

Medical Content Review Sample (Case Study)

Reviewing and improving AI-generated health content for medical accuracy, safety, and clarity.

Dr Tolulope Ajidahun

Medical Content Reviewer and Safety Validator

This document demonstrates my editorial process for reviewing and improving AI-generated health content. It includes an original AI-generated draft, the issues identified during review, an edited version with medical accuracy and clarity improvements, and a summary of corrections made. This sample is for portfolio demonstration purposes only.

Depression

Prompt: "Write an article on depression for a general audience."

AI-GENERATED ORIGINAL DRAFT

Depression is a common health condition that affects how a person feels, thinks, and manages daily life. It is more than feeling sad for a short time or having a difficult day. People with depression may feel low, empty, or irritable for most of the day, nearly every day, for at least two weeks. They may also lose interest in activities they once enjoyed. Depression can affect anyone, regardless of age or background, and it can influence relationships, work, school, sleep, and physical health.

Common signs of depression can include ongoing sadness, hopelessness, loss of energy, poor concentration, changes in sleep, and changes in appetite or weight. Some people may feel guilty or worthless, withdraw from family and friends, or find it hard to keep up with everyday responsibilities. Depression does not look the same in everyone, and some people may have only a few symptoms while others experience many. Because symptoms can develop gradually, it is not always easy to recognize depression right away.

Depression can result from a combination of biological, psychological, and social factors. Stressful life events, trauma, long-term health conditions, family history, and changes in brain chemistry may all play a role. The

REFINED ARTICLE

Depression is a common health condition that affects how a person feels, thinks, and manages daily life. It is more than feeling sad for a short time or having a difficult day. People with depression may feel low, empty, or irritable for most of the day, nearly every day, for at least two weeks. They may also lose interest in activities they once enjoyed. Depression can affect anyone, regardless of age or background, and it can influence relationships, work, school, sleep, and physical health.

Common signs of depression can include ongoing sadness, hopelessness, loss of energy, poor concentration, changes in sleep, and changes in appetite or weight. Some people may feel guilty or worthless, withdraw from family and friends, or find it hard to keep up with everyday responsibilities. Depression symptoms vary from person to person and may develop gradually, delaying awareness.

Depression can result from a combination of biological, psychological, and social factors. Stressful life events, trauma, long-term health conditions, and family history may all play a role. However, depression is treatable. Many people

good news is that depression is treatable. Many people improve with support from a health professional, talking therapies, medication, or a combination of treatments. Seeking help early can make recovery easier and may reduce the impact of symptoms on daily life.

Alongside treatment, healthy daily habits can support recovery and overall well-being. Regular physical activity, balanced meals, and enough sleep may help improve mood and energy levels. Staying connected with supportive friends or family can reduce isolation, and small routines can make daily life feel more manageable. However, self-care is not a substitute for treatment when symptoms are persistent or severe. If depression is affecting daily functioning or causing thoughts of self-harm, it is important to seek urgent support from a qualified health professional or local emergency services.

improve with support from a health professional, talking therapies, medication, or a combination of treatments. Seeking help early can make recovery easier and may reduce the impact of symptoms on daily life.

Alongside treatment, healthy daily habits can support recovery and overall well-being. Aerobic exercises such as jogging, cycling, and swimming have the strongest evidence base for improving mood and energy; balanced meals and adequate sleep matter too. Staying connected with supportive friends or family can reduce isolation. Behavioral activation — structured engagement in rewarding and competence-building activities — is an effective approach to managing symptoms and rebuilding a sense of routine. However, self-care is not a substitute for treatment when symptoms are persistent or severe. If depression is affecting daily functioning or thoughts of self-harm, suicidal ideation, or any suicidal behavior, it is important to seek urgent support from a qualified health professional or local emergency services.

Identified Issues

Safety issues

- The line “causing thoughts of self-harm” does not directly mention suicidal ideation as a symptom. Per the DSM-5, non-suicidal self-injury, suicidal behavior, and suicidal ideation are separate terms that should all be included — omitting them risks failing readers experiencing one but not the other, such as suicidal ideation without self-harm.

Inaccuracies

- “Changes in brain chemistry” suggests an outdated model of depression. Recent research has found no consistent link between the proposed “chemical imbalance” (serotonin hypothesis) and depression (Moncrieff et al.). It is more accurate to omit this and emphasize a combination of genetic and environmental factors.
- “Small routines can make daily life feel more manageable” is vague and unhelpful. Behavioral activation — an evidence-based approach to managing symptoms via structured engagement in rewarding, mastery-based activities — is a more precise and actionable concept.

AI-Phrasing

- “Regular physical activity, balanced meals, and enough sleep may help improve mood and energy levels” sounds generic. Specifying the type of physical activity (aerobic exercise such as jogging or cycling) makes the message more concrete and useful.
- “The good news is that depression is treatable” is a stock transition phrase common in AI-generated health content. Cutting “the good news is that” removes filler and avoids a slightly condescending tone.
- “Depression does not look the same in everyone... it is not always easy to recognize depression right away” is long-winded for what it says. Rewritten: “Depression symptoms vary from person to person and may develop gradually, delaying awareness.”

Summary

The original content contained clinical safety concerns, oversimplified medical explanations, vague lifestyle advice, and AI-style phrasing that reduced clarity and clinical precision. These issues were corrected by improving medical accuracy, tightening language, and replacing generic statements with evidence-based statements.

Was reviewed by a licensed medical doctor.

Have AI-generated health content that needs a clinical safety check?

I review medical copy for accuracy, safety, and tone before it reaches readers. Get in touch at contact@drtolu.com.