

Reconceptualizing islamic counseling for global mental health: An integrative framework

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Abstract

Purpose – The study aims to reconceptualize Islamic counseling by developing an integrative framework that contributes to the global mental health discourse. Specifically, it seeks to answer how Islamic counseling can be theoretically integrated with global mental health and evidence-based counseling approaches to promote psychological wellbeing and resilience among Muslim populations.

Method – The study utilizes a conceptual and integrative literature review method, focusing on synthesizing key insights from global mental health literature, evidence-based counseling practices, and Islamic counseling principles. Relevant peer-reviewed international publications, policy reports, and theoretical models were systematically analyzed to identify conceptual intersections, highlight key findings, and address existing gaps in the literature.

Result – The findings propose an Integrative Islamic counseling framework that bridges Islamic spiritual principles (such as meaning-making, self-regulation, resilience, and adaptive acceptance) with contemporary global mental health paradigms and evidence-based counseling practices. The framework positions Islamic counseling as a culturally responsive and complementary approach that enhances psychological wellbeing, resilience, and mental health promotion without opposing established clinical methods.

Implication – This study has significant implications for both global mental health practices and the integration of Islamic principles into mainstream counseling. It provides a culturally relevant model for addressing mental health issues within Muslim communities and highlights the importance of incorporating diverse cultural and spiritual perspectives into psychological care, fostering resilience and psychological wellbeing.

Originality/Value – The originality of this study lies in its proposal of an Integrative Islamic Counseling Framework, which is an underexplored area in the field of global mental health.

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Kata kunci:

Konseling Islam, konsep integratif, spiritualitas dan kesehatan mental, konseling yang responsif terhadap budaya, resiliensi.

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Abstrak

Tujuan – Studi ini bertujuan untuk merekonseptualisasi konseling Islami dengan mengembangkan kerangka kerja integratif yang berkontribusi pada wacana kesehatan mental global. Secara khusus, studi ini berupaya menjawab bagaimana konseling Islami dapat diintegrasikan secara teoritis dengan kesehatan mental global dan pendekatan konseling berbasis bukti untuk meningkatkan kesejahteraan psikologis dan ketahanan di kalangan populasi Muslim.

Metode – Studi ini menggunakan metode tinjauan literatur konseptual dan integratif. Studi ini mensintesis wawasan utama dari literatur kesehatan mental global, praktik konseling berbasis bukti, dan prinsip-prinsip konseling Islami. Publikasi internasional yang relevan dan telah ditinjau oleh rekan sejawat, laporan kebijakan, dan model teoretis dianalisis secara sistematis untuk mengidentifikasi persimpangan dan kesenjangan konseptual.

Hasil – Temuan ini mengusulkan Kerangka Kerja Konseling Islami Integratif yang menjembatani prinsip-prinsip spiritual Islam (seperti penciptaan makna, pengaturan diri, ketahanan, dan penerimaan adaptif) dengan paradigma kesehatan mental global kontemporer dan praktik konseling berbasis bukti. Kerangka kerja ini memposisikan konseling Islami sebagai pendekatan yang responsif secara budaya dan komplementer yang meningkatkan kesejahteraan psikologis, ketahanan, dan promosi kesehatan mental tanpa bertentangan dengan metode klinis yang sudah mapan.

Implikasi – Studi ini memiliki implikasi signifikan baik untuk praktik kesehatan mental global maupun integrasi prinsip-prinsip Islam ke dalam konseling arus utama. Studi ini menyediakan model yang relevan secara budaya untuk mengatasi masalah kesehatan mental dalam komunitas Muslim dan menyoroti pentingnya memasukkan beragam perspektif budaya dan spiritual ke dalam perawatan psikologis, menumbuhkan ketahanan dan kesejahteraan psikologis.

Orisinalitas/Nilai – Orisinalitas studi ini terletak pada usulannya tentang Kerangka Konseling Islam Integratif, yang merupakan area yang kurang dieksplorasi dalam bidang kesehatan mental global.

Introduction

Mental health has become a significant global public health concern, with an increasing prevalence of anxiety, depression, and stress-related disorders across various populations (Arbaein et al., 2026). The World Health Organization (WHO, 2025) stresses that effective mental health interventions must be culturally responsive and contextually grounded to address the unique needs of diverse communities. Despite this, existing mental health models often remain Western-centric, overlooking critical cultural and spiritual elements that influence psychological well-being in non-Western societies (Cucchi & Qoronfleh, 2025).

Religion and spirituality have long been recognized as essential factors in shaping mental health outcomes, particularly in their role in coping strategies, meaning-making, and resilience (Jena & Sethi, 2025; Graça & Brandão, 2024; Aggarwal et al., 2023). In Muslim communities, religious beliefs and practices are deeply woven into daily life and significantly influence individuals' perceptions of psychological distress and their help-seeking behaviors (Anggraini, 2024; Sadiq et al., 2023). Studies suggest that integrating spirituality into counseling approaches not only enhances engagement with therapy but also reduces stigma surrounding mental health issues (Wahyudi et al., 2021; Hefti, 2011).

However, while the importance of spirituality in counseling is well-documented, the integration of Islamic principles with global mental health frameworks remains underdeveloped. Although Islamic counseling approaches have been explored as effective means of promoting emotional regulation, resilience, and psychological well-being (Suhertina, 2025; Gumindari et al., 2022), they often remain isolated from contemporary psychological theories. This gap highlights a critical area for improvement: a theoretical integration of Islamic counseling with global mental health models is essential to leverage its full potential within the broader mental health discourse.

This gap in integration between Islamic counseling and global mental health paradigms underscores the need for a new framework. By addressing this gap, the proposed framework aims to bridge Islamic spiritual principles and contemporary mental health practices. It will not only present Islamic counseling as a culturally relevant model but will position it as a theoretically robust approach capable of contributing to the global mental health field.

This study seeks to address these challenges by proposing an integrative framework that connects Islamic spiritual principles with evidence-based counseling practices within the context of global mental health. By doing so, it offers a comprehensive and culturally responsive model that aims to promote psychological well-being and resilience among Muslim populations, thereby filling a significant gap in existing mental health frameworks.

Research Methods

Research Design

This study adopts a conceptual research design employing an integrative literature review and theoretical synthesis approach (Akib et al., 2025; Haramain & Nur Afiah, 2025; Khoffifah & Irsyadunnas, 2024; Kaplick et al., 2019). The purpose of this design is to develop a coherent, integrative framework that reconceptualizes Islamic counseling within the global mental health paradigm. Rather than generating empirical data, this study focuses on synthesizing existing

theoretical and empirical knowledge to produce a novel conceptual contribution. Conceptual research is particularly appropriate for addressing under-theorized areas and advancing frameworks that can guide future empirical investigations, especially in interdisciplinary fields such as mental health, spirituality, and counseling.

JID | 4 *Data Sources and Literature Selection*

The primary data for this study consist of peer-reviewed international publications drawn from reputable academic databases, including Scopus, Web of Science, PubMed, and Google Scholar. The literature selection focused on three core domains: (1) Global mental health frameworks and policies, including reports from international organizations and high-impact journals. (2) Evidence-based counseling and psychotherapy approaches, particularly those addressing wellbeing, resilience, and culturally responsive practices, and (3) Islamic counseling and spirituality-based mental health studies, with emphasis on theoretically grounded and internationally published works.

Key search terms included combinations of Islamic counseling, global mental health, spirituality and mental health, culturally responsive counseling, and evidence-based psychotherapy. Only English-language publications from internationally recognized journals were included to ensure relevance to global mental health discourse.

Analytical Procedure

The selected literature was analyzed using a thematic and comparative synthesis approach. First, key theoretical constructs and assumptions within global mental health and evidence-based counseling literature were identified. Second, core Islamic counseling principles were examined and reinterpreted in functional psychological terms rather than normative religious descriptions.

Following this process, conceptual intersections and complementarities across the three domains were systematically mapped. Through iterative comparison and abstraction, recurring themes related to meaning-making, emotional regulation, coping, resilience, and therapeutic engagement were identified. These themes formed the conceptual building blocks of the proposed integrative framework.

Framework Development Process

The integrative framework was developed through a three-stage synthesis process: (1) Deconstruction, in which dominant assumptions and limitations of Western-centric mental health models were critically examined. (2). Reinterpretation, whereby Islamic spiritual concepts were translated into psychologically functional constructs compatible with global mental health terminology, and (3). Integration, in which Islamic counseling principles, evidence-based practices, and global mental health perspectives were systematically combined into a coherent conceptual model. This process resulted in the formulation of the Integrative Islamic Counseling Framework, which articulates clear components, mechanisms of integration, and expected mental health outcomes.

Result and Discussion

Integrating Islamic Spiritual Principles into the Global Mental Health Framework

Global mental health has become a highly relevant issue, with many approaches attempting to respond to the psychological needs of various populations around the world. According to a report from the World Health Organisation (WHO, 2025) in 2021, approximately 1 in 8 people worldwide live with a mental disorder, indicating the high prevalence of mental health problems in various countries. However, counselling models applied at the international level often tend to focus on a Western psychology-based framework, which does not always take into account cultural and spiritual values that are very important to many communities, especially Muslim communities. For example, research by Lene Arnett Jensen (2021) shows that Western psychology models are often irrelevant or even less accepted in many non-Western cultures because of their secular approach and failure to consider the spiritual aspects that are central to the lives of many individuals around the world, especially in Muslim cultures.

One of the main principles in Islam that can be applied in counselling is the search for meaning in life (meaning-making) (Junaedi et al., 2024). In the context of Islamic spirituality, the search for meaning does not only focus on material achievements or worldly happiness, but on greater spiritual goals that involve human relationships with God and with others (Arifin, 2025; Komarudin, 2022). Contemporary psychologists, such as Amanda M. A. Melton and Stefan E. Schulenberg, in their theory of logotherapy, emphasise the importance of meaning in life for psychological wellbeing (Melton & Schulenberg, 2008). This emphasis shows the alignment between Islamic principles and Western psychological approaches in promoting a sense of purpose in life as an essential factor in overcoming stress and trauma.

Another fundamental principle in Islamic counselling is self-regulation, which refers to an individual's ability to regulate their behaviour, emotions, and thoughts to achieve long-term goals (Thohir et al., 2023). In Islam, self-regulation is seen as an essential aspect of achieving inner calm and peace, which is highly relevant in the context of mental health issues (Saputra et al., 2024; Mubarak & Karim, 2022). This concept can be translated into counselling practice by teaching clients to manage negative emotions such as anger, anxiety, and depression through techniques based on self-regulation and self-awareness taught in Islamic teachings.

The concept of adaptive acceptance has strong relevance in the framework of Islamic counselling (Khan et al., 2025). In Islam, acceptance of Allah's destiny (qada' and qadar) is considered one of the primary keys to overcoming suffering and life's challenges. This principle teaches individuals to accept the realities of life that cannot be changed, while still striving to change the things that can be changed. In the context of counselling, this adaptive acceptance can help clients overcome feelings of frustration, stress, or trauma more constructively, while maintaining their psychological wellbeing (Anusuya S P & Gayatri Devi S. 2025).

In global mental health literature, many evidence-based approaches emphasise the importance of acceptance and self-control in overcoming psychological problems. Acceptance and Commitment Therapy (ACT) is one evidence-based approach that emphasises the importance of accepting emotional experiences and committing to acting in accordance with personal values, even though negative feelings may arise. ACT has been proven effective in helping individuals overcome

anxiety, depression, and post-traumatic stress disorder (Pohar and Argáez, 2017). In a meta-analysis, Ferreira et al. (2022) showed that ACT significantly reduces symptoms of anxiety and depression in various populations, making it one of the most recommended approaches in evidence-based counselling practice.

JID | 6 The concepts taught in Islam, such as sabar (patience) and tawakkal (surrender), are very much in line with the principles taught in ACT. Sabar, in Islam, does not only mean refraining from difficulties or sadness, but also includes resilience and the ability to remain steadfast in the face of life's trials. Research shows that patience is associated with reduced anxiety and increased psychological wellbeing (Aryandari & Nashori, 2024). Similarly, tawakkal, which means surrendering to Allah after trying, reflects acceptance of destiny and the ability to let go of control over unchangeable outcomes. This is in line with the principle of acceptance in ACT, which teaches individuals to accept emotional experiences without trying to avoid them, while still acting to achieve meaningful goals.

The development of psychological resilience can be encouraged through Islamic principles that focus on improving spiritual and mental qualities (Gumiandari et al., 2022). Cognitive resilience in Islam is not only seen in an individual's ability to endure difficulties, but also in their ability to remain steadfast in the moral and ethical principles established by religion. In the context of counselling, this can be translated into supporting clients to develop strong coping skills and strengthen their self-confidence in facing life's challenges.

Research combining Islamic concepts with evidence-based counselling practices has shown that Islamic values can help improve quality of life and psychological wellbeing. For example, a study conducted by Ansori and M. Lutfi Mustofa (2024) found that Muslim clients who applied Islamic principles in their lives, such as tawakkal and sabar, showed higher levels of resilience to stress and mental disorders. These findings support the argument that integrating Islamic spiritual principles into counselling can strengthen evidence-based interventions and enhance their effectiveness in a Muslim cultural context.

Along with this, Islamic spirituality-based counselling models can make a positive contribution to improving mental health among Muslims by providing alternative pathways that are more culturally relevant. In many cases, Western counselling models may not be sufficiently sensitive to the religious values that underpin the lives of many Muslim individuals. By integrating values such as faith and worship, Islamic counselling can help clients feel more connected to themselves, their community, and God, which in turn can increase the effectiveness of therapy.

At a practical level, counselling models that integrate Islamic principles may involve techniques such as prayer, dhikr (remembrance of God), and meditation based on Islamic teachings. These techniques not only help individuals feel calmer and more peaceful but also provide a way to deal with anxiety and tension in a more spiritually profound way. This faith-based therapy can be complemented with other evidence-based counselling techniques to offer a more holistic and multi-dimensional approach.

The Application of the Islamic Counselling Framework in Evidence-Based Counselling Practice

The application of the Islamic counselling framework in evidence-based counselling practice requires an approach that combines Islamic spiritual principles with psychological techniques that

have been proven effective, such as cognitive-behavioural therapy (CBT) and systemic approaches. In this context, the integrative framework developed aims to combine spiritual values contained in Islamic teachings, such as sabar (patience), tawakkal (surrender), and gratitude, with counselling techniques based on scientific evidence. This integration can help Muslim clients achieve more holistic psychological wellbeing, which takes into account both mental and spiritual aspects.

One of the most widely used evidence-based counselling techniques is cognitive-behavioural therapy (CBT), which focuses on changing negative thought patterns and behaviours (Nakao et al., 2021). In Islamic counselling, principles such as self-control and acceptance of God's destiny are highly relevant to be applied alongside CBT. For example, in CBT, clients are taught to identify and change distorted thought patterns, such as feelings of uselessness or pessimism, which are often exacerbated by feelings of dissatisfaction with life. The principle of tawakal in Islam teaches acceptance of destiny with an open heart, which can serve as a counterbalance when clients experience disappointment or failure.

A systemic approach can be integrated with the Islamic counselling framework to address mental health issues in the context of family and community. Systemic counselling views individuals as part of a larger system, such as family or society, which influences their behaviour and psychological wellbeing (Tramonti & Fanali, 2015). Within the Islamic framework, it is essential to remember that Islam emphasises the importance of family relationships, social solidarity, and responsibility towards others. Therefore, a systemic approach that integrates Islamic principles can help clients understand their roles within their families and communities, as well as improve their positive interactions with others.

A practical example of this integration can be found in the treatment of anxiety or depression in Muslim clients. In the context of CBT, clients will learn to recognise and challenge negative thoughts that often lead to anxiety. However, by adding Islamic principles, such as tawakal (surrender to Allah) and sabar (patience in facing life's trials), clients can learn to accept reality better, reducing anxiety related to things beyond their control. This creates a more holistic approach, as clients not only learn to change their mindset but also develop inner peace through a spiritual approach.

The integration of Islamic counselling frameworks with evidence-based techniques can increase the effectiveness of interventions in treating dependency or addiction problems. In many cases, evidence-based therapies such as dialectical behaviour therapy (DBT) or CBT can help individuals change addictive behaviours (McHugh et al., 2010). However, by adding Islamic principles such as repentance (taubah) and hope for Allah's forgiveness, Muslim clients may feel more motivated to change spiritually, which in turn can strengthen their motivation to recover. This adds a spiritual dimension that can accelerate the recovery process.

In the context of Muslim communities, integrating Islamic counselling with evidence-based techniques can provide opportunities for improving collective wellbeing. For example, in systemic counselling, clients can be taught to understand the social and family dynamics that may affect their mental health. In Islam, the family is a highly valued social unit, and many Islamic teachings emphasise the importance of maintaining harmonious family relationships. Integrating these principles can help clients improve their relationships with their families, which are often a source of stress or conflict.

Several case studies indicate that an approach combining evidence-based counselling techniques with Islamic principles has successfully improved mental resilience among Muslim individuals. For example, a survey by Solichah et al. (2025) showed that clients who underwent CBT-based therapy combined with Islamic spiritual practices, such as prayer and meditation, experienced a significant reduction in symptoms of anxiety and depression compared to clients who only received conventional therapy. This study provides empirical evidence supporting the effectiveness of integrative models in improving psychological wellbeing.

The application of evidence-based counselling in an Islamic context can be more effective in increasing client engagement. In many cases, individuals from strong religious backgrounds may feel more comfortable participating in counselling that integrates their religious principles. This makes clients feel more valued and accepted, which increases their motivation to participate in the therapeutic process actively. Therefore, an Islamic counselling framework that integrates an evidence-based approach can overcome the barriers that often arise in the application of psychological therapy among Muslim communities. The following table shows the relationship between evidence-based counselling approaches and their influence on client engagement, especially in the context of Muslim communities with strong religious backgrounds:

Table 1. The effect of implementing evidence-based counselling that integrates Islamic principles on client engagement

Factors	Application of Evidence-Based Counselling	Integrated Islamic Principles	Impact on Client Engagement
Client comfort	Using recognised evidence-based techniques, such as CBT, ACT, or DBT	Principles such as patience, tawakkal (surrender), and strong faith	Clients feel more valued and accepted because counselling accommodates their religious beliefs, making them more comfortable participating in therapy.
Involvement in the therapy process	Evidence-based therapy often involves the client playing an active role in treatment.	Prayer, remembrance of God, and spiritual reflection are additional techniques in the therapy process.	Clients who feel that their spiritual practices are valued tend to be more active and committed to attending therapy sessions and carrying out therapy tasks.
Acceptance of culture and spirituality	Evidence-based counselling models tend to be more secular and often do	Integration of Islamic concepts such as tawakkal (trust in God), self-	Muslim clients feel more accepted when their religious values are integrated,

Motivation to participate	not take into account the culture and spirituality of clients. Evidence-based counselling focuses on rational analysis and behavioural change.	control, and relationships with the Muslim community. Acceptance of destiny and strengthening of faith can give deeper meaning to Muslim clients.	increasing their sense of connection and supporting the healing process. Clients feel that therapy is not only based on scientific evidence but also related to their spiritual principles, which increases their motivation to participate.
Prevention of barriers in therapy	Barriers arise when Western psychological models do not take into account the religious values of clients.	Emphasis on religious values and Islamic principles makes clients feel more accepted.	Evidence-based Islamic counselling frameworks reduce cultural and religious barriers, making them more effective in overcoming psychological challenges.

This table 1 shows how the application of evidence-based counselling that integrates Islamic principles can have a positive impact on client engagement in the therapeutic process. The spiritual principles of Islam make clients feel valued and accepted, which leads to higher motivation to participate in therapy actively and reduces any barriers that may arise.

It is important to remember that evidence-based counselling approaches such as CBT or dialectical behaviour therapy (DBT) aim to help individuals overcome their emotional difficulties in a rational and structured manner. However, in some cultures, including Muslim societies, spirituality plays a vital role in individuals' understanding of themselves and the world around them. Therefore, an Islamic counselling framework that incorporates these principles can provide an additional dimension that enriches evidence-based techniques and makes them more culturally relevant.

Building Psychological Resilience and wellbeing through a Culturally Responsive Approach in Islamic Counselling

Psychological resilience is the ability of individuals or groups to cope with, adapt to, and recover from difficulties or pressures in life. In the context of Muslim communities, this resilience is greatly influenced by religious understanding and practice. Islamic counselling, which integrates Islamic spiritual principles with evidence-based counselling techniques, can play an essential role in strengthening individual and collective psychological resilience (Keskinoglu & Ekşi, 2019). This approach focuses on acceptance of destiny (qada' and qadar), patience, and tawakkul, which

provide a solid foundation for individuals to remain steadfast even in the face of severe life challenges.

JID | 10 A critical element in Islamic counselling is community solidarity, which is an integral part of Islamic teachings. Islam teaches the importance of maintaining social relationships and helping others, which is reflected in the concepts of *ukhuwah* (brotherhood) and mutual assistance. This community solidarity can be strengthened in counselling practice by encouraging clients to connect with their social networks, whether family, friends, or religious communities, which can provide emotional and psychological support. In this case, Islamic counselling does not only involve one-on-one intervention with a counsellor, but also strengthens broader social support.

Prayer is another essential element in Islamic counselling that can build psychological resilience. In Islamic teachings, prayer is not only a form of worship but also a means of seeking strength and peace from Allah in facing life's difficulties. Islamic counselling can integrate prayer as part of the therapeutic process, both in the form of personal prayer and communal prayer performed with clients. Research shows that the practice of prayer can reduce stress levels, increase feelings of calm, and strengthen clients' sense of spirituality, which in turn can improve their resilience to psychological problems (Bukhari et al., 2025).

Islamic spirituality plays a significant role in improving psychological wellbeing. Principles such as *tawakkal* (surrender to Allah) and *sabar* (patience in facing life's trials) provide a strong framework for Muslim individuals to cope. In counselling practice, these spiritual elements can be applied to help clients understand that even though they face difficulties, there is value and purpose in every trial they undergo. This practice allows them respond to stress and anxiety more adaptively, increasing their mental resilience. By integrating these principles, the Islamic counselling model can offer a more culturally responsive approach, which is particularly important for Muslim communities who may feel alienated by Western-based counselling methods. This faith-based approach provides a greater sense of comfort and connection with clients, who are more open to receiving interventions that take into account their cultural and religious values.

This Islamic counselling model emphasises that psychological wellbeing can be achieved by considering cultural and spiritual contexts, rather than solely through universal or secular approaches. As a practical example, when dealing with anxiety, Islamic counselling may teach clients to perform *dhikr*, or remembrance of Allah, as a way to calm the mind. Repeating positive phrases and remembering the attributes of Allah as Most Merciful and Most Compassionate can bring a sense of peace and reduce anxiety. This technique can be combined with CBT techniques to recognise and change negative thought patterns, but with a stronger spiritual nuance, giving clients more comprehensive tools to overcome their anxiety.

This approach focuses on collective resilience, which is highly relevant in Muslim communities that greatly value social relationships. This collective resilience can be strengthened through community-based activities, such as religious lectures, recitations, or group prayers, which can provide a sense of mutual support and togetherness. Religious lectures, recitations, or joint prayer groups are essential in overcoming mental health problems that are often experienced not only by individuals but also have an impact on families or communities as a whole.

The culturally responsive approach in Islamic counselling focuses on strengthening clients' self-identity through an understanding of their religion (Mairoza & Silvanetri, 2023). Many Muslim individuals feel stronger and more resilient to social and psychological pressures when they can align their religious values with the challenges they face in life. In Islamic counselling, clients are invited to explore their identity as Muslims and how this can be a source of strength in facing life's difficulties, whether in the context of work, family, or social relationships.

This Islamic counselling model has the potential to adapt to broader global mental health approaches. Although evidence-based counselling approaches from the West, such as CBT and dialectical behaviour therapy (DBT), have proven effective in many cases, they tend to overlook the role of culture and spirituality in individuals' lives. By integrating Islamic counselling based on these spiritual values, the global approach can be expanded and adapted to the needs of more diverse communities, thereby enriching the international mental health discourse and providing space for the integration of aspects that are often overlooked in more secular approaches.

Conclusion

This study has developed and proposed an integrative Islamic counselling framework that addresses the limitations of Western counselling models in responding to mental health challenges among Muslim populations. By combining Islamic spiritual principles—such as the search for meaning in life, self-control, and adaptive acceptance—with internationally recognized evidence-based counselling techniques, including cognitive-behavioural therapy (CBT) and systemic approaches, the framework provides a culturally relevant and holistic model that integrates spiritual, psychological, and social dimensions of wellbeing.

The framework has strong potential to enhance psychological resilience and wellbeing among Muslim individuals by leveraging community solidarity, prayer, and Islamic spiritual practices. Core principles, including *tawakkal* (surrender) and *sabar* (patience), support both individual and collective resilience, demonstrating the relevance of cultural and spiritual elements in mental health interventions.

Practitioners and policymakers are encouraged to consider implementing this framework in real-world settings, particularly when developing culturally responsive mental health interventions for Muslim communities. By integrating spiritual and cultural considerations with evidence-based methods, the framework can increase client engagement, improve therapeutic outcomes, and foster resilience in populations that may feel underserved by conventional Western-centric approaches.

Nevertheless, this study has some limitations. The framework was developed through conceptual synthesis and literature review rather than empirical testing, which may affect its practical applicability across diverse settings. Additionally, variations in cultural contexts, local practices, and interpretations of Islamic teachings may influence how the framework is implemented. Future research should empirically evaluate the framework in diverse Muslim populations and explore its adaptability to different cultural and religious contexts. Expanding the framework to address the needs of non-Muslim populations could further enrich global mental health practices by providing culturally sensitive approaches for a wider range of communities.

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