Navigating Cultural Diversity in Mental Health Management: Global Best Practices and Challenges

Malikah[1], Citra Eka Wulandari[2]
[1]Universitas Islam Negeri Sunan Ampel Surabaya, Indonesia
[2]Sekolah Tinggi Ilmu Tarbiyah Darul Ishlah, Indonesia

Corresponding Author:

Malikah
Universitas Islam Negeri Sunan Ampel Surabaya, Indonesia
Dosen Fakultas Psikologi, alamat rumah, Jln Madrasah, Tanjungsari, RT 18 RW 03, Taman, Sidoarjo.
Email: likamalika06@gmail.com

Abstract
Cultural diversity is one of the major challenges in mental health management globally. Different cultural views on mental disorders often lead to difficulties in providing effective and appropriate care for patients with diverse cultural backgrounds. This study aims to identify the challenges of integrating cultural diversity into the mental health care system, and to assess best practices that can be implemented to improve the effectiveness of culture-based care. The method used in this study was a literature analysis, which included a review of recent studies on culturally-based mental health management in various countries. The findings revealed several key challenges, including the inability to adapt therapeutic approaches to patients' cultural values, mental health stigma, and limitations in training and available resources. The study also found that integration between traditional medicine and Western medical approaches can improve patient acceptance of the treatment provided. Based on these findings, this study recommends the development of inclusive policies and culturally-based training programs for medical personnel, in addition to the importance of community outreach to reduce stigma towards mental disorders. It is hoped that the results of this study can contribute to improving the quality and accessibility of culturally sensitive mental health care.

Keywords: Cultural Diversity, Mental Health, Traditional Medicine

INTRODUCTION

Cultural diversity has become one of the major issues in mental health management around the world. Essentially, every individual brings a cultural background that shapes the

way they understand and respond to mental health problems. For example, in some cultures, mental illness may be viewed as a personal weakness or moral failing, while in other cultures, the problem may be better understood as a result of spiritual imbalance or social environmental influences. This deeper understanding of cultural influences on mental health is important for creating treatments that are more effective, inclusive, and based on values relevant to the patient's cultural context (Viola et al., 2024). Understanding these cultural perspectives is crucial in designing interventions that are culturally sensitive and more effective in solving mental health problems globally. This difference in perspective also calls for a more flexible approach in the mental health system that can accommodate the needs of patients from different backgrounds.

Mental health is not just about managing illness or disorders, but also about how people around the world manage their emotional, mental and social health within different cultural frameworks. In many countries, the understanding of mental health is strongly influenced by local cultural beliefs and practices, which are often incompatible with dominant Western medical or psychological approaches. Therefore, it is important for medical personnel and mental health service providers to integrate culturally-based approaches with more universal models of care, in order to serve patients' needs holistically and effectively (Cipta et al., 2024). This approach serves not only to address the symptoms of mental disorders, but also to understand patients' perceptions of their mental health more deeply. In this way, the mental health care provided can be more acceptable and appropriate to the patient's individual and cultural values, and can improve long-term treatment outcomes.

At the global level, organizations such as the World Health Organization (WHO) have developed guidelines that promote the principle of cultural inclusivity in mental health care. These aim to improve health professionals' ability to understand cultural diversity and train them to deal more sensitively and effectively with patients from diverse cultural backgrounds. However, while these guidelines have been implemented in several countries, major challenges in their implementation remain. Especially in terms of medical practitioners learning how to recognize, respect, and integrate patients' culture into their care (Soares et al., 2024). Implementation of these policies is often hampered by limited resources and inadequate training, leading to a lack of effectiveness in utilizing culturally based approaches in care. In addition, mental health practitioners who lack an understanding of cultural diversity are likely to face difficulties in establishing effective communication with patients from very different cultural backgrounds.

Studies conducted by (Bäärnhielm & Schouler-Ocak, 2022) menunjukkan that despite many training programs focusing on cultural awareness, most medical personnel still feel unprepared to manage patients with culturally specific mental disorders. The inability to align diagnosis and treatment with patients' cultural beliefs and customs often leads to poor experiences in the treatment process and even neglect of patients' needs. This is a major challenge in developing best practices that can be applied worldwide. This inability can also affect patients' trust in the mental health care system, which ultimately prevents them from seeking help when they need it most. Therefore, it is important to build practitioners' skills in tailoring care to patients' cultural needs to prevent misunderstandings and create more inclusive care.

As part of the effort to address these challenges, research on culturally-based mental health management has been growing rapidly. Many countries around the world, especially in Europe, the Americas, and parts of Asia, have started to implement training programs for mental health practitioners to increase their awareness of cultural issues. These programs aim to ensure that the care provided is in line with the patient's cultural values, as well as avoiding approaches that may cause conflict or discomfort to the patient. In this way, medical professionals are expected to provide care that is more responsive and effective to the cultural needs of their patients (Ellis et al., 2022). In addition, the training program also focuses on

developing better communication between patients and mental health providers, in ways that can enrich the experience of care. The success of this program depends largely on the willingness of medical personnel to adapt to the paradigm shift in mental health management.

However, in the context of developing countries, the development of culture-based intervention models for mental health care is still very limited. Often, mental health practices do not take into account the cultural and social aspects that are crucial in shaping individual behavior. In these countries, mental health-related stigma is still high, and many individuals suffering from mental disorders do not receive adequate treatment, mainly due to ignorance or fear of medical interventions that are perceived to be against local cultural values (Fendt-Newlin et al., 2020). In addition, people's trust in traditional treatment methods is often stronger than trust in modern medical care. This adds to the challenge of convincing patients to follow conventional medical treatments that comply with international mental health guidelines.

In addition, another major challenge is the lack of resources to provide adequate training to mental health professionals on how to implement a culture-based approach in their clinical practice. Many countries with limited budgets and medical resources do not have the necessary training or tools to adequately identify and address patients' cultural needs. Therefore, research on best practices and challenges faced in managing cultural diversity in mental health is essential to find more effective solutions (Marzouqa & Saadeh, 2024). In addition, this research may also provide an opportunity for developing countries to increase their capacity to deal with cultural diversity issues in the mental health sector. Therefore, it is important for international organizations and government agencies to introduce a more integrated and local context-based approach in designing such training programs.

In response to these challenges, this study aims to explore best practices in culturally-based mental health management that have been implemented in different countries. Through analysis of existing policies, programs, and interventions, it is hoped that this research will provide insights into how these practices can be applied in countries with different cultural contexts. The research also aims to identify gaps in existing knowledge and training in the mental health sector, and provide recommendations for improvement. In this context, adjustments between theory and practice are necessary to create solutions that can address the differences that exist in managing cultural diversity in the mental health sector.

In addition, this research will identify the challenges faced by mental health providers when dealing with cultural diversity. These include ignorance of how to adapt therapeutic approaches to cultural values, inability to access adequate resources, as well as strong stigma towards mental health care. This research will propose solutions and strategies to overcome these barriers, hoping to help improve mental health care systems globally.

As part of contributing to improving the global understanding of cultural diversity in mental health, this study will also review the latest evidence from the international literature that addresses the relationship between culture and mental health. By analyzing various existing theories and approaches, this study aims to present a more comprehensive picture of how cultural factors influence mental health management at a global level. This is important for building awareness and providing appropriate training to mental health practitioners in dealing with the challenges of cultural diversity. It is hoped that the results of this study can provide direction for policies and programs that are more adaptive to cultural diversity, as well as develop new models that can be applied globally in the context of mental health.

RESEARCH METHOD

This study used a literature review method to identify best practices in culturally-based mental health management that have been implemented in various countries. This method was chosen because it allows researchers to collect and analyze various relevant sources of information, such as journal articles, research reports, and published policy documents.

Through this approach , the research aims to explore various perspectives on the influence of culture on mental health, as well as the challenges and solutions found in managing it. Researchers will also compare approaches implemented in countries with different cultural backgrounds to provide a comprehensive picture of best practices around the world.

In addition, this study also uses a descriptive approach to describe in detail the challenges faced by medical personnel in integrating cultural diversity into mental health care. The sources used will be selected based on the criteria of cultural inclusivity in mental health policies, programs, and professional training. The data collected will be analyzed using thematic analysis techniques, where the researcher will identify key themes that emerge from the existing literature, such as intercultural communication challenges, integration of cultural values in care, and culture-based mental health policies. The results of this analysis are expected to provide in-depth insights and recommendations for an improved mental health system that is more sensitive to cultural diversity.

RESULTS AND DISCUSSION

Best Practices in Culturally Based Mental Health Management in Various Countries

Culture-based mental health management has grown rapidly in recent years, especially in countries with multicultural populations. Based on the results of the literature analysis, it was found that countries such as Canada, Australia, and the UK have taken the lead in implementing policies that integrate cultural diversity in mental health care. For example, in Canada, culture-based mental health policies have included training for medical personnel to understand patients' cultural beliefs and values (Asnaani et al., 2022). The country has also developed programs that engage communities in mental health care, ensuring that the care provided is in line with local cultural norms.

In Australia, the mental health system focuses on providing culturally sensitive services, which includes adapting therapy and counseling for patients from different cultural backgrounds. This approach aims to strengthen patients' self-confidence and reduce the stigma associated with mental health problems (Luu et al., 2024). In the UK, culture-based mental health management is also implemented by providing training and education to health professionals to recognize how culture can influence perceptions and responses to mental disorders. Best practices implemented in these countries include the development of cultural assessment tools that are used to thoroughly assess an individual's needs, as well as ensuring that the approach provided is not only based on Western medical principles, but also respects local values.

Although many developed countries have developed and implemented cultural inclusivity policies in mental health care, major challenges remain, especially in developing countries. These countries often face major constraints in terms of resources, training, and acceptance of culturally-based policies. In many regions, such as in parts of Africa and Asia, stigma towards mental disorders remains high, and many patients are unwilling to seek treatment for fear of being labeled as weak or unable to cope with their problems (Mascayano et al., 2020). This is often exacerbated by a lack of accessibility to culturally sensitive mental health services.

Study by (Olotu, 2023) indicates that although developing countries have begun to design programs to raise awareness about the importance of cultural diversity in mental health care, implementation is often limited to poorly coordinated policies. In these countries, training for health workers on cultural diversity often does not cover all health workers or is not regularly updated. This leads to unpreparedness in providing culturally appropriate care to patients, which in turn can affect the quality of care patients receive. Therefore, it is important to conduct a thorough evaluation of the successful implementation of culture-based policies and correct any constraints, such as lack of training and resources.

One important element in integrating cultural diversity in mental health is through training programs provided to medical personnel. These trainings aim to increase awareness and understanding of how cultural values can influence perceptions and responses to mental disorders. In developed countries such as Canada and Australia, these training programs have proven effective in improving mental health professionals' skills in identifying and addressing issues related to cultural diversity (Chu et al., 2022). This training program not only focuses on cultural theory, but also provides practical training on how to interact with patients who come from different cultural backgrounds.

However, implementation of culture-based training programs in developing countries is often hampered by a lack of resources. Many countries with limited budgets cannot provide intensive training that covers the entire medical workforce. In addition, existing training is often inadequate in terms of matching theory with practice in the field. This leads to gaps in mental health professionals' competence in working with patients from different cultural backgrounds (Asiimwe et al., 2023). To address this, this study recommends developing training modules that are more flexible and accessible to medical personnel in different countries, especially in developing countries, to improve the quality of culturally-based mental health care.

In addition to challenges related to training medical personnel, limitations in the accessibility of culturally sensitive mental health services are also a major obstacle in developing countries. Many individuals from different cultural backgrounds find it difficult to access mental health services that are in line with their values and beliefs. In many developing countries, mental health services are often not available in rural areas or in underprivileged communities, and even if they are, they may not consider the patient's cultural beliefs in their approach (Siantz et al., 2023). This leaves many patients feeling unwelcome or ununderstood within the existing system of care.

In addition, many countries face shortages in the number of trained medical personnel and mental health professionals competent to handle cases involving cultural diversity. This is exacerbated by the unavailability of adequate medical facilities, especially in rural areas or areas that have limited access to health services. Research by (Keet et al., 2019). Recovery for all in the community; position paper on principles and key elements of community-based mental health care. BMC Psychiatry, 19. https://doi.org/10.1186/s12888-019-2162-z. suggests that the solution to this problem is to increase the involvement of local communities in mental health care, where people within those communities can be involved in the provision of care that is more in line with their local and cultural values. This community-based approach has been shown to improve accessibility of services and reduce stigma towards mental disorders.

Stigma towards mental illness is an issue faced by many cultures around the world, especially in countries that have strict social norms or conservative views towards mental health. In some cultures, mental illness is often seen as a shameful personal problem or as a result of sin or bad karma. As a result, many individuals with mental illness are afraid to admit their condition or seek treatment. This stigma often prevents individuals from accessing the mental health services they need (Javed et al., 2021).

To address this stigma, this study recommends implementing a cultural awareness campaign that focuses on educating the public about mental health. These campaigns can involve community leaders, religious leaders, and public figures to change negative perceptions of mental health and encourage communities to be more open to mental health care. In addition, it is important to involve the community in the planning and delivery of culturally-based mental health services, so that the services provided are more accepted by patients and local communities. This has been proven to be effective in countries such as India and South Africa, where the stigma of mental illness has been reduced thanks to culture-based outreach programs (Opia & Matthew, 2025).

Mental health policies that support cultural inclusion are an important foundation in creating systems of care that are more responsive to cultural diversity. Countries that have implemented culture-based policies show more positive outcomes in terms of reduced stigma and improved access to mental health services. For example, in Canada, mental health policies have integrated the need to address cultural diversity in the training of medical personnel, as well as in the provision of health services that are acceptable to different cultural groups (Kirmayer & Jarvis, 2019). Such policies enable more holistic and effective care, and create a more inclusive environment for patients with culturally diverse backgrounds. However, the implementation of these policies in developing countries is still limited by various factors, including lack of political support and insufficient budgets. Therefore, culturally-based mental health policies need to be strengthened with adequate resource allocation, as well as support from the government sector and international organizations. The government should work with non-governmental organizations and the private sector to ensure that these policies can be implemented effectively, especially in areas of greatest need.

As awareness of the importance of cultural diversity in mental health increases, many culturally-based mental health care models are being developed around the world. These models include a more holistic and culturally sensitive approach to patient care. One good example is the family-based treatment model implemented in some Asian countries, where the family plays an important role in supporting the patient's healing process. This model allows patients to feel more accepted and understood in a more familiar and supportive environment (Lazarus et al., 2022). However, to ensure the success of this model of care, it is important to involve various stakeholders, including medical personnel, governments, and communities. This more inclusive model should also be adaptable to local social and cultural conditions, making it more relevant and acceptable to patients. This research identifies the importance of developing models of care that are not only based on Western theories, but also respect the prevailing cultural values and practices in each community.

International collaboration plays an important role in advancing culture-based mental health management. Countries can share experiences and best practices in addressing mental health issues related to cultural diversity. For example, WHO has facilitated various international initiatives that aim to increase global understanding of the importance of culture-based approaches in mental health (Popescu, 2024). This kind of collaboration is essential to create a more inclusive and acceptable mental health system in countries with different cultural backgrounds. By adopting best practices from different countries, as well as building the capacity of medical personnel and mental health service providers, a more adaptive and culturally responsive system of care can be created. This collaboration can also accelerate the implementation of culture-based mental health policies, as well as provide individuals from diverse backgrounds with greater access to the care they need.

Challenges in Integrating Cultural Diversity in Mental Health Care

Culturally-based mental health management presents significant challenges, especially in adapting therapeutic approaches to patients' cultural values. Therapeutics here refers to treatment methods or techniques used to treat mental disorders, whether through psychological therapy, medical treatment, or other interventions. In many cases, medical approaches applied in the West tend to focus on mental disorders from a biological and psychological perspective, without considering the profound cultural influences on how patients respond to treatment. Research shows that patients from different cultural backgrounds often have difficulty accepting therapies that are incompatible with their beliefs or views on mental health (Perry et al., 2024). The inability to adapt therapy to this cultural context can affect the effectiveness of treatment, as well as create discomfort and distrust of medical professionals.

One of the major challenges faced in culturally-based mental health management is the strong stigma against mental disorders in many communities. Many cultures, especially the

more conservative ones, regard mental disorders as a shameful disgrace or weakness, leading patients to feel afraid or embarrassed to admit their problems or seek medical help (Barea et al., 2021). In many Asian and African countries, this stigma is very high and prevents individuals from seeking the care they need. Culturally-based approaches in mental health should be able to reduce this stigma, one of which is by engaging religious leaders and community leaders to provide education and awareness about the importance of mental health management.

In addition to stigma, the mismatch between existing mental health services and patients' cultural values is also a major barrier. In some cultures, mental disorders are more often viewed as spiritual problems or social imbalances, rather than as problems that require medical intervention. This often leads to patients feeling not understood or respected when medical care is provided in a highly medicalized or clinical approach (Kwon et al., 2023). In this context, the integration of traditional medicine with Western medical approaches can be an effective solution. A holistic approach that combines these two methods can increase patients' acceptance of treatment and provide solutions that are more in line with their beliefs.

One factor that exacerbates this challenge is the lack of training for medical personnel on cultural diversity. Many mental health professionals in developing countries do not receive adequate education on cultural sensitivity and ways to integrate patients' cultural values in their care. Research shows that while some developed countries have developed training programs to increase cultural awareness among medical personnel, these are often not consistently implemented in countries with limited resources (Teixeira-Santos et al., 2022). Without adequate training, medical practitioners are unable to recognize or understand how culture affects patients' perceptions of mental disorders, which ultimately reduces the quality of care provided.

In addition, reliance on predominantly Western medical approaches often ignores the broader cultural beliefs that exist in society. In many developing countries, traditional medicine is still considered a more natural and effective method, which creates a chasm between the formal medical system and the traditional health system. The issue is further complicated when Western approaches cannot provide solutions that match the expectations of patients from different cultures. Therefore, it is imperative to develop mental health care models that combine medical aspects with traditional or spiritual medicine, which can be accepted by patients from different cultural backgrounds (Wollie et al., 2024).

Patients' trust in the mental health care system is also strongly influenced by their experiences with medical services. In many cultures, if patients feel that their cultural views or beliefs are not respected, they are likely to feel uncomfortable with the care they receive, even rejecting it. Research by (Topp et al., 2022) suggests that building trust between patients and health workers is key to creating effective systems of care. To that end, it is important for health workers to not only rely on a medical approach, but also to listen and understand the cultural context underlying patients' experiences of mental health problems.

In many cultures, traditional medicine is more accepted and trusted than modern medical treatment. This leads to challenges in the integration of both approaches. Talking therapies or drug-based treatments may be considered ineffective or even against spiritual views in certain cultures. Therefore, mental health providers need to work together with traditional medicine practitioners to create a more inclusive approach, which not only respects the patient's beliefs, but also provides effective and comprehensive care (Soori et al., 2024). Community mental health education also plays an important role in addressing this cultural diversity challenge. Many communities still lack knowledge about mental disorders, which exacerbates stigma and fear of seeking treatment. By increasing community-level education, people can gain a better understanding of the importance of mental health and ways to address the problem. Education conducted by community leaders and religious leaders can help open dialogue about mental health and reduce fear of medical treatment (Humam et al., 2023).

In developing countries, education about mental health is often limited, especially in rural areas. People in these areas often do not know how to identify mental health problems or how to access available services. Therefore, outreach involving local leaders and influential figures can reduce the stigma of these issues and pave the way for individuals to receive the treatment they need. This becomes even more important in communities that still hold on to traditional values and consider mental illness as a social or spiritual problem that should be resolved internally.

One approach that can help mitigate these challenges is to integrate a more holistic, culturally-based treatment model. This approach can combine modern psychological therapies with traditional practices, such as meditation, herbal remedies, or family-based counseling. This holistic approach not only pays attention to the symptoms the patient is experiencing, but also understands their cultural context. In some countries, family-based treatment models have been shown to be effective in addressing mental disorders as it involves all family members in the recovery process, which creates a stronger social support system for patients (Santos et al., 2021).

Success in addressing the challenges of cultural diversity in mental health care relies heavily on the ability of health systems to adapt to local needs. This involves the development of more inclusive policies that incorporate different treatment approaches, as well as training for medical personnel on cultural diversity. For this reason, it is important for every country to reassess their mental health policies and develop approaches that are more responsive to the cultural needs of patients, which can ultimately improve treatment effectiveness and outcomes. Mental health service providers should work to create a more inclusive, culturally sensitive and community-based system that allows patients to feel valued, understood and supported. In this way, culturally-based mental health management not only improves treatment effectiveness, but also creates a more holistic and sustainable system of care for patients from diverse cultural backgrounds.

CONCLUSION

Culturally-based mental health management faces various challenges in both developed and developing countries. Although many developed countries have developed policies and best practices to integrate cultural diversity in mental health care, major challenges remain, especially in terms of the inability to adapt therapeutic approaches to patients' cultural values, high stigma towards mental disorders, and lack of training and resources for medical personnel. Furthermore, the differences between traditional medicine and Western medicine also create gaps in providing care that is appropriate to the patient's cultural beliefs. Overcoming these challenges requires integrating a more holistic culture-based approach, engaging local communities, and strengthening training for mental health professionals. In addition, community outreach to reduce stigma and increase understanding of mental health is also crucial. With a more inclusive, culturally sensitive, and community-based approach, mental health care systems can become more effective, reduce patient distrust, and provide care that is more appropriate to their cultural needs.

ACKNOWLEDGMENTS

REFERENCES

Asiimwe, R., Dwanyen, L., Subramaniam, S., Kasujja, R., & Blow, A. J. (2023). Training of interventionists and cultural adaptation procedures: A systematic review of culturally adapted evidence-based parenting programs in Africa. *Family Process*, *62*(1), 160–181. https://doi.org/https://doi.org/10.1111/famp.12780

Asnaani, A., Sanchez-Birkhead, A., Kaur, K., Mukundente, V., Napia, E., Tavake-Pasi, F., Villalta, J., Lee, D., Stark, L., Brown, H., & Crowell, S. (2022). Utilizing Community Partnerships to Devise a Framework for Cultural Adaptations to Evidence-Based Mental Health Practice in Diverse Communities. *Cognitive and Behavioral Practice*, *29*(4), 831–845. https://doi.org/https://doi.org/10.1016/j.cbpra.2022.06.006

Bäärnhielm, S., & Schouler-Ocak, M. (2022). Training in cultural psychiatry: Translating research into improvements in mental health care for migrants. In *Transcultural psychiatry* (Vol. 59, Nomor 2, hal. 111–115). https://doi.org/10.1177/13634615221089384

Barea, M. V., Castro, C. M., Martinez, G. M. R., & Solis, M. O. (2021). Social stigma and mental health. *European Psychiatry*, *64*(S1), S365–S365. https://doi.org/DOI: 10.1192/j.eurpsy.2021.978

Chu, W., Wippold, G., & Becker, K. D. (2022). A Systematic Review of Cultural Competence Trainings for Mental Health Providers. *Professional Psychology, Research and Practice*, *53*(4), 362–371. https://doi.org/10.1037/pro0000469

Cipta, D. A., Andoko, D., Theja, A., Utama, A. V. E., Hendrik, H., William, D. G., Reina, N., Handoko, M. T., & Lumbuun, N. (2024). Culturally sensitive patient-centered healthcare: a focus on health behavior modification in low and middle-income nations—insights from Indonesia. *Frontiers in Medicine*, *Volume 11-2024*. https://doi.org/10.3389/fmed.2024.1353037

Ellis, D. M., Draheim, A. A., & Anderson, P. L. (2022). Culturally adapted digital mental health interventions for ethnic/racial minorities: A systematic review and meta-analysis. *Journal of Consulting and Clinical Psychology*, *90*(10), 717–733. https://doi.org/10.1037/ccp0000759

Fendt-Newlin, M., Jagannathan, A., & Webber, M. (2020). Cultural adaptation framework of social interventions in mental health: Evidence-based case studies from low- and middle-income countries. *The International Journal of Social Psychiatry*, *66*(1), 41–48. https://doi.org/10.1177/0020764019879943

Humam, F., McBryde-Redzovic, A., Mahoui, I., Ali, S., Abolaban, H., Zia, B., & Awaad, R. (2023). The Role of Muslim Religious Leaders in Mental Health: A Community-Based Participatory Research Study in the San Francisco Bay Area. *Pastoral Psychology*, *72*, 1–18. https://doi.org/10.1007/s11089-023-01077-9

Javed, A., Lee, C., Zakaria, H., Buenaventura, R. D., Cetkovich-Bakmas, M., Duailibi, K., Ng, B., Ramy, H., Saha, G., Arifeen, S., Elorza, P. M., Ratnasingham, P., & Azeem, M. W. (2021). Reducing the stigma of mental health disorders with a focus on low- and middle-income countries. *Asian Journal of Psychiatry*, *58*, 102601. https://doi.org/10.1016/j.ajp.2021.102601

Keet, R., de Vetten-Mc Mahon, M., Shields-Zeeman, L., Ruud, T., van Weeghel, J., Bahler, M., Mulder, C. L., van Zelst, C., Murphy, B., Westen, K., Nas, C., Petrea, I., & Pieters, G. (2019). Recovery for all in the community; position paper on principles and key elements of community-based mental health care. *BMC Psychiatry*, *19*(1), 174. https://doi.org/10.1186/s12888-019-2162-z

Kirmayer, L. J., & Jarvis, G. E. (2019). Culturally Responsive Services as a Path to Equity in Mental Healthcare. *HealthcarePapers*, *18*(2), 11–23. https://doi.org/10.12927/hcpap.2019.25925

Kwon, S., Jaesung, A., Sandraluz, L.-C., Flavia C. D., A., & and Hernandez, R. (2023). The

influence of cultural values on mental health of informal Korean caregivers for older adults: a systematic review. *Social Work in Mental Health*, *21*(6), 784–804. https://doi.org/10.1080/15332985.2023.2202789

Lazarus, P. J., Beth, D., Samuel Y., S., & and Radliff, K. (2022). Transforming School Mental Health Services Based on a Culturally Responsible Dual-Factor Model. *School Psychology Review*, *51*(6), 755–770. https://doi.org/10.1080/2372966X.2021.1968282

Luu, B., Levi, F., Mary Jo, M., & and Ravulo, J. (2024). Effectively supporting Culturally and Linguistically Diverse (CALD) young people with their mental health and wellbeing – does this matter or exist in Australia? *Social Work in Mental Health*, *22*(2), 171–197. https://doi.org/10.1080/15332985.2023.2273227

Marzouqa, N., & Saadeh, S. (2024). Dissociative Identity Disorder from a Palestinian Perspective: A Case Report. *European Psychiatry*, *67*, S522–S522. https://doi.org/10.1192/j.eurpsy.2024.1085

Mascayano, F., Toso-Salman, J., Ho, Y. C. S., Dev, S., Tapia, T., Thornicroft, G., Cabassa, L. J., Khenti, A., Sapag, J., Bobbili, S. J., Alvarado, R., Yang, L. H., & Susser, E. (2020). Including culture in programs to reduce stigma toward people with mental disorders in low- and middle-income countries. *Transcultural Psychiatry*, *57*(1), 140–160. https://doi.org/10.1177/1363461519890964

Olotu, S. (2023). Integrating Cultural Awareness to Improve Mental Health Services in the Multi-Ethnic Community: A Systematic Literature Review. *BJPsych Open*, *9*(S1), S66–S66. https://doi.org/DOI: 10.1192/bjo.2023.225

Opia, F. N., & Matthew, K. A. (2025). International Journal of Research Publication and Reviews Culturally Sensitive Interventions for Mental Health in Vulnerable Populations : Bridging Gaps in Care. *International Journal of Research Publication and Reviews*, *6*(1), 2984–2997.

Perry, A., Gardener, C., Shieh, J., Hồ, Q. T., Doan, A., & Bhui, K. (2024). Investigating the acceptability of a culturally adapted acceptance and commitment therapy group for UK Vietnamese communities: A practice-based feasibility study. *Transcultural Psychiatry*, *61*(4), 626–651. https://doi.org/10.1177/13634615241228071

Popescu, C. R. G. (2024). *SUSTAINABLE DEVELOPMENT AND CLIMATE CHANGE MANAGEMENT: OPPORTUNITIES FOR DISASTER RISK REDUCTION, INTEGRATED ASSESSMENT OF AIR POLLUTION, AND ENERGY OPTIONS FOR ECONOMIC PROSPERITY*.

Santos, C. F., Medeiros, A. B., & Gomes, R. (2021). Involving families in psychiatric treatment and rehabilitation. *European Psychiatry*, *64*(S1), S154–S155. https://doi.org/DOI: 10.1192/j.eurpsy.2021.418

Siantz, E., Hiller, S., Ojeda, V. D., & Gilmer, T. P. (2023). Barriers to Accessing Mental Health Care Under the Mental Health Services Act: A Qualitative Case Study in Orange County, California. *Community Mental Health Journal*, *59*(2), 381–390. https://doi.org/10.1007/s10597-022-01016-7

Soares, M., Cameira, M., Abreu, P., & Pereira, M. (2024). Cultural Diversity and Mental Health Care: A Case Study. *European Psychiatry*, *67*, S522–S522. https://doi.org/10.1192/j.eurpsy.2024.1084

Soori, B. I. P., Regmi, K., & Pappas, Y. (2024). Factors Influencing the Integration of Traditional Medicine and Mainstream Medicine in Mental Health Services in West Africa: A Systematic Review Using Narrative Synthesis. *Community Mental Health Journal*, *60*(6), 1117–1130. https://doi.org/10.1007/s10597-024-01263-w

Teixeira-Santos, L., Camarneiro, A. P., Xavier, B., Ventura, F., Cunha-Oliveira, A., & Monteiro, A. P. (2022). Multicultural competencies training programs for health care staff and health students in academic and professional settings: a scoping review protocol. *JBI Evidence Synthesis*, *20*(2), 613–623. https://doi.org/10.11124/JBIES-21-00102

Topp, S. M., Tully, J., Cummins, R., Graham, V., Yashadhana, A., Elliott, L., & Taylor, S. (2022). Building patient trust in health systems: A qualitative study of facework in the context of the Aboriginal and Torres Strait Islander Health Worker role in Queensland, Australia. *Social Science & Medicine*, *302*, 114984. https://doi.org/https://doi.org/10.1016/j.socscimed.2022.114984

Viola, E., Martorana, M., Ceriotti, D., De Vito, M., De Ambrosi, D., & Faggiano, F. (2024). The effects of cultural engagement on health and well-being: a systematic review. *Frontiers in Public Health*, *Volume 12-2024*. https://doi.org/10.3389/fpubh.2024.1369066

Wollie, A. M., Usher, K., Maharaj, R., & Islam, M. S. (2024). Health professionals' attitudes towards traditional healing for mental illness: A systematic review protocol. *PloS One*, *19*(9), e0310255. https://doi.org/10.1371/journal.pone.0310255