



REVIEW ARTICLE

EXPLORING THE CURRENT STATE OF HEALTH IMPACT ANALYSIS IN TOXIC RELATIONSHIPS: A BIBLIOMETRIC REVIEWNurul Fajriah^{1*}, Tuti Bahfiarti², Jeanny Maria Fatimah³¹Department of Communication Science, Faculty of Social and Political Science, Hasanuddin University, South Sulawesi, Indonesia. fajriahn23e@student.unhas.ac.id²Department of Communication Science, Faculty of Social and Political Science, Hasanuddin University, South Sulawesi, Indonesia. tutibahfiarti@unhas.ac.id³Department of Communication Science, Faculty of Social and Political Science, Hasanuddin University, South Sulawesi, Indonesia. jeannyfatimah@gmail.com**Corresponding Author:** Nurul Fajriah, Department of Communication Science, Faculty of Social and Political Science, Hasanuddin University, South Sulawesi, Indonesia. fajriahn23e@student.unhas.ac.id**Received:** Nov 29, 2025; **Accepted:** Dec 27, 2025; **Published:** Jan. 6, 2025**Abstract**

This study explores the current state of health impact analysis in toxic relationships, focusing on a bibliometric review of scholarly research. A comprehensive review was conducted using tools such as VOSviewer, Biblioshiny (R-package), and Publish or Perish, analyzing data from the Scopus database. A total of 622 journal articles published between 1985 and 2025 were systematically reviewed, showing a steady increase in annual publications, particularly in the last decade. The analysis reveals that the study of toxic relationships and their health impacts has become a significant area of research, with key themes such as intimate partner violence, mental health, stress, and trauma consistently emerging in the literature. The United States, the United Kingdom, and Canada are the leading countries contributing to this research, with major institutions like Johns Hopkins University and the University of California significantly driving the scholarly output. Prominent journals, including the *Journal of Interpersonal Violence* and *Violence Against Women*, have had a major impact on the field. Additionally, the study highlights the critical role of mental health policies and support systems in mitigating the effects of toxic relationships, emphasizing the need for accessible interventions and support for affected individuals. Despite the expanding literature, gaps remain in addressing intersectional health issues related to marginalized populations. The findings suggest that future research should focus on comprehensive interventions, social factors, and the long-term mental and physical health consequences of toxic relationships, offering valuable insights into the evolving landscape of health impact research in toxic relationships.

Keywords: Bibliometric Analysis, Health Impact, Toxic Relationships, Bibliometric Analysis**INTRODUCTION**

The mental health impact of toxic relationships has become an increasingly significant area of research, particularly as awareness of the psychological consequences of such relationships grows^{1,2}. Toxic relationships whether romantic, familial, or professional have been linked to a variety of mental health issues, including anxiety, depression, and emotional trauma³. Research suggests that these relationships can have long-lasting negative effects on an individual's emotional and psychological well-being, especially in high-stress environments such as academia, where students are particularly vulnerable to mental health challenges due to academic and social pressures⁴. These toxic environments can lead to

detrimental effects on students' overall mental health, making it more challenging to cope with day-to-day responsibilities⁵.

The rise of social media has complicated the landscape of toxic relationships by providing a platform where harmful behaviors, such as cyberbullying, emotional manipulation, and unhealthy comparisons, are often perpetuated⁶. These behaviors have been shown to contribute to increased feelings of anxiety, stress, and low self-esteem, ultimately affecting individuals' mental health^{2,7}. The COVID-19 pandemic further exacerbated these issues, as students faced social isolation, increased academic uncertainty, and a shift to remote learning, all

of which amplified the mental health challenges related to toxic relationships⁸.

In response to these growing concerns, the academic literature has increasingly focused on the mental health impacts of toxic relationships. Bibliometric analyses have highlighted the rising number of studies exploring these issues, but there remain significant gaps in the research. Much of the existing literature is fragmented, with some studies focusing on physical health outcomes and others concentrating on specific types of toxic relationships without addressing the broader mental health implications. Additionally, there is a lack of research examining the role of digital technologies in the perpetuation of toxic relationships and their impact on mental health⁹.

The current study, Exploring the Current State of Health Impact Analysis in Toxic Relationships: A Bibliometric Review, aims to address these gaps by conducting a bibliometric analysis of the literature. This analysis will explore trends in research, recurring themes, and the most influential authors, journals, and institutions. Furthermore, this review seeks to identify key challenges and opportunities for future research in the field, with particular attention to how digital platforms contribute to toxic dynamics and their subsequent effects on mental health. The study aims to answer the following questions:

1. What are the key trends in the research on the health impacts of toxic relationships, including the most frequently cited journals, institutions, countries, and productive authors?
2. What are the dominant themes and keywords in the literature, and how have they evolved over time?

RESEARCH METHODOLOGY

Research design.

This study adopts a quantitative approach using bibliometric analysis, which is an effective technique for evaluating the conceptual structure of a research domain and identifying future research directions. The objective of this study is to synthesize research streams from various journals indexed in Scopus, covering the period from 1985 to 2025. The bibliometric analysis will be integrated with content analysis to provide a more comprehensive understanding of the topic being researched. The choice of Scopus as the data source is based on its broader citation coverage compared to other databases such as Web of Science (WoS), which is more limited and often overlaps with Scopus. Furthermore, Scopus provides access to a wider range of journals and offers a more extensive citation network¹⁰.

Search Strategy, Criteria, and Data Collection

For our data search strategy, we adapted the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) model to ensure transparency and consistency in the data collection process. The detailed flowchart below outlines the PRISMA protocol employed in this study's search strategy. Data were collected from the Scopus database on December 25, 2025, using the search query: ("toxic relationship" OR "abusive relationship") AND ("health impact" OR "well-being" OR "mental health" OR "stress" OR "anxiety" OR "depression" OR "trauma"). This search query was designed to capture documents focusing on toxic relationships and their impact on mental health. To ensure the inclusiveness of the bibliometric review and content analysis, a structured screening process was followed. This process included screening literature relevant to the research topic, evaluating documents based on eligibility criteria (including full-text search), and cross-verifying citations and relevance to the subject, even if not directly included in the data search query. The initial records screened from the Scopus database (n = 811) were based on article titles, abstracts, and keywords. Filters were applied to ensure the inclusion of only journal articles in English. The following criteria were applied: LIMIT-TO (DOCTYPE, "ar"), LIMIT-TO (SRCTYPE, "j"), LIMIT-TO (LANGUAGE, "English"). Subsequently, we excluded documents that did not meet the inclusion criteria, such as irrelevant studies, non-article document types, non-journal sources, and documents not written in English or Indonesian (n = 189). The remaining records deemed eligible (n = 622) were included for further descriptive analysis, bibliometric analysis, and content analysis.

Tools and Data Analysis

Various tools were employed to conduct this research. For frequency analysis and chart generation, R-Biblioshiny and Excel were used to perform calculations and visualize the results. VOSviewer was used to construct and visualize bibliometric networks, examine abstract keywords and authorship, and explore relationships and collaborations across authors, countries, and publications. Harzing's Publish or Perish software was utilized to compute citation metrics and identify highly cited documents, providing insights into the most influential research in the domain^{11,12}. This research adopts comprehensive methodology, combining bibliometric analysis with content and network analysis to uncover insights into various facets of the research field. These include publication years, contributing countries and institutions, prominent journals, influential authors, keyword associations among authors, document citations, author citations and co-citations, international collaborations, and emerging research streams.

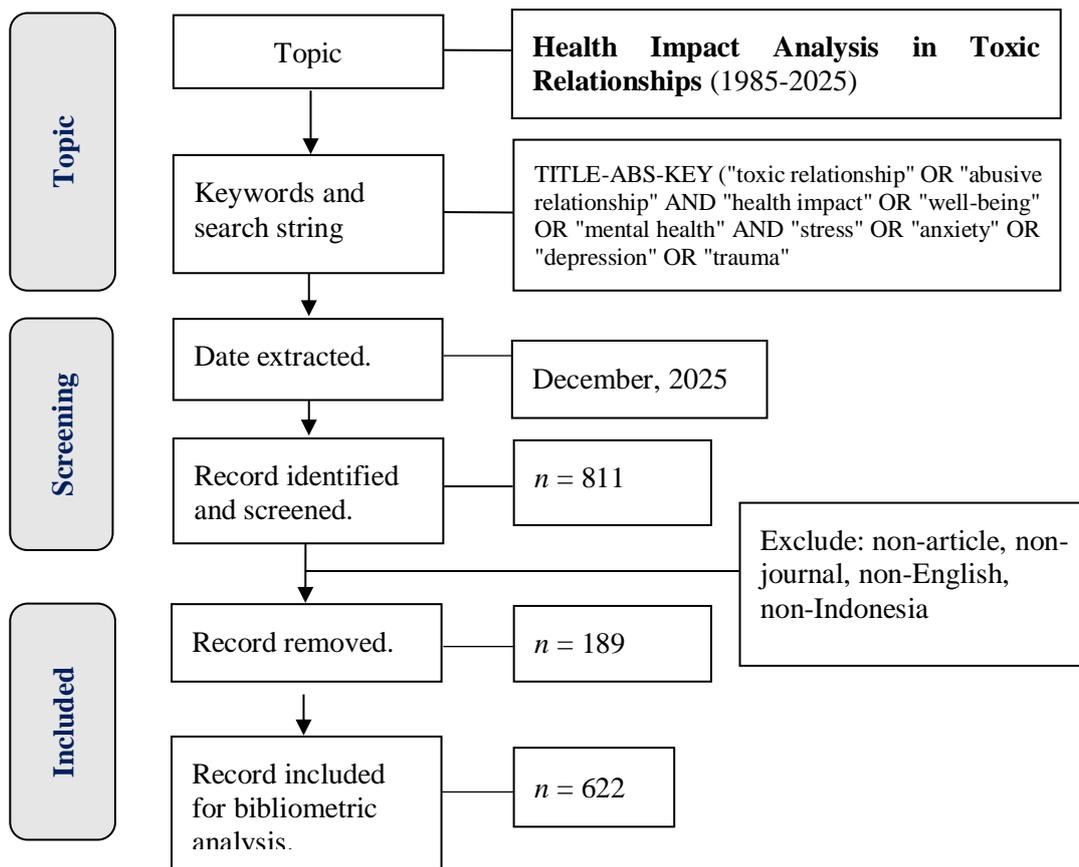


Figure 1. Diagram PRISMA

RESEARCH FINDINGS AND DISCUSSION

Descriptive analysis

The author examined a collection of 622 journal articles published between 1985 and 2025 for this study, sourced from a total of 336 different publications. These articles were authored by 2,085 authors, with 0 single-authored documents. On average, each article had 6.99 co-authors, and 14.63% of the publications featured international co-authorship, indicating significant global collaboration. The annual growth rate of publications was 7.84%, reflecting a strong and accelerating scholarly activity in this area. The average age of the documents was 9.5 years, and there were 4,753 references across all publications. Each document had an average of 27.91 citations, demonstrating a significant impact on the academic community. Additionally, the authors used 1,452 different keywords, showing the broad range of topics covered. This overall picture suggests that the field is experiencing rapid growth, with increasing international collaboration, and is contributing significantly to the academic landscape, as evidenced by the rising citation rates.



Figure 2. Dataset

In this study, the author examined journal articles published between 1985 and 2025, focusing on the development of scholarly work during this period. The first article was published in 1985, with a few years having very few or no publications, particularly in the early years. However, the number of publications started to increase gradually, with noticeable growth occurring after the early 2000s. The most significant increase in publications happened after 2011, with a sharp rise in the number of articles in the following years. The highest number of publications was recorded in 2023, with 53 articles published, followed by 50 articles in 2022. A total of 622 articles were identified from the Scopus database. The

analysis of the publication trends shows an annual growth rate of 7.84%. On average, each article had 6.99 co-authors per document, and the total number of references across all articles amounted to 4,753. This upward trend highlights the growing academic interest and research activity in the field, particularly in recent years.



Figure 3. Number of publications per year

Research trend analysis

The chart illustrates the distribution of research across various subject areas related to toxic relationships and their health impact. The largest portion of the research focuses on Psychology, accounting for 31.0% of the total publications, reflecting the significant interest in understanding the psychological effects of toxic relationships. Medicine follows closely behind with 24.6%, indicating that physical health and the medical consequences of toxic relationships remain major areas of academic inquiry. Social Sciences contribute 24.4%, highlighting the importance of societal and cultural factors in shaping the experiences and health impacts of toxic relationships. Other notable areas include Nursing (6.5%), focusing on healthcare aspects, and Arts and Humanities (3.8%), suggesting an exploration of the broader social and cultural impacts. Health Professions (2.8%) represent an important area that links healthcare professions with toxic relationship-related health issues. Smaller portions of research in specialized areas such as Neuroscience (1.5%), Business and Management (1.0%), and Environmental Studies (1.5%) suggest that there is also exploration into the impact of toxic relationships on the brain, workplace dynamics, and environmental factors. Other subject areas, accounting for 2.2%, contribute to the overall discourse on toxic relationships and health, rounding out the interdisciplinary nature of the research in this field.

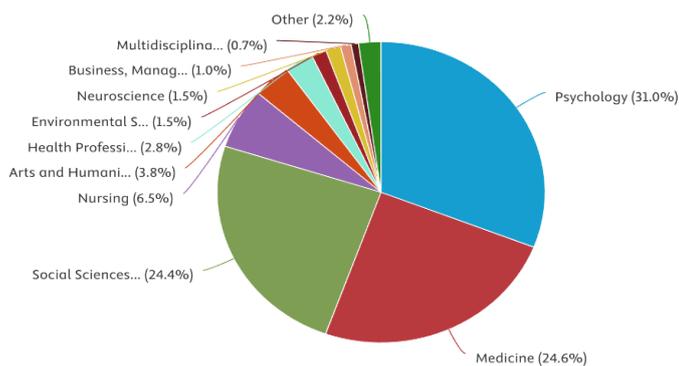


Figure 4. Subject Area

The chart presents the most relevant sources in the field of toxic relationships and health impact research based on the number of documents published. The Journal of Interpersonal Violence leads with 79 documents, followed by the Journal of Family Violence with 27 documents, reflecting significant contributions to understanding violence in relationships. Violence Against Women ranks third with 16 documents, highlighting the focus on gender-based violence. Other notable sources include Issues in Mental Health Nursing and Violence and Victims, contributing 12 and 11 documents, respectively, indicating a focus on the intersection of violence, mental health, and nursing. The International Journal of Environmental Research and Public Health follows with 10 documents, reflecting its interdisciplinary approach to public health and toxic relationships. Frontiers in Psychology contributes 9 documents,

showcasing its relevance to the psychological aspects of toxic relationships, while Health Care for Women International and Affilia - Feminist Inquiry in Social Work each contribute 9 and 8 documents, respectively, emphasizing healthcare and social work perspectives. The Journal of Aggression, Maltreatment and Trauma rounds out the list with 8 documents, focusing on trauma and maltreatment in relationships. This distribution highlights the interdisciplinary nature of research on toxic relationships and their health impacts, with a significant focus on psychology, violence studies, nursing, and public health.

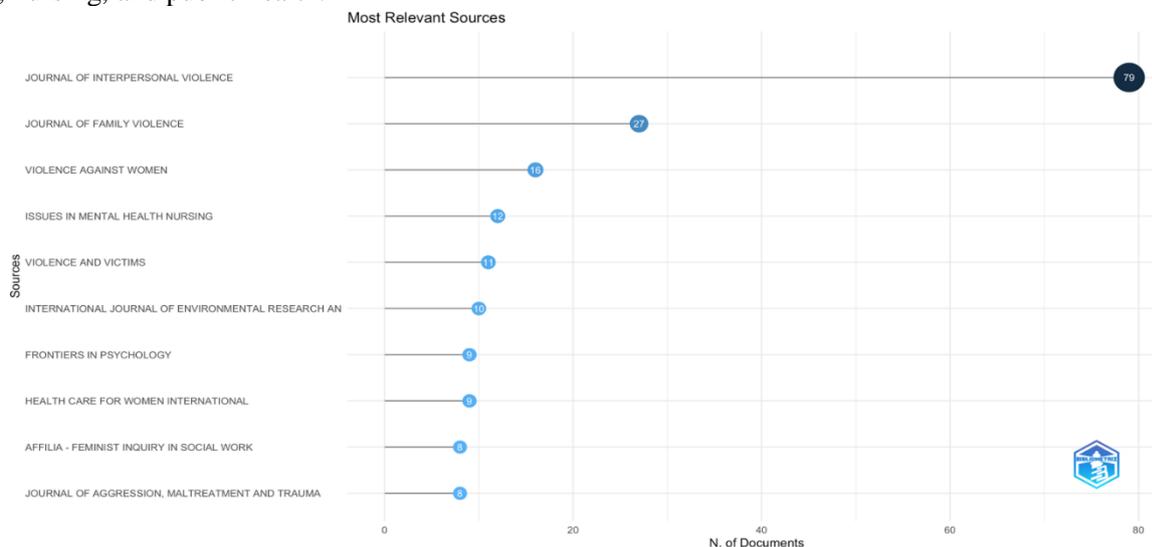


Figure 5. Most Relevant Sources

The figure above shows the local impact of the sources in toxic relationships and health impact research based on the H-index. The source with the highest H-index, reflecting its impact within the research community, is the Journal of Interpersonal Violence, with an H-index of 29. This is followed by the Journal of Family Violence with an H-index of 13, demonstrating its significant influence. Violence Against Women ranks third with an H-index of 10, indicating its considerable impact in the field. Issues in Mental Health Nursing, Violence and Victims, and Frontiers in Psychology each have an H-index of 9, further showing their importance in shaping research in this area. Health Care for Women International, International Journal of Environmental Research and Public Health, and Affilia - Feminist Inquiry in Social Work all have an H-index of 6, reflecting their moderate influence in the field. Finally, BMC Public Health has an H-index of 5, indicating a lesser but still relevant impact. These results highlight the key sources that are shaping the current landscape of toxic relationship research and their respective impact within the academic community.

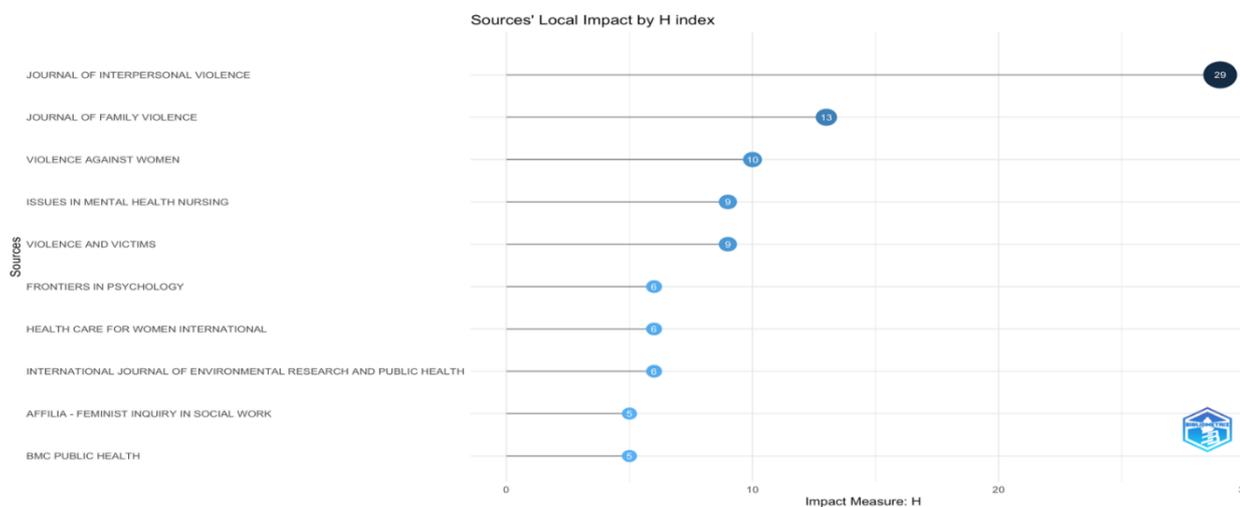


Figure 6. Journal local impact related to the topic Most influential countries, affiliates, and productive author

Table 3 shows the distribution of toxic relationships and health impact research by country. The United States leads the list with 335 publications (53.86%), followed by the United Kingdom with 60 publications (9.65%). The United States

significantly contributes to the research in this area, and the United Kingdom also has a strong presence. Canada ranks third with 57 publications (9.16%), demonstrating a considerable interest in the topic. Australia follows with 29 publications (4.66%), showing some engagement in the research, while Spain contributes 21 publications (3.38%). India and South Africa each contribute 15 publications (2.41%), representing regions with growing research on toxic relationships and health impact. Germany, Israel, and Italy each contribute 11 publications (1.77%), indicating their involvement in the field, while other countries and regions contribute smaller portions of research. This distribution indicates that North America and Europe are dominant in this area of research, with the United States and the United Kingdom leading the way. The variation in publication numbers also highlights the global nature of this research, suggesting that increased international collaboration could enhance the overall impact of this important area of study.

Country	TP	%	Continent
United States	335	53,86%	North America
United Kingdom	60	9,65%	Europe
Canada	57	9,16%	North America
Australia	29	4,66%	Oceania
Spain	21	3,38%	Europe
India	15	2,41%	Asia
South Africa	15	2,41%	Africa
Germany	11	1,77%	Europe
Israel	11	1,77%	Asia
Italy	11	1,77%	Europe

Figure 7. Most influential countries

The figure above shows the most relevant affiliations based on the number of articles published about toxic relationships and their health impact, as part of the bibliometric review titled "Exploring the Current State of Health Impact Analysis in Toxic Relationships: A Bibliometric Review." Johns Hopkins School of Nursing leads with 47 articles, showcasing its significant contribution to the field. University of California follows with 36 articles, reflecting its strong focus on research in this area. Johns Hopkins Bloomberg School of Public Health ranks third with 28 articles, reinforcing its role in advancing research on health impacts related to toxic relationships. Western University and University of Washington each published 25 and 24 articles, respectively, indicating their active participation in this research area. University of Toronto published 20 articles, contributing notably to the field, while other institutions like The University of Texas Health Science Center at San Antonio, Carleton University, Islamic Azad University, and Michigan State University contributed 19, 16, 16, and 15 articles, respectively, demonstrating their important roles in the academic landscape. This distribution highlights the key academic institutions driving forward research on toxic relationships and their health impacts, underscoring the global collaboration in this field.

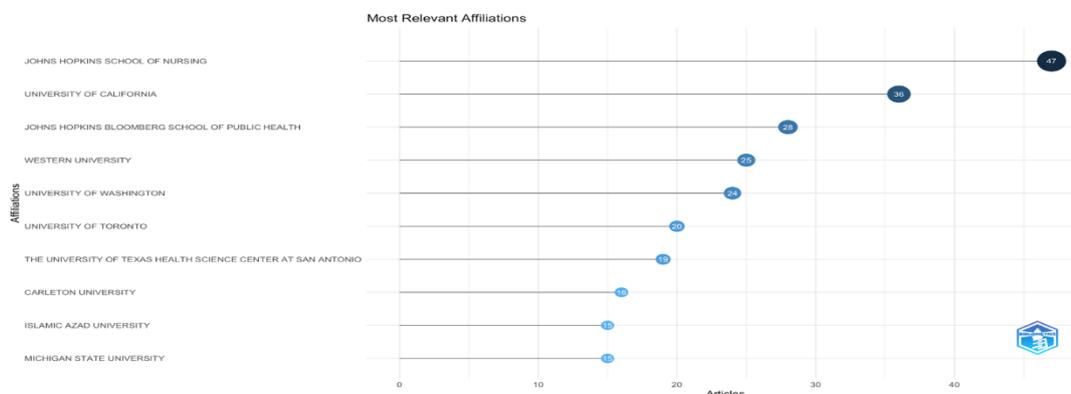


Figure 8. The top 10 Relevant Affiliations

Table 4 shows the top authors who have contributed to toxic relationships and health impact research, along with their key publications. Campbell, J.C. leads with 12 publications, indicating a significant contribution to the field. Sabri, B. follows

with 5 publications, demonstrating a strong influence in this area, while Glass, N. has contributed 4 publications, marking a notable presence in the research. Other contributors such as Edwards, K.M., Bloom, T.L., Clough, A., Grace, K.T., Anisman, H., Decker, M.R., and Gidycz, C.A. each have 3 to 4 publications, showcasing their valuable contributions to the research landscape. These authors reflect a diverse range of expertise in the field of toxic relationships and health impacts, highlighting their collective role in advancing research on this important topic.

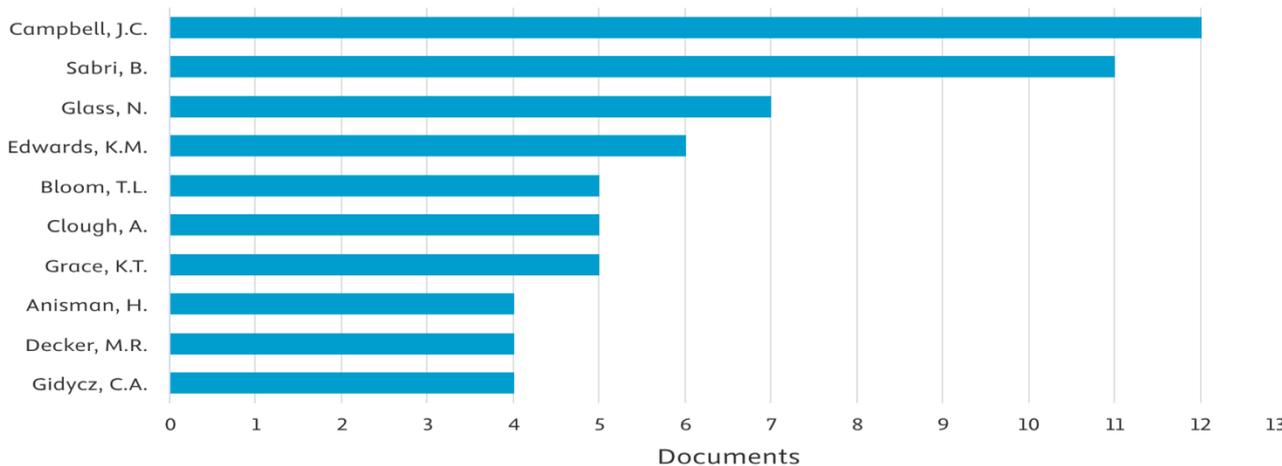


Figure 9. Most Productive Authors

Citation analysis

Several key studies have made significant contributions to the field of toxic relationships and their health impact. Podsakoff (2007) leads with 1,531 citations, reflecting the wide-reaching impact of his work, particularly in understanding stressor relationships and job-related behaviors, with a high normalized citation rate of 9.03. Anderson (2003) follows with 377 citations and a normalized citation rate of 2.91, focusing on the process of leaving abusive relationships and its psychological effects. Wolfe (2003) contributed 317 citations with a normalized citation rate of 2.45, concentrating on dating violence prevention in at-risk youth. Other important studies include Zlotnick (2006), Fanslow (2010), and Ellsberg (2000), with citation counts ranging from 230 to 297. These studies provide significant insights into intimate partner violence and the long-term psychosocial effects, with normalized citation rates ranging from 2.43 to 4.78. Ehrensaft (2004) and Rolland (1994), with 203 and 193 citations, respectively, further expand our understanding of abusive relationships and the impacts on mental health. Kemp (1995) and Pallitto (2005), with 177 and 174 citations, contribute important findings regarding post-traumatic stress disorder in battered women and unintended pregnancies linked to intimate partner violence, respectively. These studies highlight the growing academic focus on toxic relationships and their health impacts, underscoring diverse areas of research in understanding the long-term consequences of intimate partner violence.

Table 1. The top ten most cited documents

Author	Paper	T C	C/Y	Normalized TC
Podsakoff, 2007.	Differential challenge stressor-hindrance stressor relationships with job attitudes, turnover intentions, turnover, and withdrawal behavior: A meta-analysis.	1531	80,58	9,03
Anderson, 2003.	Leaving An Abusive Partner: An Empirical Review of Predictors, the Process of Leaving, and Psychological Well-Being	377	16,39	2,91
Wolfe, 2003.	Dating violence prevention with at-risk youth: A controlled outcome evaluation.	317	13,78	2,45
Zlotnick, 2006.	Intimate Partner Violence and Long Term Psychosocial Functioning in a National Sample of American	297	14,85	4,45

	Women			
	Help-Seeking Behaviors and Reasons for Help Seeking Reported by a Representative Sample of Women Victims of Intimate Partner Violence in New Zealand	255	15,94	4,78
Fanslow, 2010.				
	Candies in hell: women's experiences of violence in Nicaragua	230	8,85	2,96
Ellsberg, 2000.				
	Clinically Abusive Relationships in an Unselected Birth Cohort: Men's and Women's Participation and Developmental Antecedents.	203	9,23	2,43
Ehrensaft, 2004.				
	In Sickness And In Health: The Impact Of Illness On Couples' Relationships	193	6,03	1,79
Rolland, 1994.				
	Incidence and Correlates of Posttraumatic Stress Disorder in Battered Women: Shelter and Community Samples	177	5,71	2,36
Kemp, 1995.				
	Is Intimate Partner Violence Associated with Unintended Pregnancy? A Review of the Literature	174	8,29	4,33
Pallitto, 2005.				

Note(s): TC=total citations; C/Y=average citations per years

Keyword analysis

Table 6 shows the frequency of keywords related to toxic relationships and their health impact in the Scopus database. "Intimate partner violence" emerges as the most common keyword, appearing in 155 articles (20%), indicating its central role in research on toxic relationships. "Domestic violence" follows with 107 occurrences (14%), highlighting its significant connection to the health impact of abusive relationships. Other notable keywords include "battered women" and "partner abuse", both appearing 27 times (3%) each, reflecting a strong focus on gender-based violence and its consequences. "Mental health" appears in 22 articles (3%), indicating its importance in understanding the psychological effects of toxic relationships. Keywords like "coping" and "help-seeking" appear 13 times (2%) each, reflecting the focus on strategies and interventions for those affected by abuse. Additionally, "adolescents", "sexual abuse", and "trauma" each appear in 12 to 18 articles, emphasizing the intersection between violence and mental health issues in younger populations. Other relevant keywords, such as "violence", "relationships", and "resilience", highlight the broader scope of research on the personal, emotional, and social impact of toxic relationships. This distribution underscores the diverse areas of focus in toxic relationship research, with a strong emphasis on intimate partner violence and its effects on both mental and physical health.

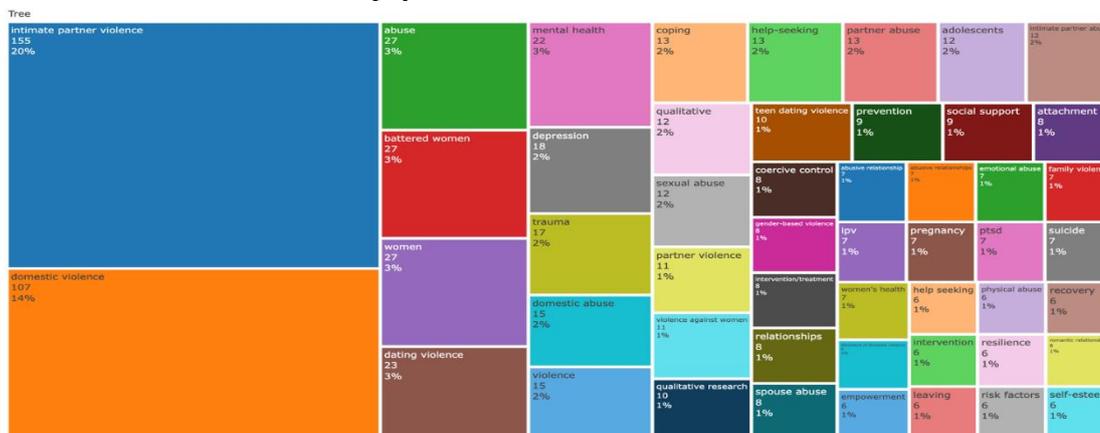


Figure. 10 Top Keywords

The figure presents a keyword co-occurrence network that plots the development degree (density) against the relevance degree (centrality) of various themes in toxic relationships and health impact research. In the Motor Themes (top-right),

central themes like "intimate partner violence," "domestic violence," and "mental health" show high relevance and growth, indicating their importance in the field. In the Basic Themes (bottom-right), "battered women" and "depression" are foundational themes, essential but not as interdisciplinary. The Niche Themes (top-left) include specific topics like "sexual abuse" and "partner violence," which are still developing in the research landscape. Emerging or Declining Themes (bottom-left) include "stress" and "family," suggesting these areas are either emerging or declining. Finally, themes like "coping" and "resilience" are in the middle, showing growing relevance with a focus on intervention strategies. Overall, the chart illustrates the expanding research on toxic relationships, focusing on violence, mental health, and interventions.

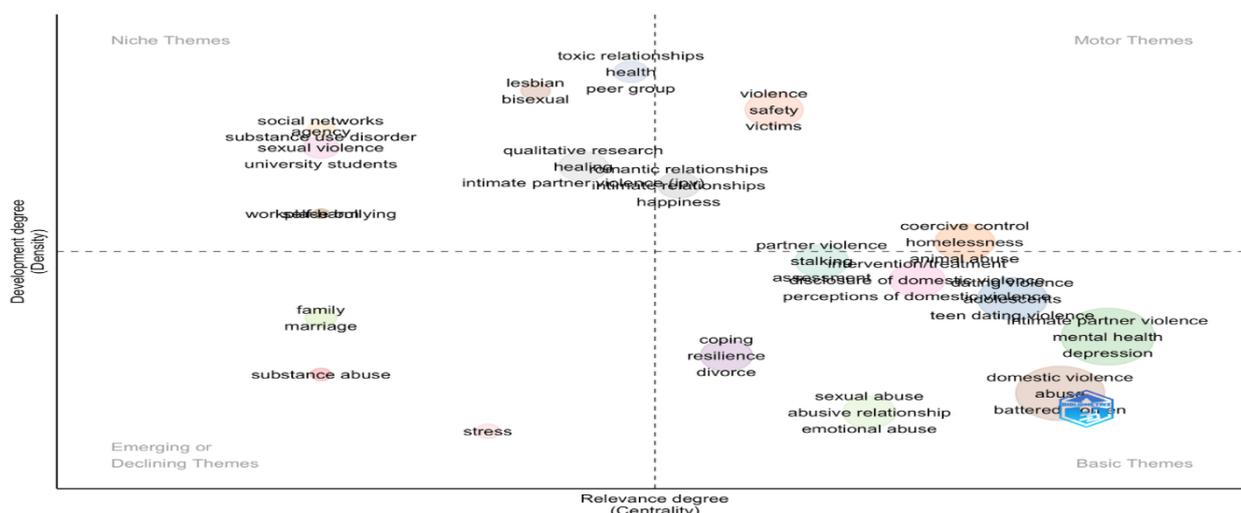


Figure. 11 Thematic Maps

DISCUSSION

Integration of Mental Health Strategies in Education

Cluster 1 highlights the growing importance of integrating mental health strategies within educational frameworks to address the increasing mental health challenges faced by students, particularly in higher education¹³. The role of educational psychology has expanded, as researchers recognize its impact on student development, focusing on emotional resilience and well-being. Many universities have started to incorporate mental health services into their curricula, supporting students' psychological health while enhancing their academic experience¹⁴. This holistic approach has been shown to improve both academic outcomes and students' overall life satisfaction, making it clear that fostering emotional well-being is crucial to academic success. Additionally, mental health programs that include peer mentoring, counseling services, and stress management techniques help students manage academic and personal challenges, mitigating the pressures of academia and enabling students to thrive. As universities increasingly adopt these comprehensive mental health support systems, they not only improve students' well-being but also contribute to higher retention rates and better academic performance¹⁵.

Mental Health Challenges in Students

Cluster 2 addresses the mental health challenges faced by college students, with a focus on factors like food insecurity, financial stress, and academic pressures. Food insecurity has been recognized as a significant contributor to students' emotional distress, leading to heightened levels of depression and anxiety¹⁶. Research shows that addressing food insecurity, alongside providing mental health resources, can reduce stress and improve academic performance. Furthermore, financial stress exacerbates mental health issues, particularly as students face rising tuition fees and living costs. Students experiencing significant financial strain are more likely to report symptoms of anxiety and depression. Universities can support students by offering financial aid programs, which not only ease financial burden but also improve students' emotional health. This highlights the importance of an integrated approach that addresses financial, academic, and mental health needs to ensure students' well-being and academic success¹⁷.

Mental Health Policy in Higher Education

Cluster 3 examines the role of mental health policies within higher education, particularly in response to the increased challenges posed by the COVID-19 pandemic¹⁸. The pandemic has exacerbated students' mental health issues, including stress, anxiety, and depression, prompting universities to implement more robust mental health policies. Many institutions have expanded their services to

include virtual counseling, wellness apps, and peer support groups, which have proven effective in supporting students during periods of social distancing. These initiatives underscore the importance of adaptable, accessible, and scalable solutions for student well-being. Additionally, integrating mental health education into university curricula helps raise awareness about mental health, encouraging early intervention and reducing stigma. Research supports the continued investment in preventive and responsive mental health services, emphasizing that these programs are vital for safeguarding students' well-being in a rapidly changing world^{19,20}.

Medical Education and Mental Health in Healthcare Students

Cluster 4 focuses on the unique mental health challenges faced by medical students, who often experience high levels of burnout, stress, and depression due to the demanding nature of their education and training. These students are at risk of long-term mental health consequences, as the stress they endure during their studies can affect their professional lives. Medical humanities programs, which include emotional intelligence and empathy training, have been shown to help students develop coping mechanisms and reduce the psychological toll of their education^{21,22}. Medical schools are increasingly incorporating resilience training and mental health support into their curricula to combat burnout. Strategies such as mindfulness workshops, peer support systems, and counseling services help students manage stress and maintain their emotional well-being. By focusing on the academic and emotional needs of medical students, institutions can reduce mental health issues and better prepare future healthcare professionals to care for others while preserving their own well-being²³.

CONCLUSION

This study provides a comprehensive overview of the development of mental health literature among students, particularly in the context of the growing use of technology and social media. Through bibliometric analysis, it was found that, although there has been a significant increase in research on student mental health in recent years, many gaps remain that need attention. Most of the existing studies focus on the negative impacts of social media and digitalization on students' psychological well-being, as well as the rising issues of anxiety, depression, and stress due to academic and social factors. However, research related to the use of technology as a digital intervention, such as psychological therapy apps and telemedicine, still requires further investigation to

ensure their effectiveness and accessibility in diverse cultural and social contexts. This study also highlights significant regional variations in the focus and approach of student mental health research, with some countries emphasizing social and cultural issues affecting mental health, while others focus more on technology-based interventions. Therefore, to address these gaps, more research is needed that takes local contexts into consideration and develops more affordable and accessible technology-based interventions for students worldwide. Furthermore, integrating mental health into higher education policies and university programs is crucial to ensure students' overall well-being. In light of these findings, this study makes an important contribution to the development of policies and practices that are more inclusive in supporting student mental health. Moving forward, developing policies that integrate psychological support with the appropriate use of technology, as well as raising awareness about the importance of mental health, will be critical in creating a healthier academic environment and supporting students' well-being globally.

DECLARATION

FUNDING

This research did not receive funding from any agency or institution. All costs related to this research were fully covered by the author.

Conflict of Interest

None to declare.

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