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CULTURALLY INFORMED INTERVENTIONS TO ENHANCE KINDNESS, EMPATHY AND COMPASSION AMONG MENTAL HEALTH PROFESSIONALS: A RAPID REVIEW

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BACKGROUND

- Up to 50% of mental health professionals experience burnout, which diminishes empathy, compassion and kindness qualities essential for therapeutic relationships, patient recovery and clinician wellbeing.
- While compassion-based interventions have shown potential to enhance resilience and wellbeing, few reviews address their cultural adaptation, limiting effectiveness in diverse mental health settings. Moreover, important outcomes such as kindness in action, team cohesion and cultural safety remain underexplored.
- This review synthesizes evidence on culturally informed interventions across the three domains of kindness, compassion and empathy, this introduces the concept of intelligent kindness action oriented care that sustains compassionate practice.

METHODS

- Systematic search: PubMed & PsycINFO (2014–2025)
 - Participants: psychiatrists, psychologists, nurses, therapists, and allied staff
 - Study types: quantitative, qualitative, and mixed-methods
 - Data extraction: TIDieR checklist & Ecological Validity Model
- Screening: PRISMA 2020 guidelines
- Analysis: narrative synthesis

RESULTS

- Interventions included: a 90-minute empathy workshop in the USA, a 14-session cross-cultural competence course in Sweden, an 8-session Trauma-Focused CBT program in Ukraine and a 4-day Emotionally Focused Therapy externship across six Spanish-speaking countries.
- Empathy outcomes showed: a significant increase in empathic awareness in the USA ($p = .019$); qualitative improvements in empathy in Sweden; 69% of participants in Ukraine rated the training as very or extremely helpful and 92% reported professional benefits and in Spanish-speaking countries, significant growth in Perspective Taking ($p < .001$) and Empathic Concern ($p < .001$).
- Additional findings included improved coping skills ($p = .010$), enhanced self-compassion ($p < .001$) and greater collegial support. However, no studies reported outcomes related to kindness, compassion-in-action, therapeutic alliance or patient perspectives.

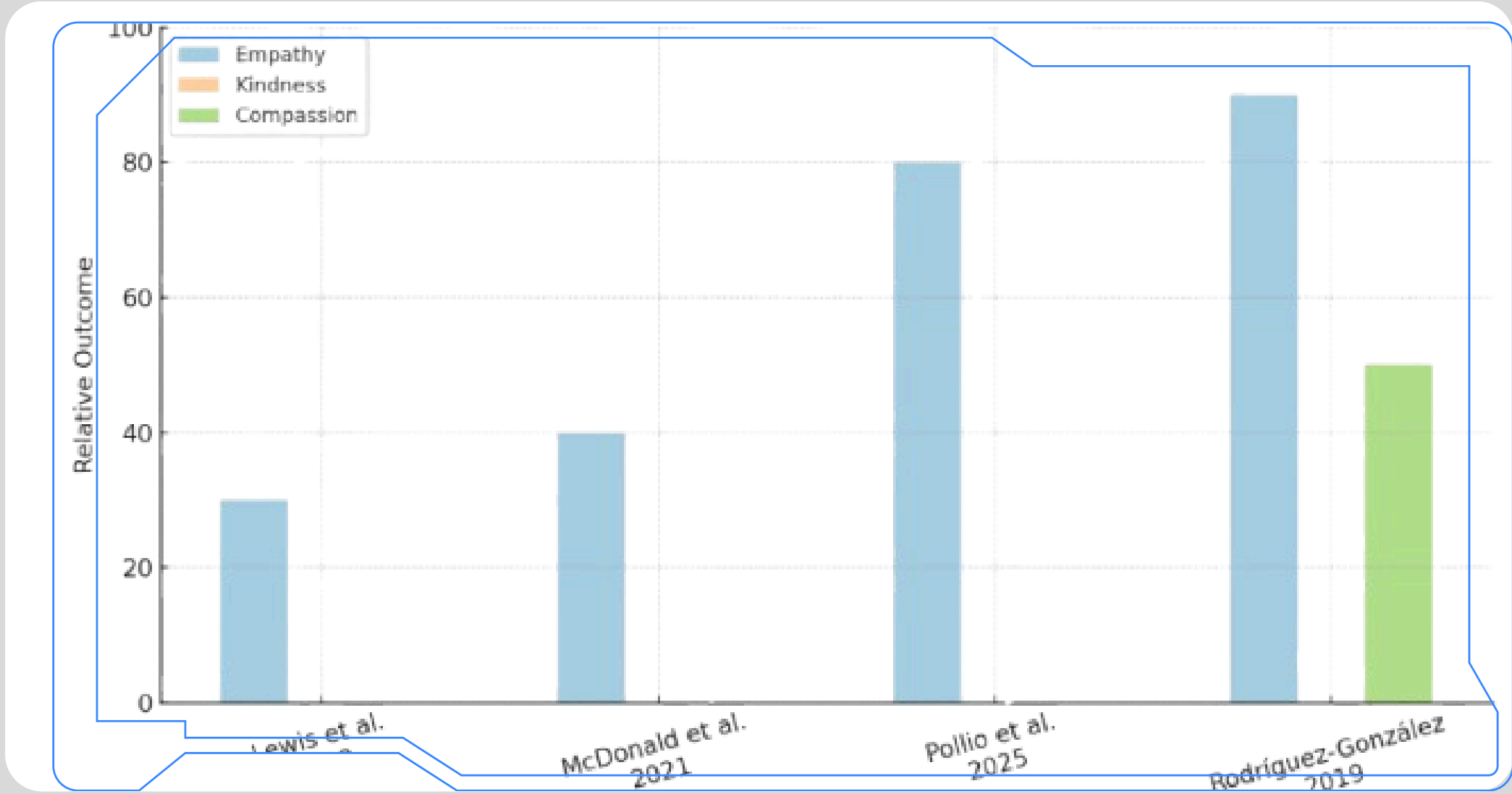


FIG 1. OUTCOMES OF EMPATHY, KINDNESS & COMPASSION TRAINING .

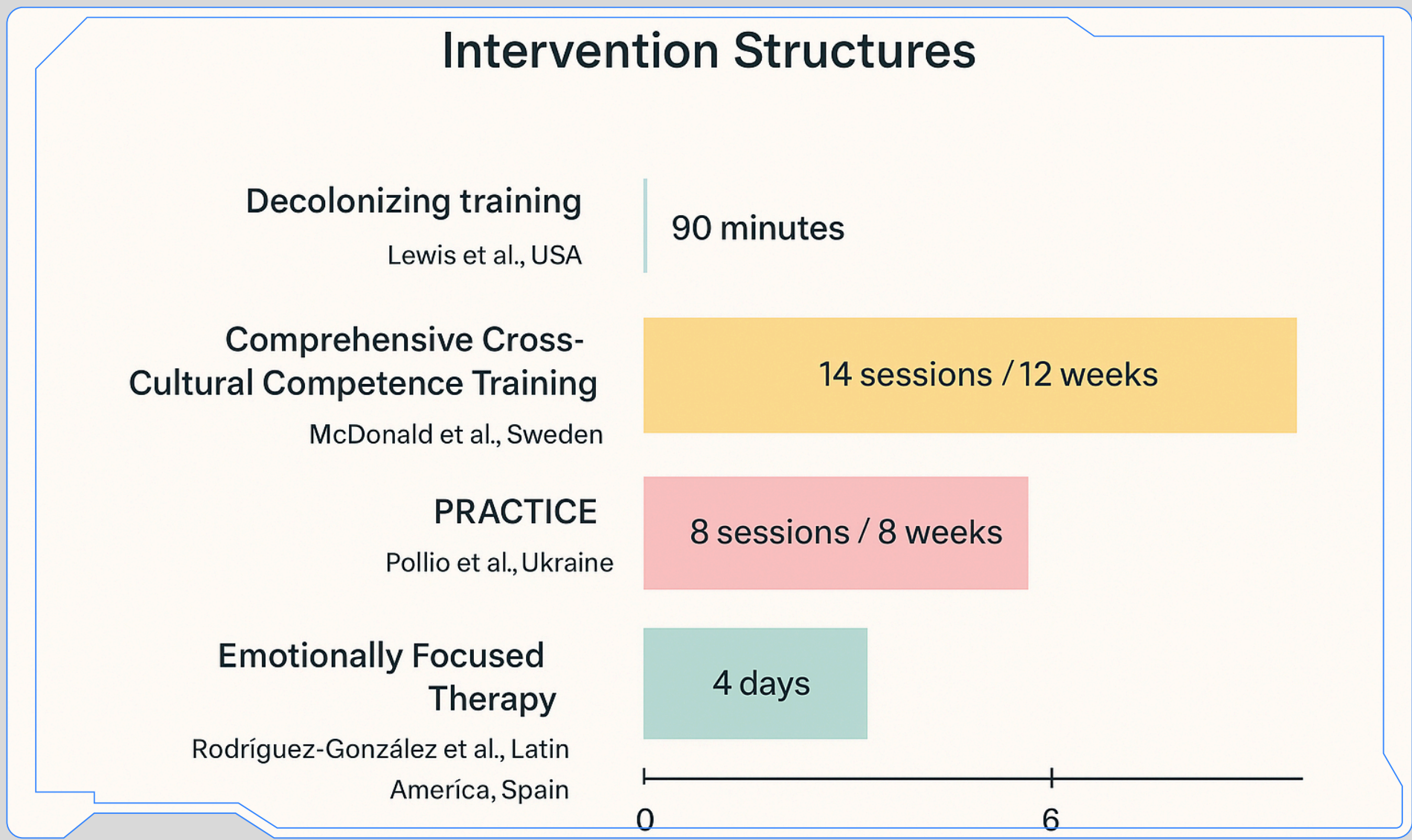
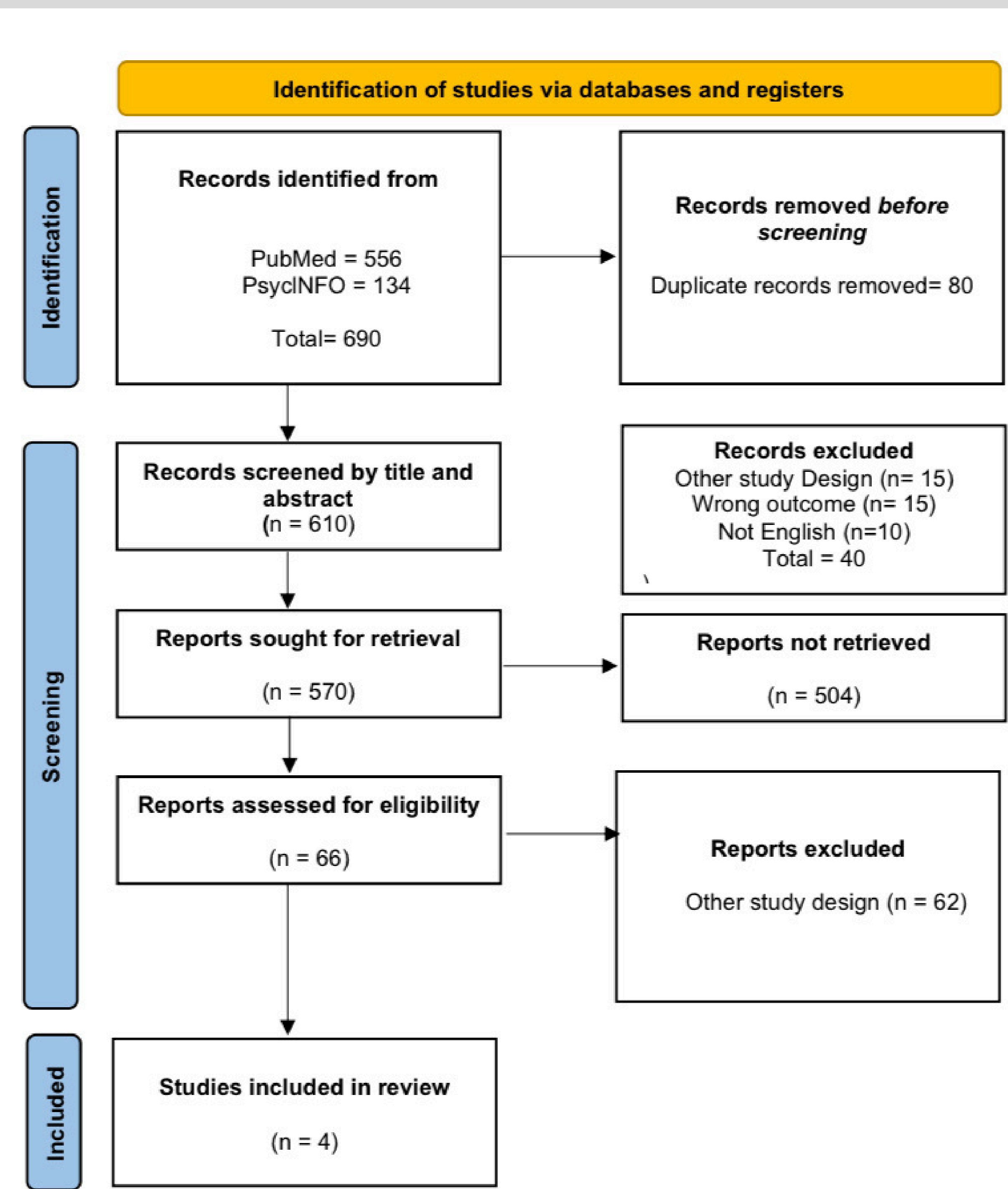


FIG: 2. STRUCTURES OF TRAINING INTERVENTIONS

CONCLUSION

Culturally informed training interventions enhance empathy and aspects of professional wellbeing. Lack of validated measures for kindness and compassion limits understanding of broader impact. Future research should use mixed-methods, longitudinal designs and culturally validated tools to directly assess kindness and compassion, supporting sustainable integration into mental health practice.