to comment 8.d

Under section “concerns in the dental profession” provides specifics about MBI.

Pages 5, lines 96 - 106

Comment 9.d

- Page 9 A lot of repetitive information. Condensing this will allow you to have the room to define the other 2 domains of burnout syndrome

Please see file for additional comments

Reply to comment 9.d

Thank you for feedback and showcasing recommendation in additional file, extremely helpful to make overall adjustments.

Changes to comment 9.d

Pages 5, lines 96 - 106