

Global trends of bibliotherapy and mental health research based on bibliometric analysis

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Abstract

Introduction. Bibliotherapy is a therapy practice that uses reading materials to assist people in overcoming mental health issues. The purpose of this study is to identify publication patterns, prominent actors, and prevalent themes in the bibliotherapy and mental health literature.

Research Methods. This study employs a bibliometric approach, with data drawn from the Scopus database. The search was conducted using the keywords bibliotherapy and mental health between 2005 and 2025, resulting in 219 documents evaluated.

Data Analysis. The analysis covers annual contributions, nations, institutions, authors, journals, and keywords. Data visualization was carried out using VOSviewer to map collaborative networks and theme clusters of bibliotherapy research globally.

Results. The findings indicate that while issues like psychological well-being, patient participation, and positive psychology-based techniques are still comparatively infrequently investigated, the themes of bibliotherapy, cognitive-behavioral therapy, depression, and anxiety dominate publications.

Conclusion. This analysis verifies the dominance of clinical topics in bibliotherapy research and demonstrates a research vacuum in welfare issues and the broader context of application. Further research is proposed to examine the range of ways and broaden the keywords in order to make the development of bibliotherapy science more comprehensive and useful.



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A. INTRODUCTION

Mental health is an important aspect of life that involves a person's emotional, psychological, and social well-being, although it is often overlooked in favor of physical health (Molloy et al., 2021). Various diseases, such as depression, anxiety, and chronic stress, can influence how people think, feel, and act in their daily lives. This syndrome can be caused by social pressure, financial difficulties, traumatic experiences, or a lack of environmental support (Kilaskar et al., 2022). Unfortunately, the societal stigma towards mental disorders remains a major obstacle for many people to seek care, exacerbating their condition (Horsfield et al., 2020; Singh et al., 2023; Subu et al., 2021).

Efforts to raise public understanding of mental health are critical to creating a more inclusive and supportive workplace. Educational campaigns, providing cheap counseling services, and teaching medical workers to understand the symptoms of mental disorders can help reduce stigma while widening access to treatment (Donovan et al., 2024; Semrau et al., 2024). Individuals who are struggling benefit greatly from family and community support (Chang & Chen, 2021). People can work together to create a culture of mental health care, which improves overall quality of life. Therapy has proven to be a successful method for dealing with this issue (Sharma et al., 2021; Stephany, 2022).

Therapy, when done with the correct commitment, can be a powerful tool for restoring mental well-being and helping people live more balanced and fulfilling lives. Psychotherapy, for example, entails interactions between individuals and experts such as psychologists or psychiatrists to investigate ideas, feelings, and behaviors that impair mental health (Mansueto & Cosci, 2021). Cognitive behavioral therapy (CBT), interpersonal therapy, and psychodynamic therapy are three popular types of psychotherapy (Sivolap, 2020). Individuals can learn to recognize negative attitudes, understand the basis of the problem, and build healthy stress and emotion management methods through these sessions. This type of

therapy is tailored to meet the needs of every individual. To offer a more tailored and effective solution (Agras & Bohon, 2021; Zheng et al., 2021).

Apart from psychotherapy, other methods like art therapy, music therapy, and mindfulness-based therapy are also becoming more popular since they are adaptable and can be tailored to the interests and comforts of the individual. According to Beerse et al. (2020) and Sandak et al. (2020), one intriguing approach is therapy that involves reading a book based on the patient's condition or emotions, followed by reflection or discussion of the reading. We refer to this method as bibliotherapy. (Patil & Bankar, 2021; Yuan et al., 2018).

A treatment strategy called *bibliotherapy* employs reading to assist people in overcoming psychological and emotional difficulties (Martinec et al., 2022). This approach places a strong emphasis on carefully choosing reading materials that are suited to the needs of the individual, such as novels or self-help books, which are then supervised by a therapist to promote introspection and self-awareness. *Bibliotherapy* can be applied independently or in combination with other therapies such as counseling (Bankar & Patil, 2021; Rawls et al., 2020). Aside from its therapeutic effects, bibliotherapy has an educational component because it encourages people to widen their knowledge and viewpoints through literature. As a result, bibliotherapy material should be informative. By identifying research gaps. This, in turn, allows us to comprehend the direction of knowledge development, avoid duplicating studies, and make valuable contributions, especially in the field of bibliotherapy.

The bibliometric technique can be used to get a more in-depth understanding of knowledge in the field of bibliotherapy. Bibliometrics is an analytical tool for investigating research trends, particularly those in bibliotherapy. Bibliometrics can discover publication volumes, significant authors, and study themes using scientific databases such as Scopus or the Web of Science, as well as research gaps that require

additional investigation (Carlos et al., 2024; Ridwana et al., 2025; Riaman et al., 2022). Furthermore, this technology maps collaboration networks between researchers and institutions, which improves cross-disciplinary interaction. In this way, bibliometric analysis not only provides a comprehensive picture of the development of knowledge, but it also offers insight into the dynamics of how bibliotherapy is received in the academic community, which countries are most active in research, and what emerging topics are beginning to shape the literature.

Thus, bibliotherapy studied using bibliometric approaches has its own distinct identity and opens up avenues for further investigation to address the gaps left by past research. First, some earlier studies relied largely on limited databases, such as JSTOR, which tended to focus on specific literature and did not fully represent worldwide bibliotherapy research development (Hu et al., 2018). The reliance on a single database may limit the scope of the papers reviewed, therefore emergent research trends, collaborations, and themes have not been properly depicted.

Second, several earlier studies only used publication data until 2023 or terminated before 2019. This state has caused the dynamics of recent research, particularly those that occurred following a moment of global catastrophe, such as the COVID-19 pandemic, to be inadequately accommodated. In reality, the pandemic has caused substantial changes in mental health research patterns and given rise to new contexts for the application of bibliotherapy (Joseph et al., 2024; Xu et al., 2023).

Third, the majority of bibliotherapy studies continue to focus on certain groups, particularly children and adolescents. While this group is important, a restricted focus risks overlooking other age groups, such as adults and the elderly, who suffer similar complicated mental health concerns. These limitations highlight the necessity for a more extensive and comprehensive investigation to understand bibliotherapy not just as an alternative treatment, but also as part of a

holistic mental health strategy (Sharma et al., 2025).

In order to examine the global development and publication trends of bibliotherapy and mental health research during the period 2005–2025, this study maps knowledge not only on the topic of bibliotherapy but also integrates keywords related to mental health. It also identifies key actors, including contributing countries, institutions, and journals in this field, analyses the most prevalent research themes as well as major research gaps that remain largely understudied, and explores the implications of these findings for the future development and application of bibliotherapy.

B. LITERATURE REVIEW

Bibliotherapy

Bibliotherapy is a therapeutic approach that employs reading materials to assist people in addressing a range of mental health issues. This approach has been demonstrated to be successful in enhancing coping mechanisms and self-awareness, especially for people with anxiety and depression (Martinec et al., 2022). Bibliotherapy has an advantage over a number of other approaches due to its cost-effectiveness and relative flexibility. This process can be completed by individuals on their own or with the help of a professional, allowing this intervention to reach populations that might not have easy access to formal psychological treatments.

The bibliotherapy technique can be used not just in therapeutic settings, but also in educational and library settings, helping individuals understand and manage their emotions (Bankar & Patil, 2021). In schools, for example, teachers or counselors employ bibliotherapy to assist kids who are facing scholastic stress, social adjustment difficulties, or mental distress. Meanwhile, libraries are increasingly developing bibliotherapy services as part of their information literacy and health literacy programs. The library offers a selection of books specifically chosen to help readers deal with specific situations, and then fosters self-reflection through group discussions or daily

notes. This demonstrates that bibliotherapy is not only an individual therapy, but also a method of community empowerment.

Furthermore, bibliotherapy has a high potential for combination with other therapies. For example, in cognitive behavioral therapy (CBT), reading is utilized as a supplement to strengthen mindset modification approaches. Individuals can read the appropriate narrative and discuss it with the therapist to have a better understanding. In today's digital age, there are other examples of technology-based bibliotherapy, such as e-books, reading software, and online communities that offer therapeutic reading resources. This format makes bibliotherapy more accessible and enables for a larger reach, even among groups of adolescents who are conversant with digital gadgets.

Bibliometric Analysis

Bibliometrics is a quantitative approach used to discover publication trends and research tendencies in a specific topic. This strategy enables scholars to understand the global distribution of research and scientific collaboration (Martinec et al., 2022). Bibliometric analysis not only maps the number of publications, but it may also illustrate the relationship between authors, institutional networks, and the impact of journals, which are the primary pathways for knowledge transmission. As a result, this method provides a more complete view of the position and progress of a scientific topic.

Previous research has indicated that bibliotherapy is rarely investigated using bibliometric analysis, with the majority of studies coming from affluent nations such as the United States and the United Kingdom, as well as restrictions in cross-border collaboration (Xu et al., 2023). This demonstrates an inequity in knowledge production, since emerging countries have been less engaged in contributing to the global debate. Indeed, the need for bibliotherapy interventions in poor nations is significant, especially given the restricted access to formal mental health services.

As an analytical method in information science and bibliometrics, this approach enables researchers to assess the impact and relevance of prior studies on bibliotherapy (Carlos et al., 2024). The study results can assist discover themes that have been extensively explored as well as regions that have received little attention, opening up fresh avenues for investigation. Using Scopus data, Ridwana et al. (2025) evaluate the contributions of the most active annuals, journals, and institutes to the development of bibliotherapy studies. The data is vital for understanding who the primary actors are in the creation of the literature, as well as how citation patterns impact the flow of knowledge in this discipline.

The use of VOSviewer as an analytical tool allows for the visual mapping of inter-research links and trends in developing issues in bibliotherapy, including their relevance to cognitive behavioral therapy and other mental health therapies (Beerse et al., 2020). Keyword network visualizations can help identify specific study areas, such as bibliotherapy for children, trauma patients, or community-based bibliotherapy. Furthermore, the mapping of author collaboration reveals the existence of research clusters that can work independently, hence expanding cross-disciplinary and cross-country cooperation. As a result, bibliometric analysis is not just descriptive, but also strategic, providing guidance for future research to be more inclusive, diversified, and relevant to the requirements of the global population.

C. RESEARCH METHODS

Data Sources and Data Collection Strategies

The researcher's initial step was to scan the Scopus database for the keywords "bibliotherapy" and "mental health". Scopus was chosen for good reason: it is one of the largest and most respected scientific indexes, containing international papers from a wide range of subjects. Scopus's comprehensive search tool allows researchers to access papers from respected journals, including articles that have gone through a peer review

process. Researchers can utilize Scopus for Data Sources and Data Collection Strategies. In this study, the researcher conducted searches on publication titles, abstracts, and keywords. This initial search found a total of 288 articles related to the topic. Once the data is discovered, the articles are exported to CSV format for additional data processing utilizing bibliometric analysis tools.

The CSV format is considered efficient since it permits integration with a variety of data analysis software. Furthermore, this format allows researchers to more quickly clean data, categorize information, and prevent losing crucial metadata such as the year of publication, author name, institution affiliation, and number of citations. This stage is critical since the quality of the analysis depends heavily on the neatness and completeness of the retrieved data.

Filtering data

Prior to exploring the data, the researcher conducted an initial screening of articles published between 2005 and 2025. The year 2005 was chosen as the starting point because previous publications were deemed less relevant to current trends and tended to contain outdated data. These constraints are in place to guarantee that research focuses on current trends, as the field of bibliotherapy has evolved significantly over the last decade, particularly with increasing attention to mental health during the pandemic. This procedure yielded 260 items that met the publishing time criteria.

The next step is to screen documents by kind. The researcher only keeps documents that are related to the needs of the analysis, such as research articles, reviews, and conference papers. This style of document was chosen because it is seen to be the best for describing a topic's scientific contribution. Other documents, such as editorials, brief remarks, or letters to editors, are not included since they typically lack in-depth research. Following the second screening phase, the number of documents eligible for analysis is decreased to 219 documents, which are then exported for the advanced analysis stage.

Data Analysis and Visualization

The researcher analyzed the data using Scopus's Analyze Results function. This tool allows you to clearly track the pattern of annual publications, such as how many bibliotherapy publications have increased from year to year. This feature also shows the distribution of publications by nation, institution, and journal with the most articles. This allows scholars to locate major research centers in the field of bibliotherapy and observe how specific countries have contributed to developing the literature. To ensure that the academic effect of each publication is accurately measured, the number of citations is carefully estimated using Scopus data.

The researchers then used the VOS viewer software to create visual maps. The VOS viewer enables researchers to identify the relationships between authors, keywords that frequently appear together, and collaboration networks between universities. This visualization not only displays numerical data but also creates an easy-to-understand graphical representation. A term cluster, for example, could represent a specific study topic, such as bibliotherapy for children, adolescents, or individuals with certain medical conditions. In terms of collaboration, the network map might highlight groups of researchers or countries that are actively interacting. This gives a picture of the worldwide dynamics of research.

D. RESULTS AND DISCUSSION

Most Publications and Most Citations by Year

Bibliotherapy and mental health research published between 2005 and 2025 shows a distinct pattern of developing growth, according to the Scopus database search. Early on, publication output was comparatively minimal, with just one document at its lowest point in 2007. Following this time frame, there was a consistent increase trend, with publications reaching nine documents in 2008, ten in 2012, and twelve in 2016. After 2020, there was a more noticeable acceleration, reaching

a peak of 24 publications in 2025—the highest level of research productivity throughout the period under analysis.

Aside from publication volume, citation analysis sheds light on the scholarly significance of this body of research. There were 5,742 citations collected throughout all studied documents. Notably, the largest citation count occurred in 2018, with 922 citations, showing that articles from this time had a significant academic impact and served as crucial references in bibliotherapy and mental health research. In contrast, articles from 2025 have the lowest citation numbers, which can be legitimately attributed to their recent publication and the limited time allowed for citation accumulation.

Taken together, these findings show that, while academic interest in bibliotherapy as a supportive approach to mental health has steadily increased between 2005 and 2025, growth in publication output does not always correspond directly to citation impact. The concentration of citations in earlier years, particularly around 2018, suggests a temporal citation effect, in which younger works need time to obtain awareness and acknowledgment in the scholarly community (Chow et al., 2023; Y. Liu et al., 2023). This disparity indicates that increasing research output alone is insufficient to achieve widespread knowledge dissemination. Libraries may be conceptualized as crucial players in increasing the visibility and accessibility of bibliotherapy research through increased information access, curated collections, and information literacy programs, as emphasized in the existing literature.

Contribution of Country

In the topic of bibliotherapy and mental health, 219 papers from 50 countries were found, demonstrating a rather broad international distribution of research effort. The United Kingdom ranked as the most productive country, with 58 publications, emphasizing its critical role in promoting bibliotherapy research, particularly in mental health settings. The United States came in second with 57 articles, indicating a

comparable high research focus and academic participation in bibliotherapy as a mental health intervention. Australia ranked third with 38 articles, indicating a significant level of contribution when compared to other countries. Canada and the Netherlands followed with 18 and 12 publications, respectively, and Germany supplied nine pieces. China and the Undefined category each had eight publications, and Ireland rounded out the top ten with seven. Hong Kong had a lower level of contribution than the other countries listed.

When seen from a worldwide perspective, these findings suggest a significant concentration of bibliotherapy research production in a small number of high-income countries, namely the United Kingdom and America. This pattern reveals a continuing regional imbalance in knowledge generation, which is most likely driven by discrepancies in research infrastructure, funding availability, and long-standing academic traditions (Hooi & Wang, 2020; Ogbaga et al., 2022; Pratt & Hyder, 2018). The limited contributions from many regions indicate that bibliotherapy has not yet grown into a completely international approach to mental health care. Given that many countries continue to experience serious mental health difficulties, particularly among children and adolescents (Hooi & Wang, 2020), these results suggest huge prospects for expanding bibliotherapy research into more diverse cultural and societal contexts.

Contributions of institutions

According to institutional affiliation analysis, the University of Oxford dominated the bibliotherapy and mental health research production with nine publications, accounting for around 4.11% of the 219 documents studied. This position reflects Oxford's long-standing status as a significant center of scholarly activity in bibliotherapy research. The University of Glasgow and the University of Exeter followed, with each providing seven papers, or around 3.20% per institution. These three institutions provided 23 documents, accounting for around 10.50% of the overall research output.

On the other hand, a number of institutions, such as Smart Data Analysis and Statistics B.V., Pro Persona Mental Health Care, and the Centre Théional Psychotraumatisme Grand Est, were represented by just one publication. This distribution highlights how universities, especially well-known ones in the UK, have a significant influence on bibliotherapy research. However, there is still little involvement from non-academic institutions like libraries and public health care providers (Dunlop et al., 2016). This disparity reveals a gap between bibliotherapy's academic knowledge generation and its practical potential, which is strongly associated with reading behaviors and literacy-based engagement. The scholarly literature has not sufficiently acknowledged libraries' role as facilitators of non-clinical psychosocial therapies and as intermediates for the diffusion of knowledge (Akter & Bhattacharjee, 2025; Massougbdji et al., 2022). Therefore, improving cooperation between academic institutions, medical facilities, and libraries is essential to advancing bibliotherapy's growth and social impact.

Contribution of journals

Bibliotherapy and mental health studies are published in 39 scientific journals, demonstrating a modest level of diversity in publication channels. The Journal of Poetry Therapy emerged as the most productive source, with eight papers, highlighting its importance as a main venue for literature-based therapeutic research. This specialization emphasizes the continuous importance of literary techniques in the bibliotherapy research environment. In parallel, journals oriented toward clinical and public health perspectives, namely BMC Psychiatry and the International Journal of Environmental Research and Public Health, both contributed six articles, signaling a gradual broadening of bibliotherapy research into mental health and population-based health domains. The Journal of Creativity in Mental Health made the most contributions, with five, followed by Behavioural and

Cognitive Psychotherapy, which had four. At the low end of the publication output, some journals, including Asia Life Sciences, Arts and Health, Archives of Budo, American Journal of Geriatric Psychiatry, and Aging and Mental Health, published only one piece on bibliotherapy and mental health. This unequal distribution implies that, despite increased academic interest, bibliotherapy is still a minor issue in many mental health journals. Although its presence in clinical and public health outlets reflects an expanding conceptual scope, the limited number of recurring publication venues may limit the visibility and academic influence of bibliotherapy research (Correll et al., 2024; Fernández & Vergara, 2020; Monroy-Fraustro et al., 2021).

Contributions of authors

A total of 240 writers contributed to papers on bibliotherapy and mental health, demonstrating a high degree of academic involvement in this study area. Despite the widespread involvement, author productivity remains inconsistent. Williams, C. emerged as the most prolific contributor, with seven articles, establishing him as an important role in the evolution of bibliotherapy and mental health studies. McClay, C.A., followed with five papers, suggesting a continued interest in this topic. In addition, eight writers Wang, S., Songprakun, W., Morrison, J., Martinez, R., Lorenzo-Luaces, L., Leung, A.Y.M., Heath, M.A., and Cuijpers, P. each published four papers, demonstrating meaningful but more restricted contributions.

This distribution pattern indicates that, while collaborative work involves a large number of researchers, knowledge development in bibliotherapy is concentrated among a small handful of very active authors. This concentration demonstrates a reliance on individual research leaders and underlines the low scope of cross-disciplinary and cross-national collaboration. Previous study indicates that a lack of diversity in research networks can limit methodological innovation and the growth of bibliotherapy practices (Girčienė & Damijonaitytė, 2023; O'Keefe et al., 2017). Expanding

collaborative interaction across institutions, disciplines, and geographical locations may be vital in strengthening the field's theoretical depth and practical usefulness.

Keyword Analysis

Only 206 of the 1,786 keywords found in the study exceeded the minimal requirement of five occurrences, and these were then examined and classified. According to the results of the bibliometric mapping, the keywords were divided into five major clusters, each representing a thematic emphasis of research in the field of bibliotherapy and mental health (see Table 1).

Cluster 1 (Red) was dominated by the terms cognitive behavioral treatment (42 appearances), anxiety condition (37), and mental illness (29). This dominance shows that this cluster specializes in clinical psychotherapy approaches, particularly cognitive-behavioral therapy, for the treatment of anxiety disorders and mental illnesses. The prevalence of the keywords psychoeducation and clinical effectiveness reflects the cluster's focus on evaluating the efficacy of psychological interventions. In comparison, phrases such as interpersonal psychotherapy, outpatient, and psychodynamic psychotherapy occurred only five times, indicating that psychodynamic techniques and outpatient service contexts received relatively less attention in this cluster. Cluster 2 (Green) is the largest and most central cluster, dominated by the keyword's human (256), bibliotherapy (175), and mental health (99). The high frequency of these keywords indicates that this cluster is crucial to human-focused bibliotherapy research and mental health in general. The term female (71) also indicated concern about the demographic features of the study participants. However, keywords such as learning, parenting, and organization and management only appeared five times, showing that aspects of family education and mental health care management were not yet the primary focus in this cluster.

Cluster 3 (Blue) emphasized emotional illnesses, specifically sadness (76) and

anxiety (41). The prevalence of the terms-controlled study (55) and cognitive therapy (31) reinforces this thematic focus, indicating the extensive use of experimental and controlled research methods in measuring the effectiveness of cognitive therapy therapies. The studies in this cluster are largely focused on the middle-aged age group (27) as the primary research subject. However, features relating to comorbidity and patient participation are still somewhat under-reported, as evidenced by the frequency of their occurrence, which is only five times.

Cluster 4 (Yellow) focuses on the evaluation of intervention outcomes and primary health care services, as evidenced by the prevalence of the terms follow-up (35) and outcome assessment (29). The focus on the elderly (22) and basic medical care (15) indicates that this cluster is concerned with the implementation of psychological therapies in the older population within the setting of primary health care. However, phrases like psychiatric state rating scales and intervention studies appeared only five times.

Cluster 5 (Purple) shows the most recent difficulties concerning the COVID-19 pandemic, as seen by the prevalence of the phrases acceptance and commitment therapy (11), coronavirus illness 2019 (8), and pandemic (8). This pattern indicates that there are scientific efforts underway to address the psychological impact of the epidemic, particularly among health care staff (9). In contrast, techniques geared toward positive psychology and psychological well-being are still very limited, as seen by the frequency of their occurrence, which is only five times.

Furthermore, the keyword analysis provides a thorough understanding of the thematic organization of bibliotherapy and mental health research. The prevalence of keywords relating to cognitive-behavioral therapy, depression, anxiety, and controlled research design indicates that bibliotherapy is positioned as part of evidence-based psychological interventions. However, the low frequency of terms linked to patient engagement, comorbidities, positive psychology, and psychological well-being

implies that research gaps have not been fully addressed (Hu et al., 2018; Li, 2021; C. Liu & Prajapati, 2022). Furthermore, the creation of specific clusters associated to the COVID-19 pandemic is a scientific reaction to the global health problem, but it is still limited to certain areas, such as health workers, and lacks an in-depth examination of long-term well-being-based recovery measures.

E. CONCLUSION

This study's key contribution is that bibliotherapy has a high potential as a supporting strategy in the field of mental health. This is reflected in the growing number of articles and the breadth of research issues linking bibliotherapy to various psychological therapies. However, the development of bibliotherapy studies continues to face a number of challenges, including the limited impact of citations on certain publications, the geographical concentration of research that is still dominated by certain countries, and the lack of involvement of non-academic institutions in knowledge production. Libraries play a vital role as partners in the implementation of bibliotherapy because they provide reading material resources, information literacy, and direct access to the community. In order for bibliotherapy to continue as an academic subject, collaboration between libraries and health institutions is required, including the creation of library bibliotherapy services, librarian-psychologist collaboration, and the use of digital bibliotherapy and teleconsultation. This strategy has the potential to make bibliotherapy more known, acceptable, and extensively used as an alternative or supplement to attempts to enhance mental health. However, the study includes limitations that must be recognized. The bibliometric analysis in this study only employed the terms bibliotherapy and mental health, therefore the number of papers retrieved is still rather small. Bibliotherapy study might concentrate on children, adolescents, and the elderly. These two keywords have not been able to completely convey the variety of terminology used to characterize reading-based treatment in

scientific research. The search excluded certain additional phrases with comparable connotations, such as reading therapy, literature-based therapy, book-based intervention, and therapeutic reading. As a result, it is probable that a number of important papers regarding this therapy have not been located and are not included in the study. Based on these constraints, more research is needed to develop a larger and more complete search strategy, either by adding variations of terms with comparable meanings or by merging keywords generated by the findings of this study. This technique is projected to access a wider range of papers and studies, giving a more full and in-depth picture of the history of bibliotherapy.

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TABLE LIST

Table 1 Dominant and fewest keywords for each cluster

Cluster	Dominant keywords	fewest keywords
Cluster 1 (Red)	Cognitive behavioral therapy (42)	interpersonal psychotherapy (5)
	Anxiety disorder (37)	Outpatient (5)
	Mental disease (29)	patient attitude (5)
	Psychoeducation (27)	patient counselling (5)
	Clinical effectiveness (22)	psychodynamic psychotherapy (5)
Cluster 2 (Green)	Human (256)	Learning (5)
	Bibliotherapy (175)	mental health care personnel (5)
	Mental health (99)	organization and management (5)
	Article (88)	Parents (5)
	Female (71)	personal experience (5)
Cluster 3 (Blue)	Depression (76)	Comorbidity (5)
	Controlled study (55)	health service (5)
	Anxiety (41)	human relation (5)
	Cognitive therapy (31)	low mood (5)
	Middle aged (27)	patient participation (5)
Cluster 4 (Yellow)	follow up (35)	primary care (5)
	outcome assessment (29)	primary health care (5)
	Aged (22)	prospective study (5)
	primary medical care (15)	psychiatric status rating scales (5)
	psychological aspect (9)	intervention study (5)
Cluster 5 (Ungu)	acceptance and commitment therapy (11)	health program (5)
	health care personnel (9)	perceived stress scale (5)
	coronavirus disease 2019 (8)	Cognition (5)
	Pandemic (8)	positive psychology (5)
	COVID-19 (7)	psychological well-being (5)

Source: (the author excel processed data, 2025)

Table 2 Title recommendations based on keyword combinations

Cluster	Title recommendation
Cluster 1	"Underexplored Psychodynamic and Interpersonal Approaches in Outpatient Psychotherapy for Anxiety and Mental Disorders"
Cluster 2	"Personal Experiences, Parental Roles, and Organizational Contexts in Bibliotherapy and Mental Health Care"
Cluster 3	"Patient Participation, Comorbidity, and Human Relations in Depression and Anxiety Treatment Studies"
Cluster 4	"Prospective and Intervention Studies in Primary Health Care: Assessing Psychiatric Status and Psychological Outcomes"
Cluster 5	"Psychological Well-being, Stress Measurement, and Positive Cognition among Health Personnel during the COVID-19 Pandemic"

Source: (the author excel processed data, 2025)