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A Systematic Review on How to Address Hatred in its Various Manifestations: Understand Its Different Aspects, Use Different Tools and Specific Interventions

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Abstract

Background: Hatred can manifest in several ways. This article aims to explore what information can be obtained from the medical literature to address a variety of manifestations and expressions of hatred.

Methods: A systematic search of the medical literature from the PubMed medical library was used to identify articles dealing with hatred. A review of 1226 articles from 2015 to the date of data collection was performed. 87 of these discussed the issue of addressing hatred by various means. Full text search of these 87 articles was carried out. Data collected was interpreted utilising thematic analysis.

Results: The thematic analysis of data suggests that there are three major ways of addressing hatred: a need to understand various aspects related to hatred; the usefulness of and/or unhelpfulness of various tools, methods or means to address hatred; and lastly, utilising various interventions to address hatred.

Conclusion: As there are several forms and manifestations of hatred, with unique background and presentation, there cannot be a single method or suggestion that can be provided to address hatred. Medical researchers concur that hatred exists, and several related aspects require attention. Useful details of several tools, methods, means and strategies are offered that may help to tackle numerous forms and manifestations of hatred. Furthermore, they share with us evidence in favour of several interventions that they found helpful in addressing hatred.

INTRODUCTION

Definition of hatred

According to Merriam-Webster hatred is defined as "extreme dislike or disgust... ill will or resentment that is usually mutual... prejudiced hostility or animosity". The etymology of the word is "Middle English hatred, from hate + -rede, suffix denoting state or quality, going back to Old English -rǣden"

Rationale of this study

We see various manifestations of hatred around us daily, namely, hate-speech, hate-crime, hate-mail, acts of terrorism, genocide, discrimination, stigmatisation and online displays of hatred on social media platforms. Another is self-hatred which can lead to self-harm and even suicide. The negativity and damage caused by these manifestations raises the question of whether medical researchers offer solutions to addressing hatred. Mental health and forensic professionals observe and encounter hatred in their day-to-day practice dealing with client groups that require psychological formulations aimed at understanding the predisposition, presentation, precipitation, and perpetuation of various hateful activities and behaviours. They are expected to identify protective factors that can help understanding and stop development of hatred. Hatred can manifest in the form of certain psychological and psychiatric conditions such as depression, psychosis, eating disorders, phobias, or PTSD. Medical researchers are therefore interested in finding ways of addressing it.

AIMS AND OBJECTIVES

To carry out systematic literature search on an

international medical database; to find studies that offer information on how hatred could be addressed; and to analyse the relevant data to learn which themes emerge from studies that aim to address hatred.

METHODS

Systematic review of literature was carried out utilising the following search strategy:

Literature search strategy

We used the following search terms: hate [Title/Abstract]) OR (hatred [Title/Abstract])) OR (hateful [Title/Abstract]) OR (hating [Title/Abstract].

Eligibility criteria

This included all relevant medical studies that were available on PubMed database on National Library of Medicine (National Centre of Biotechnology Information, NCIB) on 19th August 2024.

Inclusion criteria

Articles contained either of the four words hate/hatred/hating/hateful in their titles or abstracts and were published on PubMed in 2015 onwards.

Exclusion criteria

This was done in two steps. First, after removing duplicates, all studies meeting the inclusion criteria above were longlisted. In step two the titles and abstracts of each study were reviewed and categorised according to the aim and objective of each study and labelled carefully by the main researcher. Only those studies that qualified under the category of 'addressing hatred' were included. There were nine excluded categories, namely: studies discussing detection and/or assessment of hatred; discussing generation of hatred; if words hate/hatred are used in the context of medical and psychiatric conditions described as a symptom; if words are used in their literal meanings; studies discussing manifestation and/or the impact of hatred; studies discussing hatred as a topic of a piece of writing; studies that used the words in unique meanings that do not match the overall aim of the study or do not relate to addressing hatred in any way; or studies in which the

words were used in the keywords section but not in the title or abstract of the study.

Paper selection strategy

On 19th August 2024, the total number of eligible studies as appearing in PubMed, NCIB (National Centre for Biotechnology Information) library was 1226. After removing duplicates and applying the above exclusion criteria, the total number of selected studies that aimed to address hatred were 87.

Data extraction

Relevant information, addressing hatred from the identified 87 studies, was imported to NVivo (qualitative data analysis software) version-13 for data interpretation. An endnote diary of references was kept.

Data items and synthesis of results

With the intention to carry out a thematic analysis aimed at understanding how hatred can be addressed, each of the 87 studies was given a code. The common codes were combined under one theme, and common themes were combined under a meta-theme.

Thematic analysis

Braun and Clarke (2006) describe thematic analysis as one that can be used for identification, analysis and reporting of themes within a dataset. According to Braun and Clarke, a theme captures and describes something important in relation to the research question. Furthermore, they state that authors should clarify the main aim of the thematic analysis and how conclusions were reached based on the analysis. It is a matter of common observation that "Thematizing Meanings" is one of the few shared core generic skills that a qualitative researcher needs to develop, no matter what kind of methodology is being adopted whilst interpreting qualitative data (Holloway et al, 2003). Boyatzis et al (1998) suggest that it may delve deeper and, in an attempt, to interpret multiple aspects of the topic being researched. According to Braun and Clarke (2006, p 82), "A theme captures something important about the data in relation to the research question

and represents some level of patterned response or meaning within a data set". Identification of themes can be either inductive (bottom up) or deductive (top down). Whilst carrying out any qualitative analysis, including thematic analysis, the researcher may encounter common questions involving the process of qualitative research (ibid). Understanding the relationship between these questions is helpful to the researcher: firstly, an initial primary research question that led to the development of the project;

secondly, there would be questions that guide the coding and analysis process (ibid). Although the researcher would benefit from being mindful of these big questions and the relationship between them, though not essential, it is desirable for the reader's comprehension. All in all, the thematic analysis aims to find the repeated pattern of themes that can be clustered together, and the final product must contain an account of what was done and why (ibid).

Figure 1. Prisma flow diagram
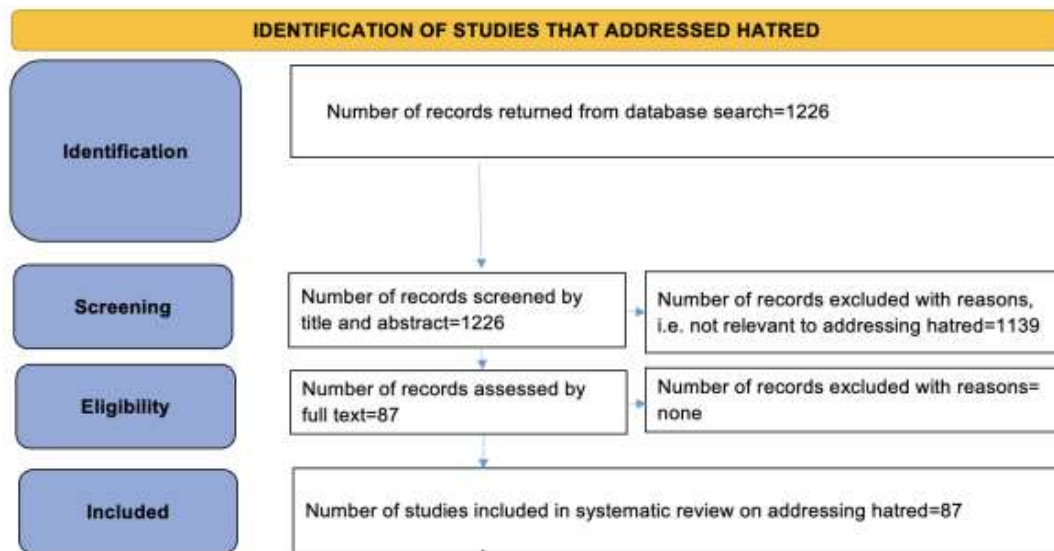
Data extraction

Data was extracted from 87 studies after a full text review. The data extracted from each article comprised information that addressed different forms and manifestations of hatred. In addition, several articles containing the researchers' personal opinions regarding hatred were identified. Information regarding addressing various forms and manifestations of hatred from personal opinions or scholarly discussions was extracted from those articles. Data from each of the 87 studies was given a code which related to a theme, and these were reviewed. Naming of meta-themes was carried out after identification.

Data items and synthesis of results

After summarisation of the extracted data, each excerpt was given a descriptive title and a code,

keeping in mind one or more unique factors of the study. Once all data was summarised in the form of the codes, we tried to pick out the themes each code expressed. Whilst deriving the themes we were mindful of the primary research question i.e. what information is available in medical literature with regards to addressing hatred in its various manifestations and forms. All codes with similar themes were put under a common heading, thus theming them. Next, all the themes were further collected under three broader meta-themes. Further details of emerging themes and meta-themes are discussed in the relevant sections below.

Table 1 contains details of the information acquired from experimental studies and Table 2 contains details of the relevant information acquired from studies that were scholarly discussions or personal opinions of the writers.

Table 1. Information regarding addressing hatred gathered from studies that had an experimental design

Author/s (year)	Study type	Sample size	Information offered on addressing hatred	Summarizing comment	Code
Bilewicz, et al. (2021)	Quasi-experimental intervention	N=454	Use of artificial intelligence against hate. Their article presents a quasi-experimental intervention study designed to reduce the level of verbal aggression on a social networking service (Reddit). Results suggest that artificial intelligence could potentially be used as a means to limit the proliferation of hate speech and verbal aggression online, thus addressing one of the most pressing problems of contemporary media.	Addressing hatred through artificial intelligence by active intervention through induction of norms and empathy	Active intervention
Costello (2023)	Online Survey	N=958	This paper examines factors correlated with online self-help: an informal form of social control vis-à-vis intervention-upon witnessing a cyberhate attack. The results of the multivariate analyses indicate that online collective efficacy is positively related to self-help as having close ties to individuals and groups offline and online.	Addressing online hatred by defending cyberhate victims by offering them self-help that gives them a form of social control	Appreciating usefulness of
Daniels, et al. (2021)	Qualitative study utilising a semi-structured interview and thematic analysis	N=31	Semi-structured interviews with 31 doctors from 26 different hospitals that carried out the frontline role in management and treatment of COVID-19 pandemic. The analysis suggests that we must reduce physical and psychological barriers to access and encourage leaders to model psychologically supportive behaviours.	Addressing hatred through understanding complicated experience of frontline medical workers	Appreciating need to understand
Dobias, et al. (2021)	Case-control study	N=565.	Participants endorsing recent engagement in non-suicidal self-injury (NSSI) were randomized to receive a 30-min, web-based, single-session intervention-"Project SAVE"-or an active, attention-matched control program. Relative to control-group participants, SAVE participants reported short-term improvements in two exploratory outcomes: self-hatred and desire to stop future NSSI.	Addressing self-hatred through psychological intervention	Active intervention
Guillot-Wright, et al. (2021)	Focused group study	N=10	Adapting a Healthy Relationship Curriculum Using a Trauma-Informed Race Equity Lens has shown to reduce some dating violence, substance use, and risky sexual behaviours.	Addressing hatred through understanding teen dating violence and utilising a prevention program using trauma-informed race equity lens.	Active intervention
Hangartner (2021)	Randomized controlled trial	N=1350	Intention-to-treat analysis of 1,350 Twitter users shows that empathy-based counter speech messages can increase the retrospective deletion of xenophobic hate speech by and reduce the prospective creation of xenophobic hate speech over a 4-week follow-up period.	Addressing online hatred through introducing empathy based counter speech	Active intervention
Kellett, et al. (2021)	Single intervention with long follow up	N=1	Ideographically, Cognitive Analytic Therapy (CAT) was an effective treatment for improving the participant's self-to-self relationship, as their self-hate reduced and their sense-of-self increased.	Addressing self-hatred through psychological intervention i.e. through cognitive analytic therapying which patient explored abandonment dynamics and their self-to-self relationship improves	Active intervention
Liguori (2022)	In depth semi-structured interviews	N=9	The authors identified nine themes related to the process of leaving one's hate group and becoming an antihate activist. Participants initially left their hate groups because of both painful and encouraging interactions with members of marginalized communities, which led to the disintegration of their White supremacist ideological convictions. Upon exiting, participants navigated threats to their safety, experienced shifts in their social networks, encountered new emotional states and healed through introspection and connection with others. Finally, participants connected with former White supremacists who had become antihate activists, spoke out publicly against hate, and developed antihate activist identities.	Addressing hatred through understanding how haters left their hate groups and developed antihate activists' identities	Appreciating need to understand
López (2022)	Questionnaire based study	N= 41	Adolescents completed a semi structured interview. Results revealed participants' use of avoidant and active coping strategies to deal with exclusion. There was a shift in coping responses across developmental stages.	Addressing hatred through coping against exclusion	Appreciating usefulness of
Malta 2023)	In deoth interviews and focused group discussions	N= 4114	Rainbow Resistance-Dandarah app was endorsed as a powerful tool for enhancing reporting episodes of violence/discrimination against Sexual and Gender Minorities (SGM) persons and a key strategy to connect users with a safe network of supportive services.	Addressing hatred towards sexual and gender minorities through a computer App as a mental health intervention	Active intervention
Martin, et al. (2021)	Focused group study	N=34	An inductive thematic analysis identified a broad range of coping strategies representing both individualistic and interdependent approaches to deal with racial-ethnic discrimination. Strategies included (a) reframing (with pride) and ignoring an encounter, (b) standing up for oneself, (c) talking issues out, (d) problem-solving together, and (e) protection tactics.	Addressing hatred through understanding coping strategies against racialized stressors like racial-ethnic discrimination	Appreciating need to understand

Author/s (year)	Study type	Sample size	Information offered on addressing hatred	Summarizing comment	Code
Melin, et al. (2018)	Pilot study	N=36.	Feasibility testing of a psychoeducational method -The Affect School and Script Analyses (ASSA) - in a Swedish primary care setting. The results remained significantly favorable for most respondents for measures including self-blame and self-hate.	Addressing self-hatred through a psychoeducational method	Active intervention
Mullarkey, et al. (2021)	Cross sectional survey utilising a questionnaire	N=1059	The most central symptoms of adolescent depression, as indexed by strength, were self-hatred, loneliness, sadness, and worthlessness while the least frequently endorsed symptoms were self-hatred, anhedonia, feeling like a bad person, and feeling unloved. If symptoms including self-hatred are identified better, then better outcomes can be achieved with regards to addressing them.	Addressing self-hatred through identifying that it exists	Appreciating usefulness of
Nie (2023)	Survey	N=330	Negative religious coping was associated with worsening depression, anxiety, and stress, particularly among Asian Indians, Asian Hindus, and Asian Muslims. In addition, negative religious coping may have exacerbated the deleterious effects of racism on mental health. Surprisingly, positive religious coping failed to provide any protection against racism-related mental health problems during the COVID-19 pandemic.	Addressing hatred through avoiding negative religious coping in a pandemic	Appreciating unhelpfulness of
Owuamalam and Matos (2020)	Experimental design	N=501	Compassionate feelings for people who are victimized because of their perceived sexual deviance (e.g., gay men) may be incompatible with support for heterosexual norms among heterosexual men. Testing showed that the bystander explanation was visible only when the potential for social evaluation was strong, while the social loafing account occurred only when the potential for social evaluation was relaxed.	Addressing LGBTQ plus hatred through compassion and by overcoming bystander apathy	Active intervention
Pavetich, and Stathi (2021)	Multi method studies	N = 1,261	Focus on Muslim-non-Muslim relations provided the first empirical evidence to suggest that (a) there is an indirect effect of meta-humanisation through outgroup humanisation that reduces prejudice and (b) that perceived high intergroup threat moderates the indirect effect of meta-humanisation.	Addressing hatred through meta-humanisation that reduced prejudice and addresses dehumanisation and hostility	Active intervention
Ramadan (2017)	Cross sectional analysis of data	N=964	Facebook is an effective pedagogical tool for countries going through crisis and war situations, and a promising educational tool that warrants further attention in underdeveloped and Arab countries in general. However, the offline rift of the nation was extended to Facebook through promoting hate speech among opposed parties.	Addressing hatred through utilising online social media platform at the time of war and crisis	Appreciating usefulness of
Rousseau, et al. (2020)	Cross sectional online survey	N=854 (2015) N=702 (2017)	The upsurge in violent radicalisation is associated with a global increase in social inequalities and conflicts related to different markers of identity. A close monitoring of the phenomenon is warranted to better understand the impact of populist policies on the increase in hate incidents and crimes and develop programs to address these forms of violence from a public health perspective.	Addressing hatred through understanding radicalisation by exploring association between sociodemographic characteristics and sympathy for violent radicalisation	Appreciating need to understand
Sabic-El-Rayess (2023)	Questionnaire based survey	N=62	The study demonstrates the effectiveness of the Reimagine Resilience Program in producing attitudinal shifts in participating education personnel as they cultivate an awareness of their own biased speech and conduct.	Addressing hatred through a program aimed at increasing resilience in educators	Active intervention
Theriault, et al. (2021)	Cross sectional surveys comprising of two studies	N/A	Hatred of terrorists is an obstacle to the implementation of effective counterterrorism policies—it invites indiscriminate retaliation, whereas many of the greatest successes in counterterrorism have come from understanding terrorists' personal and political motivations. Drawing from psychological research, traditional prejudice reduction strategies are generally not well suited to the task of reducing hatred of terrorists. Instead, in 2 studies, the authors explored education's potential ability to reduce extreme negative attitudes toward terrorists.	Addressing hatred through learning more about hatred against terrorists	Appreciating need to understand
Tsang (2021)	Qualitative study utilising in-depth interviews	N=49	It is argued in this paper that the MTF (male to female) transgender sex workers (working as female sex worker) are embodiments of gendered performances, displaying femininity to ameliorate hate crimes and discrimination, as well as reinforce the masculinity and sexuality of their clients and intimate sex partners.	Addressing LGBTQ plus hatred through a framework of gender performativity	Appreciating usefulness of And Active intervention
Wachs (2023)	Intervention based study	N=878	Prevention program HateLess increases adolescents' empathy, self-efficacy, and counter-speech. There was also some indication that this positive effect of HateLess on empathy and self-efficacy may translate into an increase in counter-speech.	Addressing hatred through introducing a hatred prevention program	Active intervention
Wachs (2023)	Questionnaire based study	N=3225	Self-reported questionnaires were administered to measure classroom climate, empathy, self-efficacy, and counter speech. Classroom climate, empathy for victims of hate speech, and self-efficacy toward intervention in hate speech had a positive effect on countering hate speech. Classroom climate was also positively linked to empathy for victims of hate speech, and self-efficacy toward intervention in hate speech.	Addressing hatred by countering hate speech through anti hate-speech program, optimising classroom climate, empathising with victims of hate speech and self-efficacy towards intervention	Appreciating need to understand And Active intervention
Wang, et al. (2017)	Randomized controlled trial	N=34	Randomized controlled trial of 34 victims of torture and war in Kosovo. The intervention comprised of a novel bio-psycho-social approach for rehabilitation of traumatized victims of torture and war in the post-conflict context. Outcome assessments included reduction in anger and hatred expression. Over 1 of cases of PTSD were successfully treated utilising this intervention.	Addressing hatred as part of PTSD symptom through a bio-psycho-social approach	Active intervention

Table 2. Information regarding addressing hatred gathered from articles that had non- experimental designs or were personal opinions

Author/s (year)	Study type	Information offered on addressing hatred	Summarizing comment	Codes
Adeeba (2024)	Data Analysis	This study demonstrates its efficacy in effectively detecting and classifying cyberbullying incidents in Urdu tweets, contributing to the broader effort of creating a safer digital environment.	Addressing hatred through addressing cyberbullying and creating a safer digital environment	Appreciating usefulness of
Adler (2023)	Scholarly discussion	The author focuses on our responsibility as doctors to dismantle racism, both in the dermatology clinic and, more widely, in the community. Hatred has no place in medicine.	Addressing hatred through addressing racism by actively fighting against antisemitism	Appreciating need of
Akiba (2020)	Scholarly discussion	Stakeholders need to have plans in place to ensure that the reopening of schools will be a smooth experience for students of all backgrounds to reduce stigma and discrimination against people of Asian descent that increased significantly as a part of Anti-Asian hate during the COVID-19 pandemic.	Addressing hatred through resolving problems in opening schools in pandemic	Appreciating need of
Ancell (2022)	Scholarly discussion	Are corporations ever morally obligated to engage in counter-speech ie speech that aims to counter hate speech and misinformation? While existing arguments in moral and political philosophy show that individuals and states have such obligations, it is an open question whether those arguments apply to corporations as well. In this essay, the author shows how two such arguments—one based on avoiding complicity, and one based on duties of rescue—can plausibly be extended to corporations.	Addressing hatred through understanding hate speech by arguing against hate speech	Appreciating need to understand
Arshad, et al. (2023)	Scholarly discussion	Diversity, equity, and inclusivity form the fundamental cornerstones of respect. Understanding this core value of respect will ensure altruistic behavior among the leaders that may help mitigate racism, cultural insults, gender discrimination, stigmatization, religious hatred, and, worst of all, poor leadership abilities that have been the disconcerting examples of disrespect in recent years.	Addressing hatred through understanding and promoting core value of respect	Appreciating usefulness of
Austin (2016)	Scholarly discussion on a case	The author focuses on the shame which emerged in the first 14 years of analysis of a woman who was bulimic, self-harmed, and repeatedly described herself as 'feeling like a piece of shit'. She describes patient's process of finding some small but freeing space in relation to her shame and self-hatred utilizing psychoanalytic methods.	Addressing self-hatred through understanding shame within psychoanalysis	Appreciating usefulness of
Baptista Silva (2022)	Scholarly Discussion	Author describes the development of a mHealth(mobile health) solution to help address violence against Sexual and Gender Minorities (SGM), namely the Rainbow Resistance: Dandarah App, with a synthesis of key results and feedback from the SGM community after 24 months of using the app. The findings suggest that it could fill an important gap in the well-being of SGM persons living in a country with high levels of discrimination and violence towards this community, in this case, Brazil.	Addressing hatred through a computer App that aims to improve well-being of SGMs	Appreciating usefulness of
Bronstein (2018)	Scholarly discussion	Within a psychoanalytic paradigm, even if a delusion is considered mostly the consequence of hatred of reality and an omnipotent idealized construction to protect the ego from persecutory anxiety stemming from a destructive superego, its content and function show greater complexity.	Addressing hatred through understanding nature of delusions in psychoanalysis	Appreciating usefulness of
Bruneau, et al. (2018)	Scholarly discussion	Collectively blaming groups for the actions of individuals can license vicarious retribution, but this can be addressed through some successful interventions.	Addressing hatred through understanding vicarious retribution	Appreciating unhelpfulness
Cao (2022)	Qualitative descriptive study	Analysis revealed five themes: "Asian hate is not new", "Address the harm of racism", "Get involved in #StopAsianHate", "Appreciate the Asian American and Pacific Islander (AAPI) community's culture, history, and contributions" and "Increase the visibility of the AAPI community." Lessons learned from findings can serve as a foundation for evidence-based strategies to address racism against Asian Americans both locally and globally.	Addressing hatred through addressing racism by applying evidence-based strategies	Appreciating need of And Appreciating usefulness of
Ceci and Wendy (2018)	Scholarly discussion	Authors explored the answer to two questions: who decides what acceptable speech on campus is; and why restricting free speech is not the answer? They shed light on complexities associated with positions supporting free speech and those protesting hate speech. Authors conclude with a set of principles, most supported by empirical research, to inform university policies and help ensure vigorous freedom of expression within the context of an inclusive, diverse community.	Addressing hatred through facilitating free speech and vigorous freedom of expression on university campus	Appreciating need of And Appreciating usefulness of
Chakravarthi (2022)	Data Analysis	Instead of eliminating ostensibly unpleasant words, authors created a multilingual dataset to recognize and encourage positivity in the comments.	Addressing online hatred through detecting it and promoting online hope speech	Appreciating usefulness of
Chamlee-Wright, (2018)	Scholarly discussion	Authors reviewed arguments favoring bans on problematic speech (e.g. hate speech) on campus. Contrasting such calls for top-down regulation, the authors explore the potential for a "bottom-up approach" to campus speech governance to address vexing concerns pertaining to campus speech without violating free speech and academic freedom principles.	Addressing hatred through banning hate speech facilitating free speech on university campus	Appreciating need of

Author/s (year)	Study type	Information offered on addressing hatred	Summarizing comment	Codes
Choudhury (2022)	Scholarly discussion	This poem explores the experience of being an Asian American care provider and civilian, growing up and trying to mesh together culture with "fitting in" and suffering racism from other individuals and patients. It was inspired by the March 16, 2021, shootings in Atlanta and discusses the origin of hatred and racism/xenophobia. The author hopes that this conveys a glimpse into the shared perspectives of many Asian Americans and Pacific Islanders and describes the optimism moving forward as we begin to tackle these issues.	Addressing hatred through poetry	Appreciating usefulness of
Cohen-Almagor (2017)	Scholarly discussion	Highlights the responsibilities of Internet Service Providers (ISPs) and Web-Hosting Services (WHSs) to restrict and address hate speech.	Addressing hatred through restricting hate speech	Appreciating need of
Collard (2023)	Scholarly Discussion	The author denounces the dehumanisation process that took place in the time of Covid-19 and recognises that governments have a vital role to play in setting national directions to tackle racist violence and that the value of having hate crime laws should not be underestimated. The author argues that a broader approach is needed to embark upon a re-humanisation initiative and effectively combat racist violence. It emphasises that, to get people truly devoted to a course of action, they must develop a greater understanding of the sources of the problem.	Addressing hatred through addressing dehumanisation by recognizing the role of governments to set national directions to achieve re-humanisation	Appreciating need of And Appreciating usefulness of
Divan, et al. (2016)	Scholarly discussion	Hatred and aggression manifests as frequent episodes of extreme violence towards transgender people. The manuscript provides a call to action for countries to urgently address these violations of human rights.	Addressing LGBTQplus hatred through calling international action against violation of human rights	Appreciating need of
Gichuru, et al. (2018)	Scholarly discussion	Religious leaders can play a role in addressing hatred towards gay and bisexual men, and towards other men who have sex with men (GBMSM).	Addressing LGBTQ plus hatred through highlighting the role that religious leaders can play	Appreciating usefulness of
Hamer, et al (2021)	Scholarly discussion	Identification with all humanity measured as an individual characteristic is an important factor in relation to reduce hate crimes and dehumanisation.	Addressing hatred through identification with humanity that reduced hate crime and dehumanisation	Appreciating usefulness of
Hankir, et al. (2017)	Scholarly discussion	The rise of radicalisation, the 'demonization' of Muslims in the media and the immigration crisis in Europe have all contributed and colluded to heightened levels of Islamophobia in the West. Our paper aims to challenge the stigma attached to Muslims.	Addressing hatred through challenging stigma against Muslims by addressing Islamophobia	Appreciating need of
Heyer (2016)	Scholarly discussion on a single case	The author describes encountering the theme of hatred (among others), during psychoanalysis. His cat came to represent a bridge through developmental traumas and wounds of racism within a psychotherapeutic discussion.	Addressing hatred through addressing trauma and wounds of racism in psychoanalysis	Appreciating usefulness of
Hodge and Stephanie (2021)	Scholarly discussion	The authors examined the issue of anti-Semitism in the United States. The article concludes by discussing strategies that social work educators, practitioners, and researchers might pursue to help create a more socially just society for the Jewish community in the United States and elsewhere.	Addressing hatred through understanding anti-Semitism	Appreciating need of
Hoffman (2020)	Scholarly discussion	The "green space" environments are an effective intervention model to reduce ethnic conflict and violence.	Addressing hatred through 'green space' environments	Appreciating usefulness of
Holmes (2021)	Case discussions	The author suggests that examining racism in its cultural, historical, and clinical contexts can enable its conscious ownership and mastery, which entails a process of mourning. Because racism is carried widely in the cultural surround and individually, it must be addressed by psychoanalysts. Cases are presented to show that racism is accessible to analysis in the consulting room.	Addressing hatred through accessing racism in consulting room during psychoanalysis	Appreciating usefulness of
Imma (2016)	Scholarly discussion	South African lesbian visual activist Zanele Muholi's work has most often been positioned as an artistic response to the hate-crimes and violence perpetuated against Black lesbians in South African townships, most notably acts of sexual violence known increasingly as corrective rape.	Addressing LGBTQ plus hatred through visual art as a response to hate crime	Appreciating usefulness of
Johnson, et al. (2019)	Scholarly discussion	The authors show that the key to understanding the resilience of online hate lies in its global network-of-network dynamics. Interconnected hate clusters form global 'hate highways' that- assisted by collective online adaptations- cross social media platforms, sometimes using 'back doors' even after being banned, as well as jumping between countries, continents and languages.	Addressing hatred through understanding resilience of online hate	Appreciating unhelpfulness of
Kennedy, et al. (2023)	Multimethod data analysis and interpretation	The authors hypothesize that morality and hate are concomitant in language. In a series of studies, they find evidence in support of this hypothesis using language from a diverse array of contexts, including the use of hateful language in propaganda to inspire genocide (Study 1), hateful slurs as they occur in large text corpora across a multitude of languages (Study 2), and hate speech on social-media platforms (Study 3).	Addressing hatred through addressing hate speech by learning about language	Appreciating usefulness of

Author/s (year)	Study type	Information offered on addressing hatred	Summarizing comment	Codes
Keum (2023)	Data analysis	The authors examined engagement in antiracism advocacy and online coping as moderators that can potentially buffer the link between online racism and psychological distress. Distress associated with online racism was not significant among those engaging in low-levels of institutional antiracism advocacy and online coping, but mean to high levels of institutional antiracism advocacy and online coping did not appear to be protective against distress.	Addressing hatred through addressing racism by examining engagement in antiracism advocacy	Appreciating usefulness of
Kioulos, et al. (2017)	Scholarly discussion	Forgivingness occupies a prominent place in religions as well as in various philosophical systems of ethics and can be defined as the free, personal distancing from feelings of rage and resentment toward a person or persons having committed an injustice. The positive connection between forgiveness and mental health could be mediated through direct or indirect mechanisms interacting not only on a biological level, but also in the psychological and social realm of human existence. One direct way could be the avoidance of ruminative thoughts reinforcing and maintaining negative emotions such as resentment, hatred, anger, anxiety and fear.	Addressing hatred through forgiveness	Appreciating usefulness of
Launer (2024)	Scholarly discussion	Like most medical educators today, the work is infused with the principles of equality and respect for diversity. But they have come to feel that one topic is often overlooked in this work: how we engage with feelings of hatred. The authors call for medical education against hatred in the context of a divisive issue that is currently evoking hate in many people.	Addressing hatred through call for education against hatred	Appreciating need of
Levin (2020)	Scholarly discussion	There is a positive role for religion and faith-based institutions amidst COVID-19 pandemic. The authors share many examples of leaders and organisations stepping up to contribute to the collective recovery and speaking out against religiously motivated hatred.	Addressing hatred through understanding collective recovery and stepping up against religiously motivated hatred	Appreciating usefulness of
Levine (2023)	Scholarly discussion	The author describes how our society has been living through collective traumas, and focuses on how the pandemic and traumatic social currents have been undermining our collective sense of well-being. The author examines malignant hate in society, the development of the self, her personal experiences with hate, her experiences conducting "Love and Hate Institutes" at American Group Psychotherapy Association's (AGPA) conferences, and it concludes with a commentary on how developing yourself in a therapy/process group can help you live more fully and contribute to society.	Addressing hatred through reflecting on personal experience and engaging in group Psychotherapy	Appreciating usefulness of
Levy (2023)	Scholarly Discussion	The authors propose that when people are exposed to dual-identified individuals and groups (e.g., Muslim-Americans explicitly identifying with both their Muslim and American identities), intergroup attitudes will improve, driven more by the ingroup component (American), despite the presence of the outgroup component (Muslim). Moreover, they suggest exposure to dual-identification can also improve attitudes toward the broader outgroup (Muslims more generally), a phenomenon called the gateway-group effect.	Addressing hatred through dual identification to address the gateway group effect	Appreciating usefulness of
Litvak (2024)	Systematic review	Hate crime victimisation, targeting the victim's religious identity poses a serious problem for individuals, communities, and societies. This systematic review describes countermeasures to such victimisation, aiming for broad descriptive inclusion by canvassing personal adaptations, collective programs, and institutional-governmental policies. The most salient personal adaptations included camouflage-type blending in to avoid victimisation, using religion as a source of resilience, and changing routines to deflect risk. At the collective level, mobilising community resilience, stereotype reduction, and place-based solutions were often researched.	Addressing hatred through systematically reviewing literature on how to address religious hatred	Appreciating usefulness of
Liu (2022)	Scholarly Discussion	The COVID-19 pandemic has resulted in an alarming increase in hate incidents directed toward Asian Americans and Pacific Islanders (AAPIs), including verbal harassment and physical assault, spurring the nationwide #StopAsianHate movement. This rise in anti-Asian sentiment is occurring at a critical time of racial reckoning across the United States, galvanised by the Black Lives Matter movement, and of medical student calls for the implementation of antiracist medical curricula.	Addressing hatred through addressing racism by calling for implementation of antiracist medical curricula.	Appreciating need of
Macaraan (2021)	Scholarly discussion	The Chinese notion of 'Ren' is a powerful tool to negate the stigma of racial discrimination among Asian people. Within the Filipino psyche, the notion of 'Kapwa' or "shared self" can be an equivalent socio-normative ideal that can be utilized towards not just countering the ill effects of social discrimination but also fostering deep communal and group solidarity among people, regardless of race, color and ethnicity.	Addressing hatred through overcoming racial discrimination, achieving socio-normative ideals and fostering deep communal and group solidarity	Appreciating usefulness of
Malecki, et al. (2021)	Scholarly discussion	According to a view widely held in the media and in public discourse more generally, online hating is a social problem on a global scale. The manuscript provided a new perspective on online hating by, first, distinguishing online hating from the phenomena it is often confused with, such as trolling, cyberstalking, and online hate speech, and second, by proposing an operational definition of online hating and online haters based on ethnographic interviews and surveys of the existing scholarly literature.	Addressing hatred through understanding online hatred by defining it and distinguishing it from other similar online phenomena	Appreciating need to understand

Author/s (year)	Study type	Information offered on addressing hatred	Summarizing comment	Codes
Mamary (2022)	Scholarly discussion	A notorious hate group purchased anti-Muslim advertisements on buses operated by the San Francisco Municipal Transit Authority. The San Francisco Human Rights Commission engaged members of the Arab, Middle Eastern, Muslim, and South Asian communities in a photovoice project to explore the cultural identities, challenges, and resilience of community members coping with discrimination. The project provided a case example of photovoice as counter speech and demonstrated the way in which counter speech empowers affected communities to push back against harmful and threatening expression with resilience, cultural pride, and self-determination.	Addressing hatred through photos as a means of counter speech	Active intervention
McClimens and Brewster (2017)	Scholarly discussion	Authors describe that protection against hate crime towards their intellectually disabled citizens can be achieved by introduction and evaluation of a street-based scheme aimed at helping people with learning disabilities.	Addressing hatred through understanding stigma against learning disabilities by introducing a scheme	Appreciating need of
McKay, Tasseli, et al. (2017)	Literature review	Research on violence and LGBTQ plus communities conclude that they are more prone to undergoing hatred and violence by gender majority. Findings on that topic were reviewed to make recommendations for policy, practice, and future research.	Addressing LGBTQ plus hatred through reviewing literature on hatred and making recommendations	Appreciating need of And Appreciating usefulness of
McKee and David (2017)	Commentary to review the growth of populist politics	The authors reviewed the growth of populist politics, associated with exploitation of what has been termed fake news. 6 principles were set out for public health professionals faced with these situations, including the suggestion that they can reclaim the narrative, rejecting hatred and division, to promote social solidarity.	Addressing hatred through tacking fake news emerging from populist politics and reclaiming non-hateful narrative	Appreciating usefulness of
Medina (2021)	Content analysis	While researching hate and gaining media attention beginning in 2018, the authors incurred a good amount of hate towards them and their research in the form of online comments and direct correspondence. Rather than just pass the comments off as general hate, they collected the text and analysed it in an attempt to better understand the beliefs, perceptions, and arguments of those that rejected our efforts toward gaining knowledge on geographical hate trends. They used content analysis to identify categories of anti-hate research argumentation based on the comments.	Addressing hatred through understanding content of comments on online and direct correspondence	Appreciating need to understand
Mendes (2020)	Scholarly discussion	While Freud's rejection of religious experience as a manifestation of personal and cultural pathology had a long-reaching effect in the history of psychoanalysis, the theoretical extensions and advances of some of his followers have made it possible to view religious experience through a different lens. The author explores the convergence of Jewish ideas about the process of repentance (*teshuvah*) and the integration of psychic polarities conceptualized in the psychoanalytic literature, namely, love and hate in the shift from the paranoid-schizoid to the depressive position (Klein) and separation and reunion in the establishment of the self and the development of sublimation (Loewald). [Kavaler-Adler, 1993 and Lang, 2009]	Addressing hatred through understanding repentance and psychic polarities within psychoanalysis	Appreciating need to understand
Nguyen (2021)	Scholarly discussion	The COVID-19 pandemic sparked a rise in misinformation from various media sources, which contributed to the heightened severity of hate speech. The upsurgence of hate speech online has devastatingly translated to real-life hate crimes, which saw an increase of 32% in 2020 in the United States alone (U.S. Department of Justice 2022). The paper, explores the current effects of hate speech and why hate speech should be widely recognized as a public health issue. Also discussed is current artificial intelligence (AI) and machine learning (ML) strategies to mitigate hate speech along with the ethical concerns with using these technologies.	Addressing online hatred through online interventions utilising Artificial intelligence and Machine learning strategies to mitigate hate speech	Appreciating need of
No author listed for this article, Amanda Burston introduced the app (2016)	Brief introduction	D-A-S-H is an app introduced by Amanda Burston that is simple-to-use and provides advice on domestic abuse, child exploitation, hate crime, mental health, restorative justice and bereavement.	Addressing LGBTQ plus hatred through getting online advice by a computer app	Appreciating usefulness of
Parekh (2017)	Scholarly discussion	Free speech is a great value and forms the life blood of a civilised society. It is however, one of several values and may sometimes come into conflict with them. In those cases it may need to be restricted. Hate speech is one such case and the author argues that it can and should be prohibited.	Addressing hatred through restricting hate speech and promoting free speech	Appreciating need of
Parker and Ruth (2023)	Scholarly discussion	The authors propose a paradigm shift to the Computer Science (CS) community: stop thinking about online hate speech as something requiring automated detection methods, and start thinking about it as something that demands solutions. This change—treating hate speech less like a task and more like the real-world problem it is—would orient CS research towards the concerns of other stakeholders, and thus begin the collaborative pursuit toward a safe Internet.	Addressing hatred through understanding online hatred by proposing a paradigm shift in thinking and approaching hate speech	Appreciating need of

Author/s (year)	Study type	Information offered on addressing hatred	Summarizing comment	Codes
Quandt, et al. (2021)	Scholarly discussion	The spreading of digital offenses, hate speech, fake news, and conspiracy theories. Clearly, dark participation can have severe effects on the victims and on society at large. However, less is known about the impact of dark participation on the perpetrators' well-being. Preliminary research on the perpetrators indicates positive emotions and specific gratifications resulting from their behavior, in particular when it is fully consistent with their ideologies. Uncovering these gratifications-and the positive effects dark participation may have on perpetrators' well-being-could be the key to a better understanding of the dark side of social media.	Addressing hatred through understanding online hatred by understanding mindset of perpetrators of hatred	Appreciating need to understand
Ramponi (2022)	Data Analysis	Motivated by the lack of annotated data on religious-hate, specifically tailoring religion and the poor interoperability of current datasets, in this article authors propose a fine-grained labelling scheme for religious hate speech detection. Such a scheme lies on a wider and highly interoperable taxonomy of abusive language, and covers the three main monotheistic religions: Judaism, Christianity and Islam. Moreover, they introduce a Twitter dataset in two languages, English and Italian, that have been annotated following the proposed annotation scheme.	Addressing hatred through understanding online hatred by introduction of a scheme to detect religious hatred	Appreciating usefulness of
Sahu, et al. (2023)	Scholarly discussion	This study evaluated a 1-hour webinar discussing the ethics of working with veterans who use hate speech, motivations and intentions of hate speech, and guidance on how to respond. Participants were highly satisfied with the training and would recommend it to others. They also reported the intention to talk with coworkers and trainees about responding to hate speech and requested additional training.	Addressing hatred through webinar that trains to respond to hate speech	Appreciating usefulness of
Samson (2021)	Scholarly discussion	Drawing upon five interviews with Jewish leaders, this article explores how this dilemma is being negotiated by synagogues in Chicago. After presenting three key predicaments faced by synagogues as regards security, the article argues that securitisation should be understood as a form of "white noise," necessary to religious institutions' functioning and yet necessarily invisible.	Addressing hatred through keeping synagogues safe by generating white- noise	Active intervention
Situmorang (2021)	Scholarly discussion	The hope is that after the COVID-19 crisis ends, the solidarity in the motto 'Bhinneka Tunggal Ika' will continue to take root in every pulse of every Indonesian so that this spirit does not only appear when in critical situations but in everyday life in society.	Addressing hatred through changed situation in pandemic leading to motto of 'Bhinneka Tunggal Ika' (Meaning: "It is different, [yet] it is one")	Appreciating usefulness of
Stahel and Baier (2023)	Scholarly discussion	The growing challenge of digital hate speech requires an understanding of its complexity, scale, and impact.. This study introduces vicarious victimisation as an additional role in research on digital hate speech. The results show that in this national population, personal victimisation and perpetration are less common (<7 percent), whereas observation and vicarious victimisation are more common (>40 percent). This study contributes to a theoretical and empirical distinction between personal and vicarious victims and provides insight into their effects on well-being in a population largely unexplored in terms of age and national representativeness.	Addressing hatred through addressing digital hate across all ages	Appreciating need of
Stromberg (2018)	Scholarly discussion	The author discusses intimacy as a struggle between the forces of good and bad, creativity and destruction, and love and hate, suggesting that Klein's conception of love emerges as a moral exigency.	Addressing hatred through analyzing work of psychoanalysts and philosophers, noting the importance of love	Appreciating usefulness of
Sur (2020)	Scholarly discussion	In the backdrop of the COVID-19 pandemic, which has already had disastrous public health and economic effects, but also resulted in the positive emotion of love as a spontaneous response at many levels, this article asks whether there is a need for the explicit inclusion of the emotion of love in policy formulation. It answers this affirmatively by first proposing, in Part I, what love should mean in policy formulation. Part II takes an eclectic approach and provides six examples of love's relevance drawn from hate studies, medicine, business, psychology, religion, and women's preferences.	Addressing hatred through incorporating the emotion of love in policy formation	Appreciating need of
Thomas and Wahedi (2023)	Scholarly discussion	How does removing the leadership of online hate organisations from online platforms change behaviour in their target audience? Authors study the effects of six network disruptions of designated and banned hate-based organisations on Facebook, in which known members of the organisations were removed from the platform by examining the online engagements of the audience of the organisation. Using a differences-in-differences approach, they show that on average the network disruptions reduced the consumption and production of hateful content, along with engagement within the network among periphery members.	Addressing online hatred through online interventions by removing leadership of online hate organisation and hate network disruptions	Active intervention

Author/s (year)	Study type	Information offered on addressing hatred	Summarizing comment	Codes
Tietjen (2021)	Scholarly discussion	What kind of affective phenomenon is religious zeal and how does it relate to other affective phenomena, such as moral anger, hatred, and love? In this paper, the author argues that religious zeal can be both, and be presented and interpreted as both a love-like passion and an anger-like emotion. As an anger-like emotion, religious zeal is an occurrent affective state of mind that is intentionally directed towards a specific (immanent) object, characteristically a person or group of persons. It condemns the violation of a religious norm that is taken to be of absolute validity and general applicability.	Addressing hatred through understanding role of religious zeal as an affective phenomenon	Appreciating unusefulness of
Venkatesan (2024)	Scholarly Discussion	Drawing theoretical insights from Alexandre White's "epidemic orientalism" and Priscilla Wald's "medicalised nativism," this essay investigates how these chosen comics function as counternarratives through first-person storytelling. In so doing, these comics, while reinstating the dignity of East Asians, also challenge and resist the naturalised methods of seeing that justify violence and dehumanisation.	Addressing hatred through counternarrative against violence and dehumanisation	Appreciating usefulness of
Vitz (2018)	Scholarly discussion	This paper addresses the problem of pressure on a person to forgive that often makes forgiveness impossible or superficial. It proposes that clients who are unwilling or unable to forgive can still be encouraged to let go of interpersonal hatred because it is psychologically harmful to them. The issue of forgiving the person towards whom the hatred is directed can be treated more easily later, after the hatred has been removed or at least much reduced. Overcoming interpersonal hatred by praying for those you hated is presented; the effect of such prayer on reducing splitting is especially noted. The conclusion is a descriptive summary of stages to be used in treating clients' hatreds before addressing forgiveness.	Addressing hatred through forgiveness by overcoming interpersonal hatred and praying for those who is hated	Appreciating usefulness of
Wahab (2021)	Scholarly discussion	Author investigates the discursive workings of pinkwashing coupled with the racialization of homophobia, through a critical reading of the BBC Two documentary Out There (2013a), written and narrated by British gay-identified writer, activist and artist, Stephen Fry. His reading of the documentary demonstrates the interconnection between pinkwashing and racialized homophobia as discursive inventions which depend on the mobilization of affects such as love, pride, terror, hate and (un)happiness, as currencies of governance.	Addressing LGBTQ plus hatred through the discourse of pink washing	Appreciating need of
Walker (2024)	Scholarly discussion	This article calls for the American Psychological Association (APA) to proactively include the elimination of antisemitism or prejudice against Jewish people in its current mission to disassemble all forms of racism from its organisation as well as society.	Addressing hatred through addressing racism by incorporating it into the mission of an institution	Appreciating need of
Windisch (2022)	Systematic review	The evidence is insufficient to determine the effectiveness of online hate speech/cyberhate interventions for reducing the creation and/or consumption of hateful content online. Gaps in the evaluation literature include the lack of experimental (random assignment) and quasi-experimental evaluations of online hate speech/cyberhate interventions, addressing the creation and/or consumption of hate speech as opposed to the accuracy of detection/classification software, and assessing heterogeneity among subjects by including both extremist and non-extremist individuals in future intervention studies.	Addressing hatred through addressing hate speech by systematically reviewing the literature on hate speech/cyberhate interventions	Appreciating usefulness of
Withers (2020)	Scholarly discussion	In this paper the author argues that trans-identification and its associated medical treatment can constitute an attempt to evade experiences of psychological distress. This occurs on three levels. Firstly, the trans person themselves may seek to evade dysregulated affects associated with such experiences as attachment trauma, childhood abuse, and ego-alien sexual feelings. Secondly, therapists may attempt to evade feelings, such as fear and hatred, evoked by engaging with these dysregulated affects. Thirdly, we, as a society, may wish to evade acknowledging the reality of such trauma, abuse and sexual distress by hypothesizing that trans-identification is a biological issue, best treated medically.	Addressing LGBTQ plus hatred through learning about trans-identification	Appreciating need to understand

Table 1 comprises of six columns and table 2 of five. For all studies the information regarding addressing hatred is extracted under the column titled 'Information offered on addressing hatred'. The details of the information acquired from and of knowledge synthesized from individual themes is described in the results section of this article.

RESULTS

The results reinforce the findings from previous studies that the word `hatred´ is used in medical literature in a multiplicity of meanings that range from using it to describe a subtle attitude such as a phobia-philia relationship (literal sense), to describing a unique outcome that is generated as an interplay of several different kinds of psychological, emotional and social factors (Shafiq, 2023). The word 'addressing' used in the title of this study and during initial categorisation of the collected data loosely denotes any attempts by the medical researchers aimed at understanding and finding solutions of

various forms, manifestations and expressions of hatred. The major criterion for inclusion of relevant studies in this systematic review was the use of any of the following words: 'hate', 'hatred', 'hating' or 'hateful'. In the studies included in the review, the authors have used one of these four words whilst discussing their efforts to 'address' several different kinds and manifestations of hatred. As hatred varied in its manifestations and presentation, so have the attempts made and ways offered to address these by medical researchers varied significantly. The following addresses the meta-themes that emerged on combining the themes.

Meta theme one: Addressing hatred by appreciating the need of…

One of the emerging themes from the interpretation of collected data is that medical researchers prompt us to 'appreciate the need of'. This raises the obvious question: to appreciate the need of what? There are several needs identified by medical researchers. In an editorial that is published in The Lancet titled 'A call for education against hatred' the authors highlight the importance of need to understand how we engage with feelings of hatred (Launer and Jameel 2024). These authors describe how it sometimes appears as if each and every Palestinian and Muslim person must be held to account for the violence of Oct 7, 2023, while every Israeli and Jewish person is at fault for the destruction in Gaza. They further explain that holding on to notions of complexity—the idea that individuals on both sides are caught up in a maelstrom where there may be a wide range of different, contradictory, and negotiable attitudes—seems to have become almost impossible. The authors state that there is a word for this process and the emotions connected with it: it is hatred. In addition, they state that hatred does not happen in a vacuum but against a historical background where it has often been cultivated for political, economic, or cultural purposes. Antisemitism occurs against a millennial background of persecution and genocide against Jewish people. Islamophobia has its roots in western hatred going back to the Crusades. Prejudice against people of colour is part of a history that includes conquest, colonisation, enslavement, and extermination of Indigenous peoples (Launer and Jameel, 2024). The authors propose three general

principles that might guide colleagues in medical education to go beyond essential but basic efforts to address the manifestations of prejudice. Firstly, the authors suggests that spaces where issues of equality and diversity are discussed allow opportunities for people to speak of their personal and family experiences of discrimination, displacement, persecution, and trauma. Thus, participants can understand how hatred is experienced and how it affects perceptions of the world. Secondly, medical educators should be aware that there are many training approaches to facilitating discussion in the presence of disagreement and conflict, whether expressed or unexpressed. Thirdly, they believe that a commitment to equality, diversity, and inclusion through mutual understanding should be embedded into the definition of medical professionalism. Hence, they call for medical education against hatred in the context of a divisive issue that is currently evoking hate in many people.

Three other papers highlight that antisemitism is on the rise and needs addressing. One paper prompts doctors to accept the responsibility to keep medical literature racism-free stating that 'hatred has no place in medicine' (Adler and Grant-Kells, 2023). Another one offers strategies that social work educators, practitioners and researchers can adapt to create a socially just society for the Jewish community in the United States. For example, one of the strategies include social workers seeking to address spiritual microaggressions aimed at members of the Jewish community (Hodge and Stephanie, 2021). By doing this, social workers might help create a culture that respects religious freedom, a fundamental human right, and advocate for equitable portrayals of Jewish people and perspectives in diverse media. The third article calls for the American Psychological Association to proactively include the elimination of antisemitism or prejudice against Jewish people in its current mission to disassemble racism in society (Walker et al, 2024).

One article highlights the need to appreciate that Islamophobia levels have heightened following the rise of radicalisation, the 'demonisation' of Muslims in the media and the immigration crisis in Europe (Hankir, 2017). The author of this article aims to challenge the stigma attached to Muslims by

providing information to educate people about Islam, debunk myths, challenge negative stereotypes and by utilising the power of storytelling to engage readers and to equip them with facts and the necessary skills to combat Islamophobia.

Whilst the above articles highlight the need to appreciate and address religious prejudice, another set of articles highlight the need to appreciate and address various forms of hatred that manifested during the COVID-19 pandemic like racism, stigmatisation and discrimination. One article highlights that since anti-Asian hatred was high at the time of the pandemic, steps needed to be taken for the reopening of schools ensuring that this goes safely and smoothly for students of Asian descent (Akiba, 2020). Another described the need to address dehumanisation resulting from the pandemic, by highlighting that governments have a vital role to play in setting national directions to tackle racist violence and making hate crime laws (Collard, 2023). One author stated that verbal harassment and physical assault led to the start of the nationwide #StopAsianHate movement in the USA and drew a parallel to the Black Lives Matter movement that was aimed at addressing racism towards black people (Liu, 2022). Another author observes that the COVID pandemic sparked a rise in misinformation from various media sources, which contributed to the heightened severity of hate speech. This author explored the current effects of hate speech and why hate speech should be widely recognized as a public health issue (Nguyen, 2021). Another researcher noticed that, on one hand, the pandemic had a disastrous effect on public health and economy, and, on the other hand, it highlighted the importance of the emotion of love and how it can be used to address hatred. The author asks whether there is a need for the explicit inclusion of the emotion of love in policy formulation (Sur, 2020).

Whilst the above articles discussed the need to appreciate and address racism in the context of the COVID pandemic, others discussed the need for addressing racism regardless of any specific context. One set of authors carried out a data analysis of tweets on the social media platform Twitter (now named X) when US President Joe Biden signed the COVID-19 Hate Crimes Act on 20th May 2021. They found five

themes all highlighting the need to address racism: "Asian hate is not new"; "Address the harm of racism"; "Get involved in #StopAsianHate"; "Appreciate the Asian American and Pacific Islander (AAPI) community's culture, history, and contributions"; and "Increase the visibility of the AAPI community." (Cao et al, 2022).

Six authors highlight the need to appreciate the negative impact of, and therefore the need to address, hate speech. One highlights the complexities associated with positions supporting free speech and those protesting hate speech. These authors suggest that ensuring vigorous freedom of expression within the context of an inclusive, diverse community, can be a way forward to addressing hate-speech in academic institutes (Ceci and Wendy, 2018). Another author reviewed arguments favouring bans on problematic speech (e.g. hate speech) on a university campus. Contrasting the calls for top-down regulation, the author highlights the need and potential for a "bottom-up approach" to campus speech governance (Chamlee, 2018). One author suggests that internet service providers (ISPs) and web-hosting services (WHs) need to accept responsibility for restricting and addressing hate speech as they are the gatekeepers and they need to be far more proactive than they are (Cohen-Almagor, 2017). Another author in his paper talks about the situation generated by conflicting values and highlights the need to protect the value of free-speech whilst making efforts to restrict hate-speech (Parekh, 2017). One article aims to draw attention to the computer science community to focus less on automated hate detection methods and appreciate the need to start thinking about it as something that demands solutions. The author identifies urgent steps that need to be taken to incorporate computational researchers into a single, coherent, multistakeholder community that is working towards civil discourse online (Parker and Ruth, 2023). Another paper describes the need to appreciate addressing digital hatred across all age groups. The authors highlight the theoretical and empirical distinction between personal and vicarious victims and provides insight into the effects on the well-being of a population (elderly) largely unexplored in terms of age and national representativeness (Stahel and Baier, 2023).

In addition to prejudice, racism and hate speech, medical researchers point out the need to address hatred committed in the form of crime and violence. Three articles draw readers' attention towards this need from different but overlapping perspectives. One article stresses that hatred manifests as extreme violence towards transgender people. The authors call to action for countries to urgently address these violations of human rights (Divan et al, 2016). Another article emphasizes the importance of protection against hate crime that intellectually disabled people experience on the streets (McClimens and Brewster (2017). The third article pinpoints the need to appreciate that LGBTQ plus communities are more prone to violence at the hands of gender majority, based on the research conducted on LGBTQ plus communities and on violence (McKay et al, 2017).

On the note of hatred, violence and aggression towards LGBTQ plus communities, one author emphasizes the need for what is called, 'Pink washing', meaning, the production and mobilization of an exceptional discourse of gay-friendly and post-homophobic Britain (Wahab, 2021).

Some authors highlight the usefulness of understanding certain aspects relevant to hatred in order to address it. One article suggests that the more we understand hate speech the more we are able to address it and argue against it (Ancell, 2022). Another article points out that hatred can be understood by learning about online hatred, and this can be done by defining it and distinguishing it from other similar online phenomena such as trolling and cyberstalking etc (Malecki, 2021). One author highlights the usefulness of understanding online hatred by learning about the mind set of perpetrators of hatred. The author states that research on the perpetrators indicates positive emotions and specific gratifications resulting from their behaviour, in particular when it is fully consistent with their ideologies. Uncovering these gratifications-and the positive effects dark-participation may have on perpetrators' well-being, could be the key to a better understanding of the dark side of social media (Quandt et al, 2021). One article emphasizes that to address hatred, it is helpful to understand how haters left their hate groups and developed antihate activists' identities (Liguori, 2022). Another one

highlights the importance of understanding coping strategies against racialised stressors like racial-ethnic discrimination, so that this kind of hatred can be addressed (Martin, 2021). Another article gives insight into the importance of understanding radicalisation by exploring the association between sociodemographic characteristics and sympathy for violent radicalisation (Rousseau, 2020). One group of authors state that hatred of terrorists is an obstacle to the implementation of effective counterterrorism policies: it invites indiscriminate retaliation, whereas many of the greatest successes in counterterrorism have come from understanding terrorists' personal and political motivations. Hence, these aspects need to be understood in depth to address hatred (Theriault, 2021). One article highlights the importance of understanding how hate-speech can be countered by optimising classroom climate, empathising with victims of hate speech and self-efficacy towards intervention (Wachs, 2023). One study shows evidence in favour of a prevention program using a trauma-informed race equity lens to better understand methods to reduce Teen Dating Violence among ethnically and economically diverse populations (Guillot-Wright, 2021). One author shares evidence that online hatred can be addressed through the introduction of empathy-based counter speech (Hangartner, 2021).

Meta theme two: Highlighting the need to approach addressing hatred from different angles utilising various tools and methods

Medical researchers have pointed out the usefulness of various methods, tools, techniques and means that can be adapted and utilised to address hatred as well as what is unhelpful.

Several medical researchers address online hatred highlighting the usefulness of creating a safer digital environment to address cyberbullying (Adeeba, 2024). Data analysis data led to the conclusion that online hate speech can be addressed by taking measures to detect it and counter it with what they call 'hope-speech' (Chakravarthi, 2022). With regards to addressing online racism, the use of online anti-racism advocacy is suggested (Keum, 2023). Windisch (2022) described a lack of experimental (random assignment) and quasi-

experimental evaluations of online hate speech/cyberhate interventions; addressing the creation and/or consumption of hate speech as opposed to the accuracy of detection/classification software; and assessing heterogeneity among subjects by including both extremist and non-extremist individuals in future intervention studies. The author suggests it would be useful if medical researchers remain mindful of this gap and incorporate this in future research.

One article highlights the usefulness of computer/mobile Apps to seek guidance and support to address various forms of hatred in virtual or real world (Malta, 2023).

Some medical researchers interested in how various forms of racism can be addressed, suggest various approaches: the usefulness of evidence-based intervention and policy strategies (Cao, 2022); the use of poetry (Choudhury, 2022); of psychoanalysis (Heyer, 2022 and Holmes, 2021); and of green-space environments (Hoffman, 2020). They also highlight the usefulness of dual identification to address the gateway group effect that leads to racism (Levy, 2023).

One article highlights the usefulness of psychoanalysis to address self-hatred (Austin, 2016). Other states that more can be learnt about hatred through understanding the nature of delusions in psychoanalysis (Bronstein, 2018). One author stresses the importance of reflecting on personal experience and engaging in group psychotherapy to address hatred (Levine, 2023). With regards to the usefulness of psychotherapeutic approaches on addressing hatred, one author suggests that this can be done through analysing work of psychoanalysts and philosophers, noting the importance of love within their work (Stromberg, 2018).

Medical researchers also emphasise the usefulness of religion and religious practices to address hatred. One article highlights the role that religious leaders can play to address hatred against LGBTQ plus individuals and communities (Gichuru, 2018). Another article highlights the importance of understanding collective recovery and stepping up against religiously motivated hatred (Levin, 2020). Litvak et al. (2024) share the outcomes of a systematic literature search that was aimed at finding out how the hatred in the name of religion (religious-hatred) be addressed. The article describes how hate crime victimisation is targeting the victim's religious identity posing a serious problem for individuals, communities, and societies. The authors describe countermeasures to such victimisation, aiming for broad descriptive inclusion by canvassing personal adaptations, collective programs, and institutional-governmental policies. The most salient personal adaptations included camouflage-type blending in to avoid victimisation, using religion as a source of resilience, and changing routines to deflect risk. At the collective level, mobilising community resilience, stereotype reduction, and place-based solutions were often researched. Another article highlights the importance of understanding the role of religious zeal as an affective phenomenon to address hatred. These authors state that religious zeal can be presented and interpreted as both, a love-like passion and an anger-like emotion. As an anger-like emotion, religious zeal is an occurrent affective state of mind that is intentionally directed towards a specific (immanent) object, characteristically a person or group of persons. To address hatred, love-like passion could be useful (Tietjen, 2021).

Another area of interest to medical researchers is how hate speech can be addressed and free-speech be promoted to address hatred. One article suggests that hate speech can be countered by facilitating free speech and vigorous freedom of expression on a university campus (Ceci, 2018). Another article highlights the importance of learning about human language to counter hate-speech. These authors describe how humans use language towards hateful ends, inciting violence and genocide, and intimidating and denigrating others based on their identity. Despite efforts to better address the language of hate in the public sphere, the psychological processes involved in hateful language remain unclear and need to be better understood (Kennedy, 2023). One study, (Sahu, 2023), evaluates the usefulness of an hour-long webinar discussing the ethics of working with veterans who use hate speech, motivations and intentions of hate speech, and guidance on how to respond. Participants were clinicians who completed the evaluation for the training. They reported that

they were highly satisfied with the training and would recommend it to others. They also reported the intention to talk with co-workers and trainees about responding to hate speech and requested additional training. They, therefore, highlight the importance of formal training in the form of webinars to address hatred.

Medical researchers highlight the need to appreciate that LGBTQ plus communities are more prone to being on the receiving end of hatred and violence by the gender majority. McKay et al (2017) offer a solution to this through reviewing literature on hatred and making recommendations to address it. Authors found no data to support the idea (widespread in popular discourse) that those in the sexual or gender majority require protection from sexual or gender minority individuals. Contradicting the image of hate crimes as perpetrated by strangers or acquaintances, authors found that bias-related verbal abuse, physical, and sexual assault by close family members contribute heavily to observed victimisation rates. Another paper points out the importance of addressing hatred through visual arts as a response to hate crime that is manifested in visual artwork of an activist fighting for rights of LGBTQ plus communities (Imma, 2016).

A couple of articles emphasise the usefulness of generating and sharing a hatred counternarrative. One author notes that ever since the global spread of the COVID-19 pandemic in 2020, East Asians across the globe have been ostracised, othered, pathologized, and subjected to numerous anti-Asian hate crimes. Drawing theoretical insights from Alexandre White's "epidemic orientalism" and Priscilla Wald's "medicalised nativism," the author investigates how these chosen comics function as counternarratives through first-person storytelling. In so doing, these comics, while reinstating the dignity of East Asians, also challenge and resist the naturalised methods of seeing that justify violence and dehumanisation (Venkatesan, 2024). Another group of authors highlight the importance of reclaiming the narrative against harmful populist rhetoric in politics and fake news. These authors set out 6 principles for public health professionals faced with these situations including the suggestion that they can reclaim the narrative, rejecting hatred and division, to promote social solidarity (McKee and Martin, 2017).

In addition to above, medical researchers point out the usefulness of 'Respect' (Arshad et al, 2023), addressing dehumanisation by recognising the role of governments to set national directions to achieve re-humanisation (Collard, 2023), and 'Identification with Humanity' that reduced hate crime and dehumanisation (Hamer et al, 2021). One author advises making use of 'Forgiveness' to avoid ruminative thoughts that reinforce hatred (Kioulus, 2017). Another one addresses the problem of pressure on a person to forgive that often makes forgiveness impossible or superficial. The author proposes that within a psychotherapeutic setting, the clients who are unwilling or unable to forgive can still be encouraged to let go of interpersonal hatred because it is psychologically harmful to them (Vitz, 2018). One article suggest that the Chinese notion of 'Ren' (meaning benevolence) can be used to negate the stigma of racial discrimination among Asian people. The Filipino notion of 'Kapwa' or "shared self" can be utilised as an equivalent socio-normative ideal fostering deep communal and group solidarity among people, regardless of race, colour and ethnicity (Macaraan, 2021). Another article states that hatred can be addressed through an Indonesian motto of 'Bhinneka Tunggal Ika' (meaning: "It is different, [yet] it is one") that helped the people of Indonesia fight COVID-19 pandemic together, ignoring their differences (Situmorang, 2021).

Medical researchers emphasise the unhelpfulness of certain things that led to difficulties in addressing hatred. One researcher highlights that online hate, and extremist narratives have been linked to abhorrent real-world events, including a current surge in hate crimes and an alarming increase in youth suicides that result from social media vitriol. Examples include: inciting mass shootings such as the 2019 attack in Christchurch, stabbings and bombings; recruitment of extremists, including entrapment and sex-trafficking of girls as fighter brides; threats against public figures, including the 2019 verbal attack against an anti-Brexit politician, and hybrid (racist-anti-women-anti-immigrant) hate threats against a US member of the British royal family; and renewed anti-western hate in the 2019 post-ISIS landscape associated with support for Osama Bin

Laden's son and Al Qaeda. Social media platforms seem to be losing the battle against online hate and urgently need new insights (Johnson, 2019). Another group of researchers highlight that collectively blaming groups for the actions of individuals can license vicarious retribution leading to hatred. Acts of terrorism by Muslim extremists against innocents, and the spikes in anti-Muslim hate crimes against innocent Muslims that follow, suggest that reciprocal bouts of collective blame can spark cycles of violence (Bruneau, 2018). One group of researchers share their experience while researching hate and gaining media attention, beginning in 2018, when they incurred a good deal of hate towards them and their research in the form of online comments and direct correspondence. Though it was initially perceived as a very unhelpful response and rather unpleasant experience, they collected and analysed the texts to better understand the beliefs, perceptions, and arguments of those that rejected their efforts toward gaining knowledge on geographical hate trends (Medina, 2021).

Meta theme three: Highlighting a need for and importance of active interventions aimed at addressing hatred

Medical researchers suggest making use of several interventions to address various forms and manifestations of hatred. This includes use of artificial intelligence that can be used to induce norms and empathy (Bilewicz, 2021). To address self-hatred researchers share evidence through interventional studies, confirming the usefulness of various psychotherapeutic approaches including: Cognitive Behavioural Therapy (CBT) (Dobias, 2021); a single-session structured psychological intervention (called project SAVE) (Dobias, 2021); Cognitive Analytic therapy in which the patient explores abandonment dynamics and their self-to-self relationship improves (Kellett, 2021); and of a psychoeducational method that was found useful in addressing self-blame and self-hate (Melin, 2018).

One study discusses the evidence-based efficacy of a bio-psycho-social approach for addressing hatred as a symptom of Post-Traumatic Stress Disorder. (Wang, 2017).

Other active interventions featured by medical researchers to address hatred include: use of a hatred prevention programme aimed at optimising classroom climate; empathising with victims of hate speech and self-efficacy towards intervention (Wachs, 2023); using photos as a means to counter hate speech (Mamary, 2022); keeping places of worship (synagogues) safe by securitisation that according to them should be considered as a white-noise (Samson, 2021); tackling online hatred by removing leadership of online hate organisations and hate-network disruptions (Thomas, 2023); and through introducing meta-humanisation that reduced prejudice and addresses dehumanisation and hostility (Pavetich, 2021).

One researcher's findings from interventional studies confirm that hatred towards sexual and gender minorities can be addressed through a computer App used as a mental health intervention (Malta, 2023). Two other articles share the evidence in favour of interventions that aim to address hatred towards LGBTQ plus communities. One of them concludes that this can be achieved by compassion and overcoming bystander apathy (Owuamalam, 2020) Another provides evidence in favour of utilising the framework of gender performativity to reduce hatred towards transgender people (Tsang, 2021).

DISCUSSION

The findings of the current literature search are aimed at understanding how hatred can be addressed. Table one covers the details of experimental interventions done by medical researchers and table two covers the details of personal opinions and of non-experimental interventions that researchers have adapted, to address hatred. Analysis of collected data suggests that Hatred has varied manifestations and, therefore, it is impossible to find a general solution. Analysis of data also suggests that medical researchers broadly take three types of approaches to address hatred that are manifested in the titles of the meta-themes that emerged on interpretation of data. These include appreciating a need to understand various aspects related to hatred to find ways to address it; appreciating the usefulness of and unhelpfulness of various tools, methods or means;

and utilising various interventions.

An awareness of something needing attention

To find ways to address hatred, medical researchers are highlighting the need of appreciation of various aspects related to it. These are summarised above under meta theme one titled, 'addressing hatred by appreciating the need of'. The overall interpretation of data highlights some choices and trends exhibited by medical researchers that are worth reflecting upon. It appears that medical researchers are sometimes interested in exploring quite core and general aspects: for example, trying to define what hatred is and the feelings it generates in us. If we can recognise this then we can try to understand how to manage and tackle those feelings that are generated in us because of hatred (Launer and Jameel 2024). Other times, researchers are noted to be highlighting quite specific and specialised aspects that need our attention: for example, aspects related to religious hatred, online hatred, LGBTQ+ hatred, hate-speech and racism etc. By way of understanding some manifestations, the medical researchers highlight the need to understand manifestations like shame, stigma, radicalisation and terrorism, among others, as all of them can lead to hatred in their own unique ways. Overall, one collective emerging message appears to be: all these various kinds of phenomena, occurrences and manifestations around us continue to seek our attention towards the need to note them and find ways to understand them in depth thus leading to an appreciation of ways to address them. All in all, it requires mindfulness and active effort from us all.

What is useful when it comes to addressing hatred?

The details of these have been discussed under the second meta-theme and are not repeated here. Once a need for addressing hatred is appreciated then medical researchers try several different kinds of tools, methods and means to address hatred. Their efforts to find ways to address it reveal what is useful and, on the other hand, what adds up to hatred. From the overall interpretation of data, it appears that researchers are interested in finding usefulness of methods at different levels, namely, individual, group as well as country and government.

Individuals can develop hatred towards others and towards themselves. Medical researchers are keen to find usefulness of tools that address self-hatred improving the relationship of the individual with his own self (Kellett et al, 2021). They found psychotherapeutic approaches useful in achieving this. Some researchers advocate in favour of group psychotherapy to address hatred (Levine, 2023). Some problems affect countries and sometimes the entire world. Such issues, if stressful, lead to the manifestation of various forms of hatred and provide medical researchers an opportunity to find methods and tools useful to addressing hatred on a large scale. The data collected for this systematic literature review covers a period when the world went through the COVID-19 pandemic. Stress generated by the pandemic increased the personal and social pressures that led to an unprecedented rise in frequency and severity of hateful activities. For example, anti-Asian and anti-Chinese sentiments increased all over the world just because COVID-19 originated in China. The pandemic caused a shrinkage in available resources and increased competition in accessing these. The medical researchers on appreciating the situation highlight the usefulness of utilising the Chinese notion of 'Ren', the Filipino notion of 'Kapwa', the Indonesian notion of 'Bhinneka Tunggal Ika', and incorporating love into official policymaking to address hatred at nationwide and worldwide levels. These suggestions appear to have something in common and that is the advice to connect with our non-discriminatory core human-values and transcending any personal or selfish identities held.

We need to find ways to intervene to address hatred

Medical researchers also try to find which interventions are useful when addressing various forms and manifestations of hatred. This is the subject of meta-theme three above. Medical researchers share the outcomes of their experiments on individuals and communities alike to find evidence-based interventions to support vulnerable groups including LGBTQ+, immigrants, those experiencing religious hatred, those facing online hatred and those experiencing self-hatred. Overall, it appears that medical researchers are keen to explore, introduce and improvise methods, tools and strategies that enable them to tackle various forms

and manifestations of hatred.

Contributions of current study

This study highlights that the systematic review of medical literature could be a good source to understanding how various kinds of hateful mind sets could be addressed. With the backdrop of existing knowledge, the current study brings in several approaches and opinions together, suggesting that medical researchers are keen to understand and address 'hatred' from different perspectives and points of view.

CONCLUSIONS

Medical researchers have highlighted that hatred exists and there are several aspects relating to it that need our attention to address it. Researchers offer details of several tools, methods, means and strategies that are useful and may help us tackle numerous forms and manifestations of hatred. The evidence in favour of several interventions that they found helpful in addressing hatred is shared. Keeping in mind the primary research question, from a psychological and psychotherapeutic point of view, it appears that at an individual level the choice to hate someone/something (including ourselves) is the product of an active decision-making process. To reduce the manifestation and expression of hatred it would be reasonable to understand various factors that contribute towards this decision making and to remain mindful of breaking the process of its generation where possible. The researchers also highlight the importance of our core human identity that we are born with and the importance of our core human ability to love and accept others. These core human abilities and values might have different names and terms across different cultures, but the underlying message is the same which is to connect with our inner sources of love and humanity. The findings of the review suggest that as there are several different forms and manifestations of hatred, addressing them also requires understanding each one of them separately in their unique background and context. Once we can understand the individualities of each manifestation, we are in a better position to

address them. Whatever the approach, it appears that it requires some personal effort by individuals, by greater groups, by organisations, by countries and by governments alike to address hatred.

LIMITATIONS

This literature review took a cross-sectional approach for data collection at a specific point in time. Most of the papers in the review are scholarly articles. The reason for this seems to be that given the nature of the topic of 'addressing hatred' medical researchers seem to be more interested in discussing the issue in scholarly discussions rather through experimental designs.

DECLARATIONS

Acknowledgement

Motivation and Dedication

This study is dedicated to all the authors past and present who have taken the opportunity and accepted the responsibility to address hatred with their pens and keyboards. To the parents who taught their children the notions of 'Ren (Chinese word meaning benevolence)', 'Kapwa (Pilipino word meaning fellow humans), Bhinneka Tunggal Ika (Indonesian word meaning unity in diversity), Sab di khair, sab da bhala (Punjabi phrase meaning welfare for all and blessings for everyone).

Ethical approval

The research process did not involve any direct engagement with clients, hence, it did not require formal ethical approval.

Funding

No financial support of any sort was sought throughout this research project.

Informed consent

Informed consent not required.

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