



6 Evaluation and Research

Throughout 2024-2025, EmotionAid® ensured that its growing activity was accompanied by ongoing evaluation and research, reflecting a clear commitment to responsibility, learning, and impact. As outlined earlier in this report, evaluation processes and research initiatives were integrated across the programs supported by our partners and donors.

These efforts were designed to ensure that resources invested translate into meaningful, real-world impact. Evaluation and research focused on understanding how brief emotional first aid interventions function within demanding professional environments, support sustained functioning under emotional load, and strengthen resilience at individual, team, and organizational levels.

Across the initiatives described above, consistent indicators of value emerged, including improved self-regulation, reduced burnout and overload, and the creation of a shared professional language **that legitimizes attention to the well-being of those who care for others.**

Together, the evaluation and research work presented throughout this report reinforce EmotionAid's® approach: that focused, context-sensitive interventions, combined with continuous learning, can generate lasting impact and provide a solid foundation for responsible growth and future development.