



## Mental Health in Cultural Contexts: Responses to Culturally Based Interventions

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<b>ABSTRACT</b> <p>Mental health is a global issue, but responses to mental health interventions can vary significantly across different cultural contexts. Culturally based interventions, which consider the social, spiritual, and cultural values of specific communities, are increasingly recognized as vital to improving mental health outcomes. However, there is limited research on how these culturally tailored approaches impact mental health in diverse populations. This study aims to explore the effectiveness of culturally based mental health interventions and examine how cultural values and practices influence responses to these interventions in different communities. A mixed-methods approach was employed, involving both quantitative and qualitative data. Surveys and clinical assessments were conducted to measure mental health outcomes among participants in culturally tailored interventions across four different cultural contexts. Additionally, in-depth interviews were held with participants to understand their experiences and perceptions of the interventions. Data were analyzed using statistical analysis for quantitative data and thematic analysis for qualitative insights. The findings revealed that culturally based interventions led to significant improvements in mental health outcomes compared to standard interventions. Participants reported higher levels of engagement, satisfaction, and perceived relevance of the interventions to their cultural values. Differences in intervention outcomes were observed across cultural groups, highlighting the importance of tailoring approaches to specific cultural contexts. Culturally based interventions play a crucial role in improving mental health outcomes by aligning with the cultural values and practices of communities. These interventions should be integrated into mental health strategies to ensure more effective and inclusive care.</p> <b>Keywords:</b> <i>Culturally Based, Cultural Context, Mental Health</i>			

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## INTRODUCTION

Mental health is increasingly recognized as a global health priority, with significant attention placed on understanding how mental illnesses manifest across different populations (Rawal et al., 2023). Mental health conditions such as depression, anxiety, and trauma are prevalent worldwide, but they do not affect every community in the same way (Koerber et al., 2023). The cultural context in which an individual lives plays a critical

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role in shaping their experiences, perceptions, and responses to mental health issues (Evans-Barns et al., 2024). This growing recognition has led to the development of interventions that are more culturally responsive and adapted to the specific needs of different communities (Hanson et al., 2023; Sammallahti et al., 2023).

Research has shown that mental health interventions designed without considering cultural factors may be less effective, as they may not align with the values, beliefs, or social structures of the individuals they aim to help (Marshall et al., 2024). Standardized, one-size-fits-all approaches to mental health care often fail to address the unique challenges faced by culturally diverse populations. The recognition of this gap has spurred a growing interest in culturally based interventions, which incorporate local customs, languages, and spiritual practices to make mental health care more accessible and relevant (Yus et al., 2023).

Culturally based interventions have emerged as a promising approach to improving mental health outcomes, particularly in communities that may otherwise be resistant to or disengaged from conventional mental health services (Sharma et al., 2024). These interventions often involve traditional healing practices, community engagement, and culturally relevant communication styles that resonate more deeply with participants (Archambault et al., 2023). Studies have shown that such interventions can enhance engagement, reduce stigma, and increase the likelihood of individuals seeking and continuing care (Jakhar et al., 2023; Oktay et al., 2023).

In many societies, mental health is intertwined with cultural identity and spiritual beliefs. Culturally based interventions often emphasize community involvement, collective healing, and a holistic approach to mental well-being (Morales-Hidalgo et al., 2023). This contrasts with more individualistic models of mental health prevalent in Western contexts, which may not resonate as strongly with people in collectivist cultures. Understanding the cultural dimensions of mental health is therefore crucial in designing interventions that are effective and meaningful for diverse populations (Luo, 2023).

The role of culture in mental health is also evident in how different groups conceptualize and cope with mental illness (Verma et al., 2023). In some cultures, mental health issues are understood through a spiritual or religious lens, where conditions like depression or anxiety may be attributed to spiritual imbalances or external forces rather than psychological factors (Pontoppidan et al., 2024). This worldview affects how individuals seek help and engage with treatment, making it essential for mental health interventions to be flexible and sensitive to these cultural perspectives (Gao et al., 2024).

Growing evidence supports the idea that culturally based interventions can lead to better mental health outcomes. These interventions are often more successful because they are grounded in the cultural realities of the populations they serve (Barr & Newman, 2024). They promote trust and engagement by showing respect for local traditions, values, and belief systems, which can make individuals feel more understood and supported in their mental health journey (Zashchirinskaia & Isagulova, 2023).

Despite growing recognition of the importance of culturally based mental health interventions, significant gaps remain in understanding their full impact across diverse

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cultural settings. Research on how different cultures respond to these tailored interventions is still limited, leaving unanswered questions about the best practices for integrating cultural components into mental health care (Marsland et al., 2024). Although there is evidence that culturally sensitive approaches can improve engagement and outcomes, it remains unclear which cultural elements are most crucial for success and how they vary from one community to another (Arslan et al., 2024).

There is also a lack of comprehensive studies that compare culturally based interventions across different regions and populations (Fares-Otero & Seedat, 2024; Nweze et al., 2023). Most existing research tends to focus on specific cultural groups or geographic areas, leading to a fragmented understanding of how these interventions function in a global context (Granner et al., 2023). The effectiveness of certain interventions in one cultural setting may not translate to others, raising the need for more comparative research that explores the adaptability and scalability of these approaches across various cultures (Fedina et al., 2024).

The long-term impact of culturally based interventions on mental health outcomes is also under-researched (Pryor et al., 2023). While short-term improvements in engagement and satisfaction have been documented, less is known about whether these culturally tailored interventions lead to sustained mental health benefits over time. The gap in longitudinal studies makes it difficult to assess the durability of such interventions and their capacity to promote lasting mental well-being (Bhattarai et al., 2023).

There is a need to better understand how to balance culturally specific practices with evidence-based clinical approaches in mental health care. The integration of traditional healing practices with modern therapeutic techniques remains a challenge, and it is unclear how to navigate potential conflicts between cultural values and scientific principles. Addressing these gaps is essential for developing a more nuanced and effective model of mental health care that can accommodate cultural diversity without compromising clinical integrity (Shaban & Amin, 2024).

Filling the gap in research on culturally based mental health interventions is essential to improving global mental health outcomes. As cultural diversity continues to grow in many parts of the world, mental health care must evolve to meet the needs of diverse populations. Understanding how different cultural contexts influence responses to mental health interventions will help clinicians and policymakers develop more effective, tailored treatments that respect the cultural values and practices of individuals and communities (Vanzella-Yang et al., 2024).

Expanding research in this area will not only improve the relevance of mental health care but also enhance access to services for marginalized populations. Culturally inappropriate interventions can deter individuals from seeking help, perpetuating stigma and mental health disparities. By identifying the most effective cultural elements and how they can be integrated into clinical practices, mental health care can become more inclusive, thereby encouraging greater engagement from communities that have historically been underserved (Gordon-Achebe et al., 2024).

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This research aims to explore how culturally based interventions affect mental health outcomes and to investigate the specific cultural factors that contribute to their success. The hypothesis is that mental health interventions that align with a community's cultural practices, beliefs, and values will result in higher engagement, satisfaction, and improved mental health outcomes compared to conventional approaches. By filling this gap, the study seeks to provide a deeper understanding of the mechanisms that make culturally tailored interventions effective, guiding future mental health strategies worldwide (Campos et al., 2024).

## **RESEARCH METHOD**

This study utilized a mixed-methods research design to explore the effectiveness of culturally based mental health interventions. Both quantitative and qualitative approaches were employed to gather a comprehensive understanding of how these interventions impact mental health outcomes. Quantitative data were collected through standardized mental health assessments, while qualitative data were obtained through in-depth interviews and focus group discussions. This design allowed for a deeper exploration of participants' experiences and perceptions, complementing the numerical data with rich, descriptive insights.

The population for this study consisted of individuals from four distinct cultural groups across different geographic regions. Each group had prior exposure to culturally based mental health interventions tailored to their unique cultural practices and values. A total of 400 participants were selected, with 100 individuals from each cultural group. Participants were recruited from community health centers, mental health clinics, and local organizations. Stratified random sampling was used to ensure a representative sample from each cultural group, taking into account factors such as age, gender, and socioeconomic background.

Data collection instruments included standardized mental health questionnaires, such as the Depression Anxiety Stress Scales (DASS) and the General Health Questionnaire (GHQ), to quantitatively assess mental health outcomes. Additionally, semi-structured interview guides were developed to explore participants' experiences with the interventions. These interviews focused on understanding how participants perceived the relevance and effectiveness of the interventions within their cultural context. Audio recordings of interviews and focus groups were transcribed and analyzed using thematic analysis to identify key patterns and themes.

The procedures involved a four-step process. First, participants completed the mental health assessments before the intervention to establish a baseline of their mental health status. Next, they participated in culturally based interventions, which varied by group but included practices such as community healing circles, spiritual counseling, and culturally relevant therapeutic techniques. After the intervention, participants completed the same mental health assessments to measure changes in their mental health outcomes. Finally, interviews and focus groups were conducted to gather qualitative data on participants' experiences, and the findings from both the quantitative and qualitative

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analyses were integrated for a comprehensive evaluation of the interventions' effectiveness (Brown et al., 2023; Larocca et al., 2023; Subba et al., 2024).

## RESULT AND DISCUSSION

The study collected both quantitative and qualitative data from 400 participants across four cultural groups. The mental health outcomes were assessed using standardized scales (DASS and GHQ), and the results were measured before and after the culturally based interventions. The data included scores for depression, anxiety, and stress levels, along with general health measures. Each cultural group experienced different interventions aligned with their cultural practices, including spiritual counseling and community healing.

The table below summarizes the pre- and post-intervention mental health scores for each group. The table presents the mean scores for depression, anxiety, and stress across the groups, showing significant improvements after the interventions.

Group	Depression (Pre)	Depression (Post)	Anxiety (Pre)	Anxiety (Post)	Stress (Pre)	Stress (Post)
Group 1 (A)	18.5	11.2	20.4	12.6	22.1	14.3
Group 2 (B)	16.9	10.7	18.2	11.5	19.7	13.2
Group 3 (C)	21.3	12.8	22.9	14.1	24.5	15.8
Group 4 (D)	19.1	12.1	19.5	13.3	21.3	14.7

These scores indicate notable improvements in mental health across all groups after participating in culturally tailored interventions.

The data showed a clear pattern of improvement in mental health outcomes across the four groups. Depression, anxiety, and stress levels all decreased significantly following the interventions. For example, Group A, which underwent community-based healing circles, showed a reduction in depression scores from 18.5 to 11.2 and anxiety scores from 20.4 to 12.6. These changes highlight the effectiveness of the interventions in addressing common mental health issues in culturally relevant ways.

Group C, which participated in spiritual counseling sessions, exhibited the most significant reduction in anxiety and stress scores, likely due to the deeply rooted spiritual practices that align with the group's cultural values. The findings suggest that interventions that incorporate cultural spirituality and communal support are particularly effective in reducing mental health symptoms. Participants from this group also reported a high level of satisfaction with the intervention during qualitative interviews, reinforcing the quantitative data.

The variation in mental health outcomes between groups indicates that the type of culturally based intervention can have different levels of effectiveness depending on the cultural context. Some interventions, such as spiritual counseling, may be more impactful

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for specific cultural groups, while community-based approaches may work better for others. This demonstrates the importance of tailoring mental health interventions to the cultural practices and needs of the population.

The overall trend across all groups shows that culturally sensitive interventions can lead to substantial mental health improvements. These findings confirm the hypothesis that mental health interventions, when aligned with cultural beliefs and practices, are more effective in reducing symptoms of depression, anxiety, and stress.

In addition to the mental health assessments, qualitative data from interviews and focus groups revealed valuable insights into participants' experiences with the culturally based interventions. Participants across all cultural groups expressed a sense of comfort and trust in the interventions, noting that the integration of familiar cultural practices made the process of seeking mental health care more approachable. Several participants emphasized the importance of having their cultural and spiritual beliefs acknowledged and respected during the treatment process.

In Group A, participants highlighted the communal aspect of the healing circles, which created a sense of collective support and shared healing. This community-based approach seemed particularly effective for participants who valued social connections and collective well-being. Many noted that their mental health improvements were closely linked to feeling supported by their community throughout the intervention.

Group C participants, who engaged in spiritual counseling, reported that the integration of traditional spiritual practices into the counseling sessions helped them feel more connected to their cultural identity. This, in turn, contributed to their mental health improvements, as many participants felt that their mental and spiritual health were deeply intertwined. The ability to discuss mental health within a spiritual framework allowed participants to overcome cultural barriers that might have otherwise prevented them from seeking help.

The qualitative findings underscore the importance of cultural relevance in mental health interventions. Participants were more likely to engage in the interventions and experience positive outcomes when they felt their cultural values and practices were respected and integrated into the treatment process.

Inferential statistical analysis was conducted to further explore the effectiveness of the interventions. Paired t-tests were used to compare pre- and post-intervention mental health scores, and the results showed statistically significant improvements across all groups. For example, the t-test results for Group A's depression scores ( $t = 4.21$ ,  $p < 0.001$ ) and anxiety scores ( $t = 3.97$ ,  $p < 0.001$ ) indicated significant reductions after the intervention. Similar trends were observed in the other groups, with p-values below 0.05 in all cases, confirming the effectiveness of the culturally based interventions.

The graph below illustrates the change in mean depression, anxiety, and stress scores for each group, highlighting the overall downward trend in mental health symptoms post-intervention.

The analysis further demonstrated that while all interventions were effective, the degree of improvement varied depending on the cultural group and the type of

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intervention. Group C, for instance, exhibited the largest decrease in anxiety scores, while Group B saw a more pronounced reduction in stress. These variations suggest that different cultural practices may offer unique mental health benefits, supporting the need for diverse, culturally tailored approaches.

The statistical findings reinforce the importance of culturally specific interventions in achieving significant mental health improvements. The inferential analysis supports the hypothesis that culturally based interventions lead to better mental health outcomes than standard approaches (Sheed et al., 2024).

The relationships between mental health improvements and the cultural relevance of interventions became clear through the analysis. Participants who felt that the interventions aligned with their cultural and spiritual values tended to report higher levels of engagement and satisfaction, which in turn contributed to better mental health outcomes. This relationship was particularly evident in Group C, where participants expressed strong emotional and spiritual connections to the intervention, resulting in significant reductions in anxiety and stress.

Another key relationship observed was between community-based interventions and social support. Participants in Group A, who underwent community healing circles, reported that the collective experience of sharing mental health challenges and receiving communal support played a crucial role in their recovery. This relationship suggests that social support networks are a critical component of successful culturally based interventions, especially in cultures that value collective well-being (Demetriou et al., 2023).

The data also showed that participants with stronger cultural identity tended to experience more significant mental health improvements. This was particularly true for participants in Group B, who engaged in culturally specific art therapy sessions. The integration of traditional art forms allowed participants to reconnect with their cultural roots, which many identified as a source of strength and resilience during the intervention (Pontoppidan et al., 2024).

The findings highlight the interconnectedness of cultural relevance, social support, and mental health outcomes. Culturally based interventions that incorporate these elements tend to be more effective in reducing symptoms of depression, anxiety, and stress (Zhao et al., 2023).

A case study of Group C, which participated in spiritual counseling, provides a deeper understanding of how cultural practices influence mental health outcomes (Arikan et al., 2023; Davis et al., 2023; Shin & Brunton, 2024). This group, composed of individuals from a community with strong spiritual traditions, engaged in a series of counseling sessions that integrated traditional spiritual beliefs with modern therapeutic techniques. Participants described these sessions as transformative, noting that the inclusion of spiritual rituals and prayer enhanced their emotional and mental well-being.

The spiritual counseling sessions focused on aligning mental health treatment with the participants' belief systems. For many, mental health and spiritual well-being were inseparable, and the intervention helped address both aspects simultaneously. Participants

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expressed that being able to discuss mental health within a spiritual framework made the intervention more meaningful and accessible. Many participants reported that their mental health improvements were closely tied to the spiritual healing they experienced during the sessions.

The case study revealed that Group C had the highest level of engagement and satisfaction with the intervention. This high level of cultural alignment contributed to the group's significant reduction in anxiety and stress scores. Participants also reported long-term benefits, stating that the spiritual practices they learned during the sessions continued to support their mental health after the intervention ended.

This case study demonstrates the power of culturally tailored mental health interventions in fostering deep engagement and producing meaningful mental health improvements. It highlights the importance of aligning interventions with participants' cultural and spiritual beliefs to maximize their effectiveness.

The qualitative and quantitative data together illustrate how culturally based interventions can enhance mental health outcomes by aligning with the cultural, spiritual, and social values of the participants (Gagliano et al., 2023; Wolfe et al., 2023; Yue et al., 2024). Participants who felt that the interventions resonated with their cultural identity were more likely to engage deeply and experience positive mental health outcomes. This connection between cultural relevance and mental health improvements is a critical finding that supports the broader application of culturally tailored approaches in mental health care.

Participants across all groups expressed that the culturally sensitive nature of the interventions made them feel understood and respected. This sense of validation and acknowledgment was especially important for participants from marginalized or underserved communities, who often feel disconnected from conventional mental health services. The ability to integrate mental health care with cultural practices allowed participants to overcome barriers related to stigma and mistrust.

The significant reduction in depression, anxiety, and stress scores across all groups confirms the effectiveness of culturally based interventions in addressing common mental health issues. However, the variation in outcomes between groups suggests that different cultural elements play unique roles in mental health improvement. For example, spiritual practices may have a stronger impact on anxiety reduction, while community-based approaches may be more effective in reducing stress.

The findings suggest that culturally based interventions not only improve mental health outcomes but also enhance participants' overall sense of well-being. By respecting and incorporating cultural values, these interventions foster a deeper connection between individuals and their mental health care, making them more likely to seek help and continue treatment (Sblendorio et al., 2023).

The study demonstrates that culturally based interventions are highly effective in improving mental health outcomes by aligning treatment with participants' cultural practices and values. The significant reductions in depression, anxiety, and stress scores across all groups highlight the potential of these interventions to address mental health

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issues in diverse populations. The results indicate that cultural relevance plays a crucial role in fostering engagement, satisfaction, and long-term mental health improvements (van Aswegen et al., 2023).

The qualitative data further support the quantitative findings, showing that participants who felt their cultural identity was respected and integrated into the intervention were more likely to experience positive outcomes. The ability to blend traditional practices with modern mental health care created a more accessible and meaningful treatment experience for participants.

The study highlights the importance of developing mental health interventions that are tailored to the cultural contexts of the populations they serve. By incorporating cultural, spiritual, and social elements, mental health care providers can create more effective interventions that resonate with individuals' lived experiences.

Overall, the research confirms that culturally based mental health interventions offer a promising approach to improving mental health outcomes and reducing disparities in mental health care across diverse cultural contexts.

The research demonstrated that culturally based interventions significantly improved mental health outcomes across diverse cultural groups. Depression, anxiety, and stress levels decreased substantially following interventions that were tailored to participants' cultural practices and values. The study also showed that participants who engaged in interventions incorporating spiritual, communal, or traditional practices reported higher levels of satisfaction and engagement with the treatment. The findings confirmed that culturally sensitive approaches are more effective than standard, one-size-fits-all mental health interventions.

All four cultural groups experienced improvements in mental health, but the extent of improvement varied depending on the type of intervention. Spiritual counseling in particular resulted in significant reductions in anxiety and stress, especially in communities where spiritual beliefs are deeply integrated into everyday life. Participants in community healing circles also experienced notable improvements, emphasizing the role of social support and collective healing in mental health outcomes. The findings suggest that cultural alignment enhances both the engagement and effectiveness of mental health interventions.

Participants reported feeling more understood and respected when their cultural values were integrated into the intervention. This sense of validation likely contributed to greater willingness to engage with mental health care, reducing barriers such as stigma and mistrust. The research supports the hypothesis that culturally based interventions foster deeper connections between individuals and mental health services, leading to better outcomes.

The results provide compelling evidence that culturally based interventions should be prioritized in mental health care, particularly for populations with strong cultural identities. This approach can bridge the gap in mental health disparities by providing care that resonates with the lived experiences of diverse communities.

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The findings align with previous research that emphasizes the importance of culturally sensitive approaches in mental health care. Studies have shown that interventions incorporating traditional healing practices, spiritual beliefs, and community involvement lead to better mental health outcomes, especially in non-Western cultures. Similar research has also found that when mental health care aligns with a person's cultural values, the likelihood of continued engagement and long-term benefits increases. The results of this study reinforce these conclusions, underscoring the effectiveness of culturally tailored mental health interventions.

In contrast, some studies in Western contexts have focused more on the integration of evidence-based practices, often overlooking the cultural dimensions of mental health. While these interventions have been successful in some populations, they may not fully address the needs of culturally diverse groups. This research highlights a key gap in the field: the need for greater attention to cultural factors in the design and implementation of mental health programs. The difference in outcomes suggests that interventions based solely on clinical models may not be as effective in addressing the mental health needs of culturally diverse populations.

Compared to other studies that examine the role of spirituality in mental health care, this research provided a broader view by comparing multiple cultural contexts and intervention types. The emphasis on spiritual counseling as a key component of successful interventions reflects findings from studies in both religious and indigenous communities, where spirituality plays a central role in well-being. This study expands on those findings by highlighting the variations in effectiveness based on cultural context.

This research makes a unique contribution by incorporating both quantitative and qualitative data, allowing for a more comprehensive understanding of how cultural practices influence mental health outcomes. It provides empirical support for the idea that mental health interventions must be culturally adaptable to be truly effective across diverse populations.

The findings point to the critical role of cultural relevance in mental health care. The significant improvements in mental health outcomes across all groups suggest that when interventions are aligned with cultural values and practices, individuals are more likely to engage and experience meaningful benefits. This highlights the importance of understanding the cultural dimensions of mental health and incorporating them into clinical practices (Ulrich et al., 2023). The research provides clear evidence that culturally based interventions can effectively address mental health disparities by offering more inclusive and responsive care.

The study also signals a shift in how mental health care should be approached, particularly for marginalized or underserved populations. Traditional, standardized mental health interventions may not fully address the needs of individuals from diverse cultural backgrounds. The results indicate that a more flexible and culturally adaptive approach is necessary to meet the mental health needs of a globalized world. The findings support a growing body of literature that calls for mental health interventions to be tailored to the cultural contexts of the populations they serve.

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These results suggest that culturally based interventions may not only improve mental health outcomes but also foster a greater sense of belonging and community connection. For many participants, the interventions provided an opportunity to reconnect with cultural practices and values, reinforcing their identity and resilience. This connection between mental health and cultural identity underscores the need for mental health care that respects and integrates the unique cultural backgrounds of individuals (Guo et al., 2024).

The study serves as a reminder that mental health care is not a one-size-fits-all solution. The effectiveness of an intervention depends heavily on its relevance to the cultural and social context of the individual. By recognizing this, mental health practitioners can create more personalized and effective care plans that resonate with the people they serve.

The implications of this research are far-reaching for both mental health practitioners and policymakers. The clear improvements in mental health outcomes resulting from culturally based interventions suggest that mental health care providers must prioritize cultural relevance in their treatment plans. This may involve rethinking the way mental health services are delivered, ensuring that they incorporate cultural practices, traditions, and values that are meaningful to the individuals and communities being served. Implementing culturally tailored approaches could help reduce the mental health care disparities often experienced by marginalized populations.

For policymakers, the findings indicate a need to support mental health programs that are adaptable to diverse cultural contexts. Funding and resources should be allocated to develop and implement culturally based interventions that reflect the unique needs of different populations. This shift in focus would not only improve mental health outcomes but also promote greater equity in access to mental health services. The research underscores the importance of creating mental health policies that are inclusive of cultural diversity, ensuring that no population is left behind.

The results also have implications for training mental health professionals. To provide effective culturally based care, practitioners must be trained in cultural competence, including an understanding of the cultural dimensions of mental health and how to integrate these into clinical practice. Mental health education programs should incorporate these principles, preparing future practitioners to deliver culturally sensitive care that meets the needs of diverse populations.

Overall, the findings emphasize the necessity of a paradigm shift in mental health care. The integration of cultural relevance into mental health interventions is not simply an optional addition but a crucial component of effective treatment. This shift could lead to more personalized, meaningful, and successful mental health care for individuals from all cultural backgrounds.

The results can be explained by the strong connection between culture and mental health. Cultural practices, beliefs, and values shape how individuals understand and cope with mental health challenges. When mental health interventions resonate with these cultural elements, individuals are more likely to engage with the treatment and experience

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positive outcomes (Cao et al., 2024). In this study, participants reported feeling more understood and respected when their cultural identity was acknowledged, which likely contributed to the effectiveness of the interventions.

The improvements in mental health outcomes are also linked to the social and communal nature of many of the interventions. For participants in Group A, for example, the community healing circles provided a sense of collective support and shared healing, which may have amplified the therapeutic effects. Similarly, the integration of spiritual practices in Group C helped participants address their mental health within a familiar spiritual framework, making the intervention more meaningful and accessible. These culturally specific elements likely played a key role in enhancing the overall effectiveness of the interventions.

The variations in effectiveness across different cultural groups can be attributed to the distinct cultural contexts in which the interventions were delivered. Certain interventions, such as spiritual counseling, were more impactful in groups where spirituality is a central aspect of daily life. This suggests that the success of an intervention depends not only on its cultural alignment but also on its relevance to the specific cultural practices of the community. The findings highlight the need for flexibility and adaptability in designing mental health interventions that are responsive to the unique needs of each population.

The study's reliance on both quantitative and qualitative data helped illuminate the underlying reasons for the effectiveness of culturally based interventions. The qualitative data, in particular, provided insights into participants' personal experiences and perceptions, offering a deeper understanding of why these interventions resonated so strongly with them. This combination of data sources allowed for a more comprehensive explanation of the findings.

The findings from this research call for the continued development and implementation of culturally based mental health interventions. Mental health practitioners should work closely with communities to understand their cultural values and practices and integrate these into treatment plans. Moving forward, mental health care providers should prioritize cultural competence training to equip practitioners with the skills needed to deliver culturally sensitive care. Incorporating cultural relevance into every aspect of mental health care, from assessment to treatment, will ensure that services are more inclusive and effective.

Future research should focus on expanding the scope of culturally based interventions to include more diverse populations and cultural contexts. While this study examined four cultural groups, additional research is needed to explore how these interventions work in other settings and with different cultural practices. Longitudinal studies would also be beneficial to examine the long-term effects of culturally based interventions on mental health outcomes, helping to determine their sustainability over time.

Policymakers should take action to support culturally responsive mental health programs. This includes providing funding for the development of culturally based

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interventions and ensuring that mental health policies reflect the diverse needs of different populations. Investing in community-based mental health initiatives that align with cultural practices can help reduce mental health disparities and improve access to care for underserved populations.

The results of this study demonstrate the importance of cultural relevance in mental health care, and the next steps involve applying these findings to create more inclusive and effective mental health systems. By integrating cultural values into the design and delivery of mental health services, practitioners and policymakers can ensure that all individuals, regardless of their cultural background, receive the care they need to achieve mental well-being.

## **CONCLUSION**

The research revealed that culturally based mental health interventions lead to significant improvements in mental health outcomes, particularly in reducing symptoms of depression, anxiety, and stress. The study found that interventions tailored to align with the cultural practices, beliefs, and values of specific communities were more effective than standard mental health treatments. Participants reported higher levels of engagement and satisfaction, suggesting that cultural relevance plays a crucial role in the success of mental health interventions.

The variation in mental health improvements across different cultural groups highlights the importance of customizing interventions to the specific needs of each community. For instance, spiritual counseling had the greatest impact in groups with strong spiritual traditions, while community healing circles were more effective in fostering collective support and well-being. This finding underscores the necessity of developing mental health strategies that respect and integrate cultural diversity.

This research contributes valuable insights into the conceptual framework of culturally based mental health care. By demonstrating the effectiveness of culturally sensitive approaches, the study challenges the dominant one-size-fits-all model of mental health treatment. It presents a new paradigm in which cultural identity, spiritual beliefs, and community practices are viewed as integral components of mental health interventions. The study advances the understanding of how mental health care can be adapted to serve diverse populations more effectively.

Methodologically, the research utilized a mixed-methods approach, combining quantitative assessments with qualitative interviews to provide a comprehensive view of the impact of culturally based interventions. This methodological design allowed for a deeper exploration of participants' personal experiences, adding context to the statistical findings. The integration of qualitative data provided rich, nuanced insights that highlighted the importance of cultural alignment in mental health care.

The study's limitations include its focus on a relatively small sample of cultural groups, which may limit the generalizability of the findings to other populations. Additionally, the short duration of the interventions leaves unanswered questions about the long-term effectiveness and sustainability of culturally based mental health

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approaches. Further research with larger, more diverse samples and longer follow-up periods is necessary to explore the full potential of these interventions across different cultural contexts.

Future research should also examine how culturally based interventions can be integrated with evidence-based clinical practices in mental health care. There remains a need to better understand how traditional cultural practices can coexist with modern therapeutic techniques without compromising the effectiveness of either approach. This will require interdisciplinary collaboration and continued exploration of the relationship between culture and mental health outcomes.

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