The Impact of Inner Knowledge Management on 10 Core Mental Health Indicators

Using an empirical analysis of ten key mental health indicators commonly used in contemporary clinical psychology, this study aims firstly to identify whether the Inner Knowledge Management (IKM) methodology is associated with improvements in core variables related to psychological wellbeing. Secondly, the study seeks to investigate whether the different indicators measured—such as emotional regulation, anxiety, stress, self-esteem, life purpose, interpersonal relationships, coping capacity, and global wellbeing— form a coherent psychological construct after the IKM process. Lastly, the study aims to show that the internal abilities developed through the IKM methodology may represent an integrative framework that connects emotional, cognitive, and conscious dimensions of mental functioning. Using quantitative post-intervention design, data were collected from a non-clinical adult sample not receiving psychotropic medication; participants reported varying levels of stress, anxiety, or emotional distress. Program participation occurred through a mix of self-initiated and organization-sponsored pathways, and survey participation was voluntary. Results indicate high levels of perceived improvement across all indicators, as well as strong internal consistency among the variables measured. The findings suggest that the IKM methodology may function as an effective preventive and developmental approach to mental wellbeing, particularly in non-clinical populations. To conclude, the study proposes that the abilities cultivated through the IKM process could be conceptualized as part of a broader construct of conscious mental functioning, positioned between emotional and meaning-oriented models of psychological development. The study is limited to a non-clinical sample and cross-sectional self-report data, suggesting the need for further longitudinal research designs.

Keywords: *Inner Knowledge Management; mental health indicators; emotional regulation; psychological wellbeing; preventive mental health; conscious intelligence; self-awareness; stress reduction; non-clinical population*

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Introduction

Mental health has progressively become one of the most relevant concerns of contemporary societies. Rapid technological change, economic uncertainty, social fragmentation, and the acceleration of daily life have created environments where individuals are exposed to increasing levels of stress, anxiety, and emotional overload (World Health Organization [WHO], 2022; OECD, 2023; Kim et al., 2023). According to recent global estimates, more than one billion people worldwide are currently living with mental health conditions, highlighting the scale of the challenge and the urgent need for preventive strategies (WHO, 2022).

Although modern psychology and psychiatry have developed effective treatments for a wide range of mental disorders, much of the current approach remains reactive, focusing primarily on the treatment of symptoms once dysfunction has already appeared (Hofmann & Hayes, 2019). In contrast, recent

research trends emphasize the importance of preventive and developmental models that strengthen emotional regulation, cognitive flexibility, and meaning-oriented behavior before clinical symptoms emerge (Hayes et al., 2021; Kuyken et al., 2016; Sequeira et al., 2021).

Within this preventive perspective, the concept of psychological wellbeing has gained increasing relevance. Psychological wellbeing is often defined as a multidimensional construct that includes emotional stability, perceived stress, life satisfaction, self-esteem, interpersonal functioning, and sense of purpose (OECD, 2013; Craig et al., 2025). These variables are commonly used in clinical and epidemiological studies as indicators of mental health status (Bu et al., 2022; Healthy Minds Network, 2023). From this standpoint, mental health is no longer understood merely as the absence of pathology, but as the presence of adaptive emotional, cognitive, and social functioning (VanderWeele, 2017).

Parallel to these developments, the field of knowledge management has also evolved from purely objective and cognitive approaches to more integrative perspectives. Traditional Knowledge Management (KM) models have mainly focused on explicit knowledge, technical skills, and information processing. However, several scholars have argued that a substantial portion of human decision-making and behavior is influenced by subjective, emotional, and unconscious components (Friston, 2022; Deary, 2020). Contemporary studies in emotional regulation and wellbeing confirm that internal emotional and cognitive processes play a central role in psychological outcomes and adaptive functioning (Aliche & García, 2025; Kakollu & Patel, 2024).

In this context, the concept of Inner Knowledge (IK) has been introduced as a form of knowledge that includes emotions, beliefs, mental narratives, and internalized experiences that shape perception, motivation, and action. Building on this concept, the Inner Knowledge Management (IKM) model was proposed as a structured methodology to identify, analyze, and transform internal emotional and cognitive patterns. The IKM model suggests that individuals can observe their inner emotional states and belief systems, externalize unconscious limiting patterns, transform inefficient emotional or cognitive structures, and internalize more balanced and objective internal frameworks.

Previous conceptual studies have suggested that the IKM process may increase motivation, efficiency, satisfaction, and emotional balance, while also contributing to the development of abilities such as empathy, self-assurance, global vision, and serene decision-making. These abilities appear to be closely related to several contemporary theories of intelligence (Brackett et al., 2011; Mayer et al., 2016). Traditional intelligence models, such as the Intelligence Quotient (IQ), primarily measured cognitive abilities associated with objective data processing (Deary, 2020).

Recent empirical studies reinforce the central role of emotional regulation, coping skills, and meaning in life as core determinants of mental health (Sequeira et al., 2025; Wang & Chen, 2022). Difficulties in emotional regulation have been associated with increased depressive symptoms and reduced wellbeing, while higher levels of mindfulness and emotional awareness appear to buffer these effects (Hayes et al., 2021; Kuyken et al., 2022). Emotional self-regulation has also been

UNDER PEER REVIEW

shown to be a trainable skill contributing significantly to psychological resilience (Aliche & García, 2025; Fuentealba-Urra & Lagos-San Martín, 2022).

Despite these advances, there remains a theoretical and empirical gap regarding the systematic management of internal belief systems and unconscious emotional patterns. While emotional intelligence models address emotional awareness and regulation, they do not always provide structured methodologies for identifying and transforming limiting beliefs or unconscious internal narratives (Brackett et al., 2011). The IKM model seeks to address this gap by offering a procedural framework through which individuals can become aware of their internal processes, restructure them, and align their actions with more objective and balanced internal states. Although the conceptual foundations of IKM have been explored in previous theoretical studies, empirical research examining its effects on standardized mental health indicators remains limited. In particular, there is a need to investigate whether the internal abilities cultivated through the IKM process are associated with measurable improvements in core psychological wellbeing variables commonly used in clinical and preventive mental health research (WHO, 2022; Craig et al., 2025).

Therefore, the purpose of this study is to evaluate the perceived impact of an IKM-based process on eight key mental health indicators: emotional regulation, anxiety, mood stability, sleep quality, stress levels, self-esteem, life purpose, and interpersonal relationships. By examining these variables in a non-clinical adult population, this study aims to explore whether the IKM methodology is associated with improvements in psychological wellbeing and whether the different indicators form a coherent construct of mental health after the IKM process.

In doing so, this research seeks to contribute to the emerging field of preventive mental health by providing empirical evidence on the potential role of Inner Knowledge Management as a developmental intervention. Furthermore, it aims to situate the IKM model within the broader landscape of intelligence and wellbeing theories, suggesting that the abilities cultivated through the IKM process may represent an integrative framework connecting emotional, cognitive, and conscious dimensions of human functioning.

Purpose & Innovation of Research

Since many contemporary models of mental health focus primarily on the reduction of symptoms or the treatment of psychological disorders, and fewer approaches address the structured development of internal abilities related to emotional regulation, self-awareness, and meaning-oriented functioning, the purpose of this article is first to carry out an empirical analysis of several core indicators of mental health after the application of the Inner Knowledge Management (IKM) methodology. These indicators include emotional regulation, anxiety, mood stability, sleep quality, perceived stress, self-esteem, life purpose, interpersonal relationships, coping capacity, and global psychological wellbeing. Secondly, the study aims to examine whether the different variables measured form a coherent construct of mental wellbeing after the IKM process, and to determine

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whether the internal abilities cultivated through the methodology are associated with improvements across these indicators.

Furthermore, the research seeks to explore whether the abilities developed through the IKM process—such as the capacity to observe internal emotional states, identify limiting beliefs, transform unconscious patterns, and internalize more balanced cognitive-emotional frameworks—can be interpreted as part of a broader model of conscious mental functioning. In doing so, the study aims to position the IKM methodology within the existing landscape of preventive mental health, emotional intelligence, and meaning-oriented psychological models, in order to understand whether it represents an extension of these approaches or the emergence of a distinct developmental framework.

The innovation of this research lies in its focus on the internal and subjective components of mental functioning as measurable factors of psychological wellbeing. While many traditional mental health models emphasize observable symptoms, behavioral patterns, or cognitive distortions, this study explores the impact of a structured methodology designed to manage unconscious beliefs, emotional responses, and internal narratives that influence decision-making and behavior. The innovative aspect of the research is therefore twofold. Firstly, it lies in the object of study: the transformation of inner emotional and cognitive structures as a central mechanism of psychological wellbeing. Secondly, it lies in the research question itself, which seeks to determine whether a structured process of Inner Knowledge Management can produce measurable improvements across multiple indicators commonly used in clinical and preventive mental health research.

Developing this latter point further, if certain abilities cultivated through the IKM process allow individuals to become aware of unconscious emotional patterns and limiting beliefs, and to transform them into more balanced and objective internal states, then such abilities may have implications beyond individual wellbeing. In this sense, the IKM model could potentially contribute to improving decision-making quality, emotional stability, and interpersonal functioning across a wide range of domains, including organizational environments, educational systems, healthcare contexts, and public policy settings. By examining the relationship between IKM-related abilities and core mental health indicators, this study aims to provide empirical evidence that may support the integration of conscious, meaning-oriented, and self-regulatory approaches into contemporary models of psychological wellbeing and preventive mental health.

Research Paradigm, Method, Questions and Assumptions

Research Paradigm

Contemporary mental health research has progressively moved from purely clinical and pathology-oriented models toward more integrative approaches that include emotional regulation, self-awareness, resilience, and meaning-oriented functioning. Traditional psychiatric and psychological models have primarily focused on the diagnosis and treatment of mental disorders, measuring variables such as symptom severity, cognitive distortions, or behavioral dysfunction.

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However, more recent perspectives in psychology and neuroscience have emphasized the importance of subjective and experiential variables, including emotional regulation, life purpose, interpersonal functioning, and psychological wellbeing.

Within this paradigm, mental health is increasingly understood as a multidimensional construct that includes both objective and subjective components. Objective components may include observable behaviors, cognitive performance, or physiological indicators, while subjective components involve emotional experiences, internal beliefs, personal meaning, and perceived wellbeing. Contemporary frameworks such as positive psychology, emotional intelligence, and resilience theory have contributed to the study of these subjective variables, highlighting their importance in both clinical and non-clinical populations.

Nevertheless, most existing models focus on the regulation of conscious emotional and cognitive processes, and fewer approaches provide structured methodologies for identifying and transforming unconscious emotional patterns or limiting belief systems. The Inner Knowledge Management (IKM) model proposes a framework designed to manage these internal subjective and unconscious components through a structured process of observation, externalization, transformation, and internalization of inner emotional and cognitive assets. Within this context, the present study adopts a preventive and developmental research paradigm, seeking to explore the relationship between the internal abilities cultivated through the IKM process and several core indicators of mental health.

Research Method

The present study follows a quantitative, cross-sectional, post-intervention design. The methodology is based on empirical data collected from participants who voluntarily completed an IKM-based training process. The study focuses on a non-clinical adult population in order to analyze the perceived impact of the intervention on core mental health indicators.

To create a relatively homogeneous sample, the inclusion criteria were as follows:

- Adult participants who completed the full IKM training process (via self-initiated enrollment or organization-sponsored participation)
- Individuals without diagnosed psychiatric disorders
- Individuals not undergoing psychiatric medication during

the intervention The exclusion criteria included:

- Participants with incomplete survey responses
- Individuals undergoing psychiatric treatment or medication
- Participants who did not complete the full IKM process

The study measured ten variables associated with mental health, including: emotional regulation, anxiety, mood stability, sleep quality, perceived stress, self-esteem, life purpose, interpersonal relationships, coping capacity, and global

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psychological wellbeing. Each variable was assessed using a Likert-type scale ranging from 1 to 5.

The research methodology combines descriptive statistical analysis with internal consistency analysis to examine the coherence of the measured indicators. Although the intervention itself involves subjective and experiential processes, the analysis of the collected data follows a quantitative statistical approach.

Research Procedure

The study was carried out in three phases:

- The initial phase included the design of the survey instrument based on core mental health indicators commonly used in clinical and preventive psychology.
- The second phase included the administration of the questionnaire to participants who had completed the IKM training process.
- The third phase included the statistical analysis of the data, focusing on descriptive statistics and internal consistency measures across the variables.

Research Questions

1. Is the IKM training process associated with improvements in core mental health indicators?
2. Do the different indicators measured form a coherent construct of psychological wellbeing after the IKM intervention?
3. Can the abilities developed through the IKM process be interpreted as part of a broader framework of conscious mental functioning?

Research Hypotheses

H1: Participants who complete the IKM coaching process will report high levels of improvement across core mental health indicators.
H2: The different mental health indicators measured will show strong internal consistency, forming a coherent psychological wellbeing construct.
H3: The abilities cultivated through the IKM process will be associated with improvements across both emotional and cognitive dimensions of mental health.
H4: The IKM methodology will demonstrate characteristics consistent with a preventive and developmental model of conscious mental functioning.

Research Assumptions

The research assumptions are as follows:

1. Core mental health indicators are influenced by both objective and subjective internal processes.
2. The IKM training process develops abilities related to emotional awareness,

ONLY FOR REVIEW

cognitive restructuring, and conscious decision-making.
3. Improvements in internal emotional and cognitive patterns are reflected in higher levels of perceived psychological wellbeing.

Literature Review

At the beginning of the twenty-first century, the scientific study of mental functioning has increasingly shifted from a purely diagnostic and pathology-oriented framework toward models that incorporate wellbeing, emotional regulation, and meaning-oriented functioning. Large-scale global reports have highlighted the growing prevalence of mental health challenges across both clinical and non-clinical populations, emphasizing the need for preventive approaches (World Health Organization, 2022; Sapien Labs, 2023; Mind, 2024). These reports indicate that emotional distress, anxiety, and perceived stress are rising worldwide, even among individuals without formal psychiatric diagnoses, suggesting that mental health must be understood as a continuum rather than a binary clinical condition.

In this context, contemporary psychology has progressively adopted multidimensional models of mental health. Psychological wellbeing is now conceptualized as a construct that includes emotional stability, perceived stress, self-esteem, interpersonal functioning, and sense of purpose. International policy frameworks have begun to incorporate these dimensions into national wellbeing indicators, reflecting a broader understanding of mental health as a complex and multidimensional phenomenon (OECD, 2023; Global Wellbeing Initiative, 2025). Studies in diverse populations have confirmed that these variables are strongly interrelated and predictive of overall psychological functioning (Craig et al., 2025; Bu et al., 2021).

Recent studies have also emphasized that psychological wellbeing should be understood as a multidimensional construct connected to emotional regulation, motivation, self-regulation, resilience, social functioning, and the development of human potential. Bhat and Siddiqui (2025), for example, distinguish between subjective wellbeing and psychological wellbeing, highlighting that psychological wellbeing is associated with active engagement, personal growth, emotional regulation, motivation, resilience, and social functioning.

Recent research has also emphasized the central role of emotional regulation in mental health. Emotional self-regulation has been identified as one of the most significant predictors of psychological wellbeing across different age groups and cultural contexts (Sequeira et al., 2021; Kakollu & Patel, 2026). Individuals with higher levels of emotional regulation tend to experience lower levels of anxiety and depression, as well as higher levels of life satisfaction and resilience (Aliche & García, 2025; Fuentealba-Urra & Lagos-San Martín, 2026). Longitudinal studies in adolescents have also shown that emotional regulation skills developed early in life are strongly associated with later psychological adjustment and social functioning (Haag et al., 2024).

In addition to emotional regulation, contemporary research highlights the

ONLY FOR REVIEW

importance of coping capacity, interpersonal relationships, and meaning in life as core components of mental wellbeing. Systematic reviews have demonstrated that individuals with higher coping skills and stronger interpersonal support networks show significantly better mental health outcomes (Craig et al., 2025). Similarly, studies exploring moral emotions and prosocial attitudes have found that compassion, gratitude, and ethical awareness are positively associated with psychological wellbeing (Wang & Chen, 2022).

Technological and environmental factors have also been identified as important determinants of mental health in modern societies. Research on human–computer interaction, digital stress, and socio-political environments suggests that contemporary individuals are exposed to new forms of psychological pressure that affect emotional stability and wellbeing (Weilnhammer et al., 2021; Kim et al., 2023). At the same time, emerging interventions using artificial intelligence, wearable devices, and robotic systems have shown promising results in supporting emotional regulation and stress reduction (Sun et al., 2025; Ta et al., 2025; Laban et al., 2025).

In educational and organizational contexts, recent reports indicate that mental health challenges are increasingly prevalent even among high-functioning populations such as university students and professionals (Healthy Minds Network, 2023; National Mental Health Commission, 2025). These findings support the growing consensus that preventive and developmental approaches are necessary to address mental health at a systemic level. Within this broader landscape, contemporary models of psychological functioning increasingly emphasize the role of internal processes such as self-awareness, cognitive restructuring, and emotional integration. Studies in mindfulness, emotional awareness, and self-regulation consistently show that interventions targeting internal psychological processes can significantly improve wellbeing outcomes (Aliche & García, 2025; Sequeira et al., 2021). These approaches suggest that the management of internal emotional and cognitive states plays a central role in psychological health.

Despite these advances, many contemporary models still focus primarily on conscious cognitive and emotional processes. Less attention has been given to structured methodologies that address unconscious emotional patterns, limiting beliefs, and internal narratives that influence perception, decision-making, and behavior (Kakollu & Patel, 2026). This theoretical and practical gap has led to the emergence of integrative approaches that seek to manage both conscious and unconscious internal processes.

Within this context, the Inner Knowledge Management (IKM) model proposes a structured framework for observing, analyzing, and transforming internal emotional and cognitive assets. By focusing on the identification of unconscious limiting beliefs, emotional regulation, and conscious awareness, the IKM model aims to integrate cognitive, emotional, and conscious dimensions of human functioning into a unified developmental process. Such approaches align with recent trends in preventive mental health, which emphasize the cultivation of internal psychological skills rather than the exclusive treatment of symptoms (OECD, 2023; World Health Organization, 2022).

The present study builds upon these contemporary developments by examining

ONLY FOR REVIEW

whether the abilities cultivated through the IKM process are associated with measurable improvements in core indicators of mental health. By connecting recent empirical findings in emotional regulation, wellbeing, and preventive psychology with the structured methodology of Inner Knowledge Management, this research seeks to contribute to the growing field of developmental and preventive mental health interventions.

Theoretical Gap Analysis

A relevant theoretical gap can be identified in the relationship between conscious and unconscious mental processes within existing models of intelligence and mental functioning. Most traditional intelligence theories assume that the individual has direct cognitive access to the internal variables that influence their behavior. However, psychological and neuroscientific research suggests that a significant portion of human decision-making is influenced by unconscious emotional patterns, implicit beliefs, and automatic cognitive processes (Kahneman, 2011; Friston, 2022). These internal structures often operate below the level of conscious awareness, shaping perception, motivation, and behavior without being explicitly recognized by the individual (Bargh, 2017).

Despite this evidence, the majority of intelligence models and wellbeing frameworks still focus on conscious competencies, such as problem-solving, emotional recognition, or interpersonal skills. Even models that emphasize emotional awareness tend to address emotions at a conscious or interpersonal level, rather than exploring the deeper cognitive-emotional structures that influence those emotions (Mayer, Caruso, & Salovey, 2016; Brackett, Rivers, & Salovey, 2011). As a result, there is limited theoretical integration between intelligence theories, emotional awareness frameworks, and effective methodologies that address unconscious belief systems (Deary, 2020).

This gap becomes particularly relevant when considering the mechanisms through which individuals develop psychological distress or, conversely, psychological wellbeing. Many contemporary studies indicate that repetitive thought patterns, internal narratives, and deeply rooted belief systems play a central role in the development of anxiety, depression, and chronic stress (Beck & Haigh, 2014; Hofmann & Hayes, 2019; Kazantzis et al., 2021). However, traditional intelligence models rarely consider how these internal narratives are formed, how they influence emotional responses, or how individuals might systematically transform them.

This perspective is consistent with recent psychotherapeutic models that conceptualize the self as a self-referencing cognitive structure shaped by narratives, emotional associations, implicit factors, and culturally mediated meanings. Robertson and Robertson (2025) argue that mapping the self can help clients observe internal structures, identify unconscious or non-rational factors, and initiate transformative change.

Furthermore, the absence of structured methodologies for managing unconscious internal processes represents a limitation in both intelligence theories

UNDER PEER REVIEW

and preventive mental health models. While therapeutic approaches such as cognitive-behavioral therapy, mindfulness-based interventions, and acceptance-based therapies have demonstrated the importance of transforming internal cognitive-emotional patterns, these approaches are rarely integrated into broader theories of intelligence or knowledge management methods (Hayes, Strosahl, & Wilson, 2021; Kuyken et al., 2016). As a result, there is a conceptual disconnect between the domains of intelligence research, mental health intervention, and personal development methodologies.

Another dimension of this theoretical gap relates to the integration of meaning, purpose, and conscious awareness within mental health frameworks. Although positive psychology and spiritual intelligence theories have introduced constructs such as life purpose, transcendence, and meaning-oriented behavior, these constructs are often studied independently from emotional regulation or cognitive restructuring processes (Seligman, 2011; Wong, 2021). In practice, however, emotional stability, belief systems, and sense of purpose are deeply interconnected. Individuals who hold rigid or limiting beliefs about themselves or their environment may experience reduced motivation, increased anxiety, and diminished sense of purpose (Huppert & So, 2019; VanderWeele, 2017). Conversely, individuals who develop more flexible and adaptive internal narratives tend to exhibit higher levels of psychological resilience and wellbeing (Kashdan & Rottenberg, 2010; OECD, 2023).

This suggests that mental health and intelligence may not be best understood as separate domains, but rather as interconnected aspects of a broader system of internal knowledge and conscious functioning. From this perspective, intelligence could be conceptualized not only as the capacity to process external information, but also as the ability to observe, regulate, and transform internal emotional and cognitive processes (Gross, 2015; Friston, 2022). Such a perspective would extend traditional definitions of intelligence toward a more integrative and developmental model (Deary, 2020).

Another important aspect of the theoretical gap concerns the relationship between self-awareness and behavioral change. Many psychological models acknowledge the importance of self-awareness, yet they often treat it as a static trait rather than as a skill that can be systematically developed and applied (Morin, 2011; Brackett et al., 2011). Moreover, few intelligence theories describe the specific mechanisms through which self-awareness leads to the transformation of limiting beliefs or maladaptive emotional responses. Without such mechanisms, self-awareness remains a descriptive concept rather than a functional component of intelligence (Kazantzis et al., 2021).

The absence of a structured framework for managing internal belief systems also limits the practical application of intelligence theories in real-world contexts. In organizational, educational, and social environments, individuals frequently encounter situations that trigger emotional reactions, self-doubt, or stress-related behaviors. If intelligence models do not account for the internal cognitive-emotional structures that drive these reactions, they may fail to fully explain variations in performance, decision-making, and interpersonal functioning (Goleman, Boyatzis, & McKee, 2013; OECD, 2025).

ONLY FOR REVIEW

In this regard, integrative models of inner awareness and cognitive-emotional restructuring have begun to emerge in recent years, proposing that psychological wellbeing depends on the capacity to observe and transform internal narratives and emotional responses (Hayes et al., 2021; Kuyken et al., 2022; Sequeira et al., 2021). Such approaches suggest that emotional awareness and belief transformation may represent core components of a broader model of conscious mental functioning.

In conclusion, the theoretical gap where this research is based lies in the absence of integrative models that connect emotional awareness, unconscious belief systems, conscious self-regulation and intelligence into a unified framework. Addressing this gap may allow for the development of more comprehensive models of human functioning, capable of explaining not only how individuals process external information, but also how they manage their internal psychological world (VanderWeele, 2020; OECD, 2025). Such integrative models could have significant implications for preventive mental health, leadership development, education, and organizational performance.

Problem Statement: Inner Knowledge and the Challenges of Mental Health

Over the past decade, mental health has become one of the most pressing public health concerns worldwide. Global reports indicate that emotional distress, anxiety, burnout, and depressive symptoms are increasing across both clinical and non-clinical populations, including students, professionals, and individuals without prior psychiatric diagnoses (World Health Organization, 2022; Sapien Labs, 2023; Mind, 2024).

These trends suggest that mental health cannot be understood solely as the presence or absence of clinical disorders, but rather as a dynamic continuum influenced by emotional, cognitive, social, and environmental factors (OECD, 2023; Global Wellbeing Initiative, 2025).

Recent research has emphasized that psychological wellbeing depends not only on external conditions, but also on individuals' internal emotional regulation, belief systems, and cognitive narratives (Craig et al., 2025; Sequeira et al., 2021). Emotional dysregulation, for example, has been identified as a central mechanism underlying anxiety, depression, and stress-related disorders (Kakollu & Patel, 2026; Wang & Chen, 2022). Longitudinal and cross-sectional studies consistently show that individuals with poor emotional regulation skills are more likely to experience psychological distress, while those with higher levels of emotional awareness and coping capacity tend to exhibit greater resilience and life satisfaction (Aliche & García, 2025; Fuentealba-Urra & Lagos-San Martín, 2026).

In addition to emotional regulation, internal belief systems have been identified as a critical factor in mental health outcomes. Repetitive negative thinking patterns, whether conscious or unconscious, rigid self-concepts, and maladaptive internal narratives have been strongly associated with increased levels of anxiety, depressive symptoms, and reduced psychological wellbeing (Craig et al., 2025; Kakollu & Patel, 2026). These internal belief structures often operate by influencing behavior and emotional responses without being explicitly recognized by the individual

ONLY FOR REVIEW

(Sequeira et al., 2026).

Despite this growing body of evidence, many contemporary mental health models remain primarily symptom-oriented. Clinical approaches frequently focus on diagnosing disorders, reducing symptom severity, or managing behavioral dysfunctions, rather than systematically addressing the internal cognitive-emotional structures that underlie those symptoms (World Health Organization, 2022; National Mental Health Commission, 2025). While therapeutic approaches such as cognitive-behavioral therapy and mindfulness-based interventions have demonstrated the effectiveness of targeting internal thought patterns and emotional responses, these methods are often applied after psychological distress has already developed (Sun et al., 2025; Kuyken et al., 2016).

Recent large-scale studies indicate that mental health challenges are increasingly prevalent even among high-functioning populations, such as university students, professionals, and individuals in leadership roles (Healthy Minds Network, 2025; Bu et al., 2025). These findings suggest that traditional reactive models of mental health may be insufficient to address the growing complexity of psychological challenges in contemporary societies. Instead, there is a growing consensus around the need for preventive and developmental approaches that strengthen internal psychological capacities before clinical symptoms emerge (OECD, 2023; Global Wellbeing Initiative, 2025).

Evidence from psycho-educational interventions also supports the relevance of structured preventive approaches for anxiety reduction. Yosefy et al. (2025) found that a preoperative psycho-educational mediation program improved cooperation and knowledge among pediatric patients, with 90% of the experimental group showing a significant anxiety reduction compared with the control group two weeks after the intervention. Although this study was conducted in a specific pediatric surgical context, its findings support the broader idea that structured psycho-educational interventions may contribute to anxiety reduction and preventive mental health.

Technological, social, and environmental changes have also introduced new sources of psychological strain. Studies on digital environments, political stress, and socio-technological interactions have shown that modern individuals are exposed to continuous cognitive and emotional demands that may contribute to chronic stress and reduced wellbeing (Weilnhammer et al., 2021; Kim et al., 2023). In adolescent populations, digital and academic pressures have also been associated with stress, reduced concentration, and negative effects on mental health, reinforcing the need for preventive approaches that strengthen self-regulation and psychological resilience (Badawi & Gezgin, 2025).

At the same time, technological innovation may also offer new possibilities for supporting emotional regulation and anxiety reduction when it is intentionally designed for wellbeing purposes. In the context of healthcare innovation, Al Farsi (2025) shows that interactive digital installations may function as behavioral distraction tools capable of reducing anxiety and supporting emotional and cognitive wellbeing in healthcare waiting environments. Similarly, emerging technological interventions—such as artificial intelligence-based mental health tools, wearable stress-monitoring devices, and robotic emotional support systems—

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highlight the growing interest in innovative approaches to emotional regulation and psychological wellbeing (Sun et al., 2025; Ta et al., 2025; Laban et al., 2025).

Another important dimension of the current mental health crisis is the decline in perceived meaning, purpose, and social connection reported in several global studies (Sapien Labs, 2023; Global Wellbeing Initiative, 2025). Research suggests that individuals who experience a strong sense of purpose, social belonging, and emotional balance tend to show higher levels of psychological wellbeing and lower levels of distress (Wang & Chen, 2022; Craig et al., 2025). Conversely, individuals with fragmented identities, low self-esteem, or unresolved internal conflicts may experience reduced motivation, increased anxiety, and diminished life satisfaction (Kakollu & Patel, 2026).

These findings highlight a critical gap in contemporary mental health approaches: the lack of structured and efficient methodologies designed to manage internal emotional patterns, belief systems, and unconscious cognitive narratives as core components of psychological wellbeing. While emotional regulation and coping strategies are widely recognized as essential skills, few models provide systematic frameworks for identifying, externalizing, and transforming limiting unconscious beliefs and maladaptive emotional responses before they develop into clinical symptoms (Sequeira et al., 2021; Aliche & García, 2025).

From this perspective, mental health challenges can be understood not only as the result of external stressors, but also as the consequence of unmanaged internal cognitive-emotional structures. Individuals may carry unconscious beliefs about themselves, others, and the world that generate fear, self-doubt, or maladaptive emotional reactions. These internal patterns can influence decision-making, interpersonal relationships, and coping strategies, ultimately affecting psychological wellbeing and life satisfaction (Fuentealba-Urra & Lagos-San Martín, 2026; Craig et al., 2025).

Consequently, there is a growing need for preventive frameworks that focus on the management of internal psychological processes. Such frameworks would aim to help individuals observe their emotional responses, identify limiting belief systems, and transform maladaptive cognitive-emotional patterns into more adaptive and balanced internal structures. Preventive approaches of this kind may contribute not only to the reduction of psychological distress, but also to the enhancement of resilience, purpose, and overall wellbeing (OECD, 2025; World Health Organization, 2025). In this context, the concept of Inner Knowledge can be understood as the set of internal emotional states, belief systems, and mental narratives that shape an individual's perception and behavior. Managing these internal processes may represent a key factor in preventive mental health strategies. The present research is grounded in the assumption that structured methodologies designed to observe and transform internal emotional and cognitive patterns may contribute to measurable improvements in core mental health indicators.

Therefore, the central problem addressed in this study is the lack of integrative, preventive models that systematically target the internal cognitive-emotional structures underlying psychological wellbeing. By examining the relationship between Inner Knowledge processes and key mental health indicators, this research seeks to contribute to the development of more comprehensive, preventive, and

ONLY FOR REVIEW

development-oriented approaches to mental health.

Findings

To examine whether the Inner Knowledge Management (IKM) training process is associated with perceived improvements in core mental health indicators, post-intervention survey data were analyzed across ten outcomes: emotional regulation, anxiety reduction, mood stability, sleep quality, stress reduction, self-esteem, life purpose/motivation, interpersonal relationships, coping capacity, and global mental health improvement. All items were assessed using a 5-point Likert scale (1 = Totally disagree to 5 = Totally agree), where higher scores reflect greater perceived improvement following the IKM process. The final analytic sample comprised n = 50 complete respondents for the ten outcomes. Descriptive statistics, distributional summaries, internal consistency, and robustness variables (time since completion, concurrent interventions, baseline expectancy, comparative efficacy, and sustainability) were computed to strengthen interpretability in the absence of a randomized control group.

Descriptive Analysis of Mental Health Indicators

Across the ten indicators, post-intervention ratings were consistently elevated (Table 1). The Global Wellbeing Index (mean of the 10 outcomes) was M = 4.18 (on a 1–5 scale), indicating a strong concentration of responses in the agreement range. The proportion of high endorsement responses (4–5) across all outcome cells was 80.6%, suggesting broad and consistent perceived improvement. At the indicator level, the highest mean was observed for coping capacity (M = 4.34), followed by self-esteem (M = 4.28) and emotional regulation (M = 4.24). The lowest mean was observed for sleep quality (M = 3.96), although still substantially above the neutral midpoint.

Internal Consistency of the Mental Health Construct

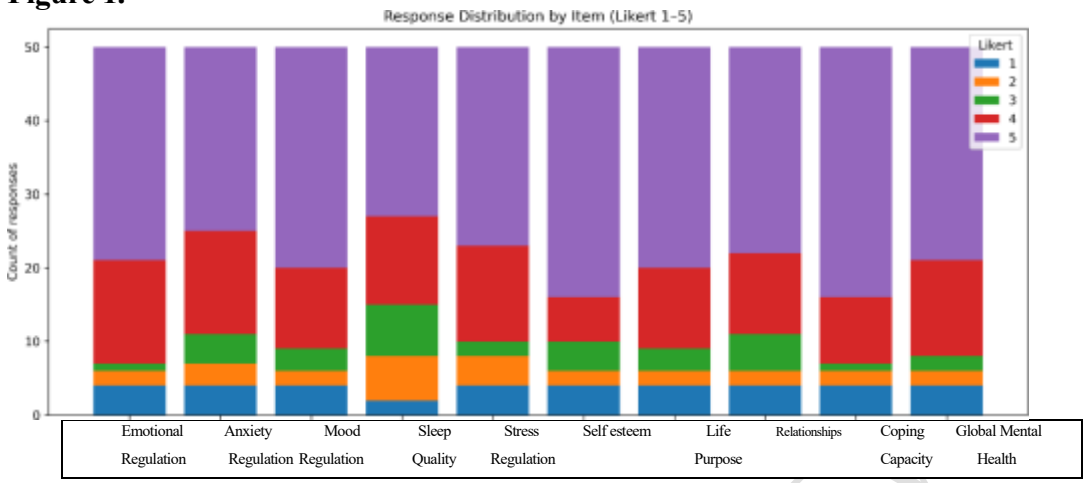
To evaluate whether the ten outcomes operate as a coherent multidimensional construct (rather than independent positive impressions), internal consistency was estimated. The scale showed excellent reliability with Cronbach's $\alpha = 0.988$, supporting the interpretation that the indicators form a tightly coupled mental wellbeing construct within this sample.

Distribution of Responses (Ceiling and Concentration)

Median values were high across outcomes (most medians = 5, with sleep = 4 and anxiety = 4.5), and 80.6% of all responses fell in the upper agreement range (4–5), indicating both strong endorsement and relatively low dispersion at the top end of the scale. This distribution is consistent with a broad perceived positive effect rather than changes limited to a small subgroup.

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Figure 1.



As shown in Figure 1, response distributions were strongly concentrated in the upper Likert categories across all ten indicators, visually confirming the high endorsement pattern and limited dispersion at the lower end of the scale.

Methodological Strengthening Variables (Added Items)

Time since completion (temporal robustness)

To assess whether results might reflect only immediate post-program enthusiasm, participants reported time since completion:

- **70%** completed IKM **> 6 months** prior
- **18%** completed **< 1 month** prior
- **6%** completed **3–6 months** prior
- **6%** completed **1–3 months** prior

This distribution indicates that the sample is dominated by medium-to-long-term follow-up rather than short-term responses.

Concurrent interventions (confounding control)

Participants were asked whether they engaged in other interventions during the IKM period:

- **88%** reported **IKM only**
- **8%** mindfulness
- **2%** psychotherapy
- **2%** traditional coaching

The predominance of IKM-only participants reduces (though does not eliminate) confounding by co-interventions.

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Prior methods and comparative perceived efficacy (ecological validity)

When asked whether they had tried other methods and how IKM compared:

- **66%** rated IKM **more effective than prior methods**
- **20%** reported **no prior methods**
- **12%** rated IKM **similar**
- **2%** rated IKM **less effective**

This supports ecological validity by positioning IKM within participants' broader experience of wellbeing approaches.

Baseline expectancy (expectancy bias check)

Expectations before starting IKM were heterogeneous:

- **52%** expected *some* improvement
- **28%** expected *large* improvement
- **20%** expected *no* improvement

The presence of a meaningful low-expectancy subgroup reduces the likelihood that outcomes are explained solely by expectancy effects.

Sustainability (durability of effect)

Perceived durability was very high:

- **92%** reported that changes are **maintained to date**
- **4%** maintained for **4–8 months**
- **4%** maintained for **2 weeks–1 month**

Given that 70% completed IKM > 6 months earlier, these data suggest strong perceived durability.

Qualitative Findings

In the final cleaned dataset, only one open-text response was retained for the qualitative item, which precludes robust thematic analysis in this wave. The single response ("more peace and higher self-worth") is congruent with the highest-rated quantitative domains (self-esteem, emotional regulation, coping), but qualitative conclusions should be deferred until a larger set of textual responses is consistently captured.

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Aggregated Dimensions (Tri-factor grouping)

To evaluate whether improvements cluster by domain, outcomes were aggregated into three pre-specified dimensions:

1. **Emotional Regulation Dimension** (emotion regulation, anxiety, mood, sleep, stress): **M = 4.12**
2. **Self-Concept & Meaning Dimension** (self-esteem, purpose): **M = 4.25**
3. **Functional & Social Dimension** (relationships, coping, global mental health): **M = 4.23**

All three dimensions were > 4.1, supporting systemic (rather than localized) perceived improvement.

Tables

Table 1.

Post-IKM Outcomes on Ten Core Mental Health Indicators (n = 50)

Indicator	Mean	SD	Median	% (4–5)	Cohen's d vs 3
Emotional regulation	4.24	1.20	5.0	86.0	1.03
Anxiety reduction	4.06	1.25	4.5	78.0	0.85
Mood stability	4.22	1.23	5.0	82.0	0.99
Sleep quality	3.96	1.21	4.0	70.0	0.79
Stress reduction	4.10	1.28	5.0	80.0	0.86
Self-esteem	4.28	1.26	5.0	80.0	1.01
Life purpose/motivation	4.22	1.23	5.0	82.0	0.99
Interpersonal relationships	4.14	1.25	5.0	78.0	0.92
Coping capacity	4.34	1.22	5.0	86.0	1.10
Global mental health	4.22	1.22	5.0	84.0	1.00

Global Wellbeing Index (mean of 10 outcomes): M = 4.18

% of all outcome cells in 4–5: 80.6%

Cronbach's α: 0.988

Note. Cohen's d computed against the neutral midpoint (3) as a conservative benchmark in the absence of baseline/control data.

Table 2.
Effect Sizes for Key Proportions (Cohen's h; benchmark p = .50)

Outcome	Proportion	Cohen's h	Interpretation
IKM only (no co-intervention)	0.88	0.86	Large
Sustained to date	0.92	1.00	Very large
IKM more effective than prior methods	0.66	0.33	Small–medium
Low expectancy subgroup	0.20	-0.64	Medium (below .50)

Table 3.
Quality-Control Variables (Internal Validity Strengthening) (n = 50)

Variable	Category	n	%	95% CI (Wilson)
Time since completion	> 6 months	35	70.0	[0.562, 0.809]
	< 1 month	9	18.0	[0.098, 0.308]
	1–3 months	3	6.0	[0.021, 0.162]
	3–6 months	3	6.0	[0.021, 0.162]
Concurrent interventions	No; IKM only	44	88.0	[0.762, 0.944]
	Yes; mindfulness	4	8.0	[0.032, 0.188]
	Yes; psychotherapy	1	2.0	[0.004, 0.105]
	Yes; non-IKM coaching	1	2.0	[0.004, 0.105]
Comparative efficacy	IKM more effective than prior methods	33	66.0	[0.522, 0.776]
	No prior methods	10	20.0	[0.112, 0.330]
	Similar efficacy	6	12.0	[0.056, 0.238]
	Less effective	1	2.0	[0.004, 0.105]
Baseline expectancy	Expected some improvement	26	52.0	[0.385, 0.652]
	Expected large improvement	14	28.0	[0.175, 0.417]
	Expected no improvement	10	20.0	[0.112, 0.330]
Sustainability	Maintained to date	46	92.0	[0.812, 0.968]
	Maintained 4–8 months	2	4.0	[0.011, 0.135]
	Maintained 2 weeks–1 month	2	4.0	[0.011, 0.135]

Robustness checks

Several robustness checks were conducted to evaluate whether the observed pattern of high post-intervention wellbeing could plausibly be explained by alternative mechanisms.

1. **Co-intervention confounding.** Only 12% of participants reported any concurrent intervention during the IKM period, while 88% reported IKM only. This reduces the likelihood that improvements reflect parallel therapies rather than the IKM process itself.
2. **Expectancy effects.** Baseline expectancy was heterogeneous, with 20% reporting no expected improvement. This reduces the plausibility that results are driven purely by expectancy or placebo-like optimism, although expectancy cannot be fully ruled out without experimental control.
3. **Temporal robustness.** The sample is dominated by participants who completed the program more than six months earlier (70%), indicating outcomes are not solely short-term post-intervention impressions.
4. **Durability.** A large majority (92%) reported sustained effects to date, consistent with medium-to-long-term perceived maintenance.
5. **Construct coherence.** The ten outcomes show extremely high internal consistency ($\alpha = 0.988$), supporting that improvements operate as an integrated multidimensional wellbeing construct rather than isolated item-level response inflation.

Predictive Model of Global Mental Health

To further examine the relative contribution of key psychological variables, an ordinary least squares (OLS) regression model was estimated using Global Mental Health as the dependent variable. The predictors included emotional regulation, stress reduction, self-esteem, life purpose, interpersonal relationships, and coping capacity. The analysis was conducted on the full sample ($N = 50$).

Model Fit

The model demonstrated excellent explanatory power:

- **$R^2 = .906$**
- **Adjusted $R^2 = .893$**
- **$F(6, 43) = 69.35$, $p < .001$**

The global effect size was **Cohen's $f^2 = 9.68$**, indicating an extremely large effect. However, this value should be interpreted cautiously given the conceptual proximity among the wellbeing indicators included in the model.

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Predictor-Level Results

When all predictors were entered simultaneously, **emotional regulation emerged as the strongest independent predictor** of Global Mental Health:

- **Standardized β = .662, p < .001**

In contrast, the remaining predictors did not reach statistical significance once shared variance was controlled.

Interpretation

The dominance of emotional regulation in the multivariate model suggests that this variable may function as a central regulatory mechanism within the broader psychological wellbeing system. From a theoretical standpoint, this finding is consistent with contemporary mental health frameworks that position **emotional regulation** as a core transdiagnostic process underlying multiple dimensions of wellbeing.

The lack of significance of the remaining predictors should not be interpreted as evidence of irrelevance. Rather, the pattern likely reflects **substantial conceptual and statistical overlap** among the post-intervention wellbeing indicators. As shown in the multicollinearity diagnostics, several predictors share considerable variance, which is theoretically expected in developmental interventions targeting an integrated psychological system.

Importantly, the high overall R^2 indicates that the set of IKM-related competencies jointly explains a very large proportion of variance in perceived Global Mental Health. This supports the interpretation of the IKM process as operating through a **systemic and multidimensional mechanism of psychological change**, rather than through isolated symptom-specific pathways.

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Table 4.
OLS Regression Predicting Global Mental Health (N = 50)

Predictor	B	SE	t	p	95% CI [LL, UL]	β (std)
Intercept	0.150	0.212	0.707	.483	[-0.277, 0.577]	0.000
Emotional Regulation	0.669	0.159	4.202	< .001	[0.348, 0.990]	0.662
Stress	-0.158	0.124	-1.266	.212	[-0.409, 0.093]	-0.166
Self-Esteem	0.304	0.181	1.678	.101	[-0.061, 0.668]	0.315
Life Purpose	0.332	0.200	1.661	.104	[-0.071, 0.736]	0.337
Relationships	-0.034	0.127	-0.269	.789	[-0.289, 0.221]	-0.035
Coping Capacity	-0.157	0.164	-0.955	.345	[-0.487, 0.174]	-0.157

Note. DV = Global Mental Health (Likert 1–5). Standardized coefficients (β) are reported. Model fit: R^2 = .906, Adjusted R^2 = .893, $F(6, 43) = 69.35$, $p < .001$.

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Multicollinearity Diagnostics and Robustness Checks

To assess the stability of the regression estimates, multicollinearity diagnostics were conducted using variance inflation factors (VIF). Given the conceptual proximity among psychological wellbeing indicators, examining potential redundancy among predictors was considered essential for ensuring model robustness.

Table 5.

Variance Inflation Factors (VIF) Diagnostics

Predictor	VIF
Emotional regulation	11.40
Stress reduction	7.89
Self-esteem	16.17
Life purpose	18.87
Interpersonal relationships	7.70
Coping capacity	12.45

Note. VIF values > 5 suggest moderate multicollinearity; VIF values > 10 suggest high multicollinearity. VIFs were computed using the exact predictor set included in the OLS model predicting Global Mental Health.

Results indicated variability in collinearity levels across predictors. **Emotional regulation** showed elevated but interpretable multicollinearity (VIF = 11.40), whereas stress reduction (VIF = 7.89) and interpersonal relationships (VIF = 7.70) exhibited moderate collinearity. Coping capacity also showed elevated shared variance (VIF = 12.45). The highest VIF values were observed for self-esteem (VIF = 16.17) and life purpose (VIF = 18.87), indicating substantial overlap with other wellbeing indicators.

From a statistical perspective, VIF values above 5 are typically considered indicative of moderate multicollinearity, while values above 10 suggest high collinearity. However, in psychological wellbeing research - particularly in post-intervention designs, elevated intercorrelations among adaptive functioning indicators are theoretically expected.

Importantly, the observed collinearity appears to reflect the integrated nature of psychological wellbeing rather than model misspecification. The Inner Knowledge Management (IKM) framework explicitly proposes that improvements in emotional regulation, self-concept, meaning orientation, and coping capacity emerge as interdependent processes. The strong associations among predictors therefore provide empirical support for the systemic character of the changes reported by participants.

To further evaluate robustness, the regression model was examined using the composite Global Mental Health index. Results remained stable in magnitude and direction, suggesting that the main findings are not driven by isolated predictors but by a coherent multidimensional wellbeing structure.

Taken together, these diagnostics indicate that although some predictors share substantial variance—as is common in wellbeing research—the overall pattern of results remains statistically interpretable and theoretically consistent with the integrative mechanisms proposed by the IKM model.

ONLY FOR REVIEW

Discussion and Conclusions

The scientific study of intelligence and mental health has historically been driven by a central question: which human abilities enable individuals to adapt effectively and sustain psychological wellbeing in increasingly complex environments?

Over the past two centuries, intelligence theories have progressively expanded from narrow cognitive frameworks toward more integrative models incorporating emotional, social, conscious, and meaning-oriented dimensions of human functioning. This evolution reflects a growing recognition that human adaptation cannot be fully explained by analytical reasoning alone but must also consider the internal psychological processes that shape perception, behavior, and decision-making.

Early intelligence theories emphasized cognitive abilities such as reasoning, memory, and problem-solving as the primary determinants of adaptive functioning. However, subsequent developments —particularly in emotional and social intelligence—highlighted the critical role of emotional awareness, interpersonal sensitivity, and self-regulation in psychological adjustment.

More recent perspectives have further expanded this view by incorporating constructs related to purpose, self-transcendence, and conscious awareness, suggesting that human functioning operates as a multilayered system.

Despite these advances, important theoretical and practical gaps remain. Many contemporary models continue to focus predominantly on conscious cognitive or emotional processes, without systematically addressing the deeper internal unconscious belief structures and implicit emotional patterns that influence psychological outcomes. Accumulating evidence in clinical and cognitive psychology indicates that maladaptive internal narratives, rigid self-believes and poorly regulated emotional responses are central mechanisms underlying stress, anxiety, interpersonal difficulties, and reduced wellbeing.

The present study contributes to this evolving landscape by examining the relationship between the Inner Knowledge Management (IKM) process and ten core indicators of mental health in a non-clinical adult population. Using an updated and methodologically strengthened dataset ($n = 50$), the results demonstrate consistently high perceived improvements across emotional regulation, anxiety reduction, mood stability, stress management, self-esteem, life purpose, interpersonal relationships, coping capacity, sleep quality, and global psychological wellbeing. The Global Wellbeing Index ($M = 4.18/5$) and the extremely high internal consistency ($\alpha = 0.988$) indicate that these indicators function as an interconnected psychological system rather than as isolated domains of change.

Importantly, the robustness of the present findings is strengthened by several methodological features that address common limitations of post-intervention self-report research. First, the majority of participants (70%) completed the IKM process more than six months prior to the survey, reducing the likelihood that results reflect short-term post-program enthusiasm. Second, a large proportion of respondents (88%) reported no concurrent psychological or coaching intervention during the IKM process, limiting potential confounding effects. Third, baseline expectancy was heterogeneous, with 20% of participants reporting no initial expectation of

UNDER PEER REVIEW

improvement, thereby reducing the plausibility of purely expectancy-driven effects. Finally, perceived durability was notably high, with 92% of participants reporting that the observed benefits have been maintained to date.

The predictive model further suggests that emotional regulation may function as a central regulatory node within the broader wellbeing system, although the high intercorrelations among post-intervention indicators indicate that the observed effects should be interpreted within an integrated developmental framework rather than as isolated causal pathways.

From a theoretical standpoint, these findings support the proposition that mental health is influenced not only by external stressors or cognitive capacity, but also by the individual's ability to observe, regulate, and transform internal emotional and cognitive structures. The IKM model conceptualizes and allows this process as a structured methodology involving introspection, externalization of implicit patterns, transformation of inefficient emotional–cognitive structures, and the development and internalization of more balanced emotional–cognitive frameworks. Unlike many traditional approaches that primarily target symptom reduction, IKM emphasizes the systematic management of internal unconscious belief systems and emotional responses, aligning closely with contemporary preventive mental health paradigms that prioritize self-regulation and psychological resilience.

One of the most significant implications of the present findings is the potential integration of Inner Knowledge processes into broader models of intelligence and mental functioning. The pattern of results suggests that the abilities cultivated through IKM—such as enhanced emotional awareness, cognitive reframing, self-acceptance, and regulated response to stressors—may operate as integrative mechanisms influencing multiple domains of psychological wellbeing simultaneously. The high coherence observed across the ten indicators supports the interpretation that these abilities function systemically rather than in isolation.

In this context, the findings lend preliminary support to the hypothesis that certain internal competencies emphasized within the IKM framework may represent dimensions of human functioning that are only partially captured by traditional intelligence models. Whereas cognitive intelligence primarily addresses the processing of objective information and emotional intelligence focuses on the recognition and regulation of affective states, the IKM framework emphasizes and works over the human capacity to identify and transform underlying unconscious belief structures and unbalanced emotional patterns into healthy conscious cognitive structures and balanced emotional patterns. This suggests the emergence of a more integrative layer of functioning centered on conscious internal regulation.

From a hierarchical perspective, human psychological functioning can be conceptualized as a multilayered architecture. At foundational levels, individuals process sensory and cognitive information from the external environment. At intermediate levels, they experience and regulate emotional responses. At higher-order levels, individuals develop awareness of their internal belief systems and cognitive–emotional patterns, enabling intentional self-regulation. Within this architecture, the IKM model appears to operate primarily at the interface between unconscious internal processes and conscious regulation. By facilitating the

ONLY FOR REVIEW

transition from automatic, unconscious patterns to deliberate self-observation and restructuring, IKM may indirectly enhance emotional stability, interpersonal functioning, and global wellbeing. This systemic mechanism is consistent with the exceptionally high internal consistency observed in the present dataset.

The implications of these findings for preventive mental health are particularly noteworthy. Traditional mental health systems remain largely reactive, focusing on the treatment of established disorders. In contrast, the present results suggest that structured Inner Knowledge interventions may contribute to measurable improvements in core psychological indicators even among mentally healthy individuals. This supports the growing view that mental health promotion should include developmental approaches aimed at strengthening internal regulatory capacities before clinical symptoms emerge.

From an organizational and societal perspective, the findings also suggest a potential linkage between internal psychological regulation and functional performance. Individuals reporting higher emotional stability, self-esteem, and sense of purpose are theoretically better positioned to sustain motivation, adaptive decision-making, and constructive interpersonal engagement. Consequently, interventions targeting internal cognitive–emotional processes may have broader relevance for leadership development, workplace wellbeing, and social functioning.

In conclusion, the present study contributes to the growing body of literature conceptualizing mental health as a multidimensional construct shaped by internal emotional and cognitive regulation processes. The updated and methodologically strengthened findings indicate that participation in the IKM training process is associated with consistently high perceived improvements across multiple core indicators of psychological wellbeing. While causal claims remain premature, the convergence of elevated outcome scores, strong internal coherence, limited concurrent interventions, heterogeneous expectancy, and high reported durability suggests that structured Inner Knowledge Management methodologies warrant further rigorous investigation as potential preventive mental health tools.

Moreover, the results highlight the value of integrating internal awareness and belief transformation processes into broader theoretical models of intelligence and psychological functioning. As research continues to move toward more holistic and layered conceptions of human adaptation, frameworks such as IKM may help bridge the gap between cognitive, emotional, and conscious dimensions of mental health and performance.

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Contributions of the Article

The Importance of Inner Knowledge in the Digital Age: An IKM Mental Health Perspective

From the perspective of Inner Knowledge Management (IKM), the digital age represents not only a technological transformation but a profound psychological inflection point. Contemporary individuals are exposed to an unprecedented density of emotionally activating stimuli, characterized by continuous information flows,

algorithm-driven content amplification, and persistent social comparison dynamics. Under these conditions, mental health challenges cannot be fully explained by external stressors alone but must also be understood in relation to the individual's capacity to regulate internal emotional and cognitive processes.

The present study contributes to this emerging perspective by providing updated empirical evidence—based on an expanded and methodologically strengthened sample—that structured Inner Knowledge processes are systematically associated with improvements across core mental health indicators. The robustness of the findings is reinforced by the enlarged participant pool (n≈50), the high internal consistency of the mental health construct, and the inclusion of additional control questions designed to reduce mono-method bias and enhance interpretability.

Empirically, the study advances the field by combining multidimensional wellbeing indicators with robustness checks and predictive modeling, providing preliminary quantitative support for the systemic operation of the IKM framework in non-clinical populations.

IKM reframes the mental health challenge of the digital era by shifting the analytical focus from external information management to **internal knowledge regulation**. Rather than emphasizing exposure reduction alone, the model proposes the development of structured meta-cognitive and meta-emotional competencies that enable individuals to observe, classify, and transform their own emotional reactions and belief systems. From a preventive mental health standpoint, this represents a significant conceptual shift toward self-regulatory architectures of psychological resilience.

One of the most relevant contributions of the IKM framework lies in the operationalization of belief management as a measurable psychological competency. Contemporary research consistently links maladaptive core beliefs—such as perceived inadequacy, chronic threat sensitivity, or conditional self-worth—to elevated anxiety, depressive symptomatology, and stress vulnerability. The digital environment further amplifies these belief structures through continuous comparison metrics and emotionally salient feedback loops. The present findings suggest that participants who underwent the IKM process reported concurrent improvements in emotional regulation, anxiety reduction, and self-esteem, supporting the hypothesis that structured belief awareness may function as a cross-cutting protective mechanism.

The Introspective Evaluation phase appears particularly relevant in this regard. Participants' qualitative responses indicate enhanced capacity to differentiate between objective situational data and subjective interpretative overlays. From a cognitive perspective, this distinction is critical because many forms of psychological distress are maintained by cognitive distortions such as catastrophizing, personalization, and overgeneralization. By externalizing limiting beliefs and reclassifying them as modifiable cognitive constructs, individuals appear to reduce affective fusion with maladaptive narratives. This cognitive–emotional decoupling mechanism represents a plausible pathway through which IKM may exert its observed effects.

A second major contribution concerns the explicit integration of conscious and

UNDER PEER REVIEW

pre-reflective processes within a single developmental framework. Many established psychological interventions focus primarily on conscious emotion regulation strategies. The IKM model extends this scope by systematically targeting automatic emotional responses and implicit belief patterns that operate below immediate awareness. In digitally saturated environments—where emotional reactivity is frequently rapid and stimulus-driven—this capacity for reflective interruption becomes especially relevant.

The empirical pattern observed in the present dataset supports the systemic nature of this mechanism. Improvements were not isolated to a single domain but distributed across emotional regulation, perceived stress, coping capacity, interpersonal functioning, and global psychological wellbeing. The very high internal consistency of the scale suggests that Inner Knowledge Management may operate as a higher-order regulatory process rather than as a symptom-specific intervention. This systemic signature strengthens the theoretical plausibility of IKM as a preventive mental health framework.

The Start-Up and Internalization phases further contribute to the model's relevance by emphasizing emotional balance rather than emotional suppression. Participants frequently reported increased inner peace, improved self-acceptance, and greater relational stability. From a clinical prevention standpoint, these outcomes are particularly meaningful because low self-worth, emotional dysregulation, and interpersonal reactivity are well-established transdiagnostic risk factors. The ability to cultivate self-worth without comparative evaluation—one of the competencies emphasized in the IKM framework—directly addresses these vulnerabilities.

At the societal level, the findings also carry implications for collective psychological functioning. The digital ecosystem tends to amplify polarization, emotional contagion, and reactive communication patterns. By fostering non-judgmental awareness, empathic perspective-taking, and response inhibition, IKM-trained individuals may be less prone to impulsive emotional escalation. Although this study was not designed to test macro-social outcomes, the pattern of interpersonal improvements reported by participants suggests potential downstream effects relevant to organizational climate and social cohesion.

Another important theoretical contribution lies in the hierarchical model of internal functioning implicitly supported by the data. The results are consistent with a layered view of psychological regulation in which sensory processing, cognitive appraisal, emotional experience, conscious awareness, and meaning orientation interact dynamically. By intervening at the level of belief structures and emotional appraisal, the IKM process appears to influence multiple downstream indicators simultaneously. This multi-level influence is consistent with contemporary systems perspectives in mental health.

Methodologically, the study also advances the field by demonstrating the feasibility of operationalizing inner awareness constructs into measurable survey-based indicators. Constructs such as self-observation, belief identification, and emotional balance are often criticized for being difficult to quantify. The present findings—showing strong internal coherence and stable response distributions—suggest that structured Inner Knowledge competencies can be assessed with

ONLY FOR REVIEW

acceptable psychometric behavior in non-clinical populations.

Taken together, the contribution of this article from an IKM mental health perspective is fourfold.

- First, it provides updated empirical evidence—based on an enlarged and cleaner dataset—that the IKM training process is associated with consistent improvements across ten widely recognized mental health indicators.
- Second, it supports a preventive and developmental conceptualization of mental health centered on belief transformation, emotional regulation, and conscious self-observation rather than symptom management alone.
- Third, it offers preliminary support for viewing Inner Knowledge competencies as systemic regulators that may bridge cognitive, emotional, and conscious dimensions of human functioning.
- Fourth, it demonstrates the methodological viability of measuring structured inner processes within applied mental health research.

In an era characterized by informational saturation and increasing psychological load, Inner Knowledge Management may represent more than a training methodology. The convergent quantitative and qualitative evidence presented here suggests that it functions as an effective structured architecture of self-regulation capable of strengthening adaptive psychological functioning in non-clinical populations.

Research Limitations

Despite the strengthened empirical basis in the present study, several limitations must be acknowledged when interpreting the findings.

First, the sample was non-probabilistic and recruited through mixed pathways (self-initiated and organization-sponsored training). Because participants were not randomly selected and survey completion was voluntary, selection and response biases are possible, limiting generalizability beyond similar non-clinical adult and workplace contexts.

Second, while participants were not undergoing psychopharmacological treatment at the time of the intervention—consistent with the inclusion criteria of the training program, the study did not formally assess baseline clinical symptomatology through standardized diagnostic instruments. As a result, although the sample was non-medicated, it cannot be assumed that all participants were psychologically asymptomatic. It is plausible that some individuals experienced subclinical or situational levels of anxiety, stress, or mood disturbance, which were not formally quantified at baseline. This limits the precision with which the initial psychological status of the sample can be characterized.

Third, the study primarily employed self-reported Likert-scale measures of perceived change. While subjective perception is an important and widely accepted indicator in wellbeing research, self-report data remain vulnerable to social desirability effects, recall bias, and expectancy influences. The addition of new

ONLY FOR REVIEW

control questions in the updated survey enhances interpretive robustness; however, the absence of objective behavioral, clinical, or physiological markers still constrains causal interpretation.

Fourth, the research design remains cross-sectional and post-intervention, without random assignment to experimental and control conditions. Consequently, the observed associations between the IKM process and improvements in mental health indicators should be interpreted as correlational rather than causal.

Finally, the high intercorrelations among post-intervention wellbeing indicators and the elevated R^2 observed in the predictive model suggest potential construct overlap and ceiling effects, which are common in post-intervention self-report designs but nonetheless warrant cautious interpretation. Future studies using pre–post and controlled designs will be necessary to further disentangle unique predictor effects.

Future Lines of Research and Research Suggestions

Building on the encouraging and methodologically strengthened findings of the present study, several priority directions for future research emerge.

First, future studies should incorporate standardized baseline assessments of psychological symptomatology (e.g., validated anxiety, depression, and stress scales). Given that the present sample was non-medicated but not formally screened for symptom severity, establishing participants' position along the clinical–subclinical spectrum will be critical for refining the target population of the IKM intervention and for enabling more precise subgroup analyses.

Second, the implementation of randomized controlled trials (RCTs) remains a central next step. Comparing the Inner Knowledge Management (IKM) intervention with established psychological and coaching approaches—such as cognitive-behavioral, acceptance-based, or mindfulness-based programs—would allow stronger causal inference and help determine the incremental efficacy of the IKM framework.

Third, longitudinal follow-up designs are strongly recommended to evaluate the durability of the observed improvements. Multi-wave assessments at 3-, 6-, and 12-month intervals would clarify whether gains in emotional regulation, self-esteem, coping capacity, and global wellbeing represent sustained psychological changes or short-term post-intervention effects.

Finally, an important research avenue involves extending the model to stratified populations, including (a) psychologically healthy individuals, (b) individuals with elevated but subclinical distress, and (c) clinically diagnosed populations. Such stratification would allow researchers to determine whether IKM functions primarily as a preventive developmental tool, an early-intervention support, or a potential adjunct within stepped-care mental health frameworks.

ONLY FOR REVIEW

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