

# DocThinker: Explainable Multimodal Large Language Models with Rule-based Reinforcement Learning for Document Understanding

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## Abstract

*Multimodal Large Language Models (MLLMs) have demonstrated remarkable capabilities in document understanding. However, their reasoning processes remain largely black-box, making it difficult to ensure reliability and trustworthiness, especially in high-stakes domains such as legal, financial, and medical document analysis. Existing methods use fixed Chain-of-Thought (CoT) reasoning with supervised fine-tuning (SFT) but suffer from catastrophic forgetting, poor adaptability, and limited generalization across domain tasks. In this paper, we propose DocThinker, a rule-based Reinforcement Learning (RL) framework for dynamic inference-time reasoning. Instead of relying on static CoT templates, DocThinker autonomously refines reasoning strategies via policy learning, generating explainable intermediate results, including structured reasoning processes, rephrased questions, regions of interest (RoI) supporting the answer, and the final answer. By integrating multi-objective rule-based rewards and KL-constrained optimization, our method mitigates catastrophic forgetting and enhances both adaptability and transparency. Extensive experiments on multiple benchmarks demonstrate that DocThinker significantly improves generalization while producing more explainable and human-understandable reasoning steps. Our findings highlight RL as a powerful alternative for enhancing explainability and adaptability in MLLM-based document understanding. Code will be available at <https://github.com/wenwenyu/DocThinker>.*

## 1. Introduction

Multimodal Large Language Models (MLLMs) [29–31] have significantly advanced document understanding, yet their reasoning mechanisms remain largely opaque. This lack of explainability [10, 39] limits their application in high-stakes domains such as legal, financial, and medical document analysis, where transparency is critical for en-

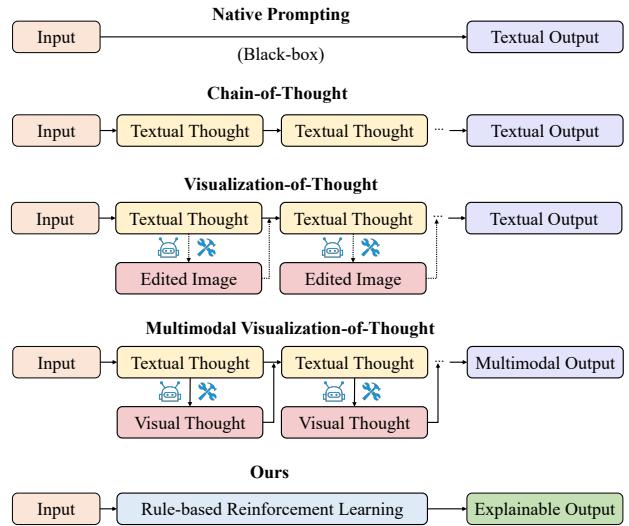


Figure 1. **Comparison of different approaches for improving model’s explainability and transparency in MLLM-based document understanding.** Traditional methods, including Chain-of-Thought (CoT), Visualization-of-Thought (VoT), and Multimodal Visualization-of-Thought (MVoT) rely on static reasoning templates, predefined heuristics, or external agents and tools, limiting their adaptability and generalization. In contrast, the proposed DocThinker leverages rule-based reinforcement learning to explore diverse reasoning paths and generate explainable intermediate steps, including reasoning traces, rephrased questions, regions of interest (RoI) supporting the answer, and the final answer, enabling more adaptive and explainable document understanding.

suring trustworthiness. Unlike human reasoning, which involves structured and multi-step inference, MLLMs typically operate as black-box systems, making it difficult to validate their decision-making process [4]. While Chain-of-Thought (CoT) [43] prompting has been widely adopted to enhance explainability, existing approaches heavily rely on static reasoning templates, which struggle to generalize across diverse complex scenarios and tasks.

To address this, recent research has explored multimodal CoT reasoning techniques, as shown in Fig. 1. ReFocus [8] presents a visual-editing-based CoT framework, allowing models to selectively highlight and modify key regions via

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invoking external tools and agents in structured document images, improving comprehension of charts and tables. Visual CoT [35] introduces multi-turn processing pipelines that dynamically focus on key regions in visual images, enabling more explainable intermediate reasoning steps. Similarly, Multimodal Visualization-of-Thought (MVoT) [17] extends CoT reasoning by generating interleaved visual and textual reasoning traces, aiming to improve transparency. The Mind’s Eye of LLMs [44] further proposes Visualization-of-Thought (VoT), a technique that elicits spatial reasoning by generating visual representations of thought processes. But this method applies in navigation-based applications, and its adaptability to document understanding remains limited. Besides, these approaches still depend on predefined heuristics and static reasoning paths, making them inherently inflexible and susceptible to catastrophic forgetting and poor generalization across varied document types and tasks.

Another emerging direction is reinforcement learning (RL)-based [40] reasoning, which has shown promise in overcoming the rigidity of fixed CoT methods. DeepSeek-R1 [5] framework demonstrates that pure RL training can incentivize emergent reasoning behaviors without relying on extensive supervised fine-tuning (SFT), achieving state-of-the-art performance in complex reasoning tasks. Inspired by this, MedVLM-R1 [32] applies RL techniques to medical vision-language models, proving its effectiveness in enhancing transparency and generalization in medical image understanding. Visual-RFT [24] introduces Visual Reinforcement Fine-Tuning, a reward-driven optimization framework designed to enhance the reasoning capabilities of vision-language models. Unlike conventional supervised fine-tuning, which relies on large annotated datasets, Visual-RFT employs verifiable reward functions to guide learning, significantly improving data efficiency. Experimental results indicate that reinforcement fine-tuning improves performance in open-vocabulary detection, few-shot object recognition, and reasoning grounding tasks, demonstrating its ability to generalize across diverse visual domains. While these methods primarily focus on general visual tasks, their success highlights the potential of RL in optimizing reasoning strategies for MLLMs. However, RL-based approaches for document understanding remain underexplored, particularly in designing effective reward functions that optimize both reasoning adaptability and explainability.

While humans naturally employ structured, multi-step reasoning when interpreting documents, integrating inference-time reasoning into MLLM-based document understanding is still an open challenge. Inspired by recent advancements, we propose DocThinker, a novel rule-based Reinforcement Learning (RL) framework designed for inference-time reasoning in document understanding. Unlike fixed CoT or VoT-style methods, DocThinker explores diverse reasoning paths and get explainable intermediate steps, including

explicit reasoning traces, rephrased questions, regions of interest (RoI) supporting the answer, and the final answer, highlighting its ability to produce more flexible and varied outputs compared to traditional CoT. Instead of following fixed reasoning templates, DocThinker autonomously refines its reasoning process through policy learning based on the Group Relative Policy Optimization (GRPO) algorithm [36], mitigating catastrophic forgetting and improving adaptability. The model is trained using reinforcement learning with a proposed multi-objective reward function, enabling it to self-adapt to diverse document structures while preserving explainability. Although VoT-like methods generate grounded thought, they lack revision ability. Our RL enables self-reflection and correction that is complementary to VoT-like methods. Additionally, KL-constrained optimization is employed to ensure stable policy updates, preventing reward exploitation and preserving reasoning coherence.

Our main contributions are summarized as follows:

- We introduce DocThinker, to the best of our knowledge, the first RL-based framework for document understanding, enabling adaptive inference-time reasoning without relying on fixed CoT templates.
- We propose a set of multi-objective reward functions that incentivize the model to generate human-understandable reasoning steps, while ensuring robust generalization across diverse document types and tasks.
- We conduct extensive experiments on multiple benchmark datasets, demonstrating that DocThinker significantly improves generalization and explainability compared to existing CoT-based and SFT-based methods. Our findings highlight the potential of RL as a key enabler for more explainable, adaptable, and reliable MLLM-based document understanding systems.

## 2. Related Work

### 2.1. MLLMs for Document Understanding

Multimodal Large Language Models (MLLMs) have shown strong potential in document understanding by integrating textual and visual elements. Existing approaches enhance comprehension through layout-awareness, high-resolution processing, and specialized encoding techniques. DocCLL [41], LLaVAR [53], and mPLUG-DocOwl [46] improve text-centric document reasoning via instruction tuning, while methods like DocPedia [7] and Vary [42] refine image processing for structured text extraction. Other models, such as UReader [47] and InternVL1.5 [2], incorporate OCR and adaptive resolution techniques to enhance text recognition. To further optimize efficiency, models like TextMonkey [23] and Fox [19] introduce token compression and unified encoding for multi-page document analysis. Additional improvements, including compression strategies in DocKylin [52] and multi-scale integration in StrucTexTv3 [26], enhance

structure-aware reasoning. Despite these advancements, explainability remains a critical limitation. While step-wise reasoning frameworks [51] and visual editing-based approaches like ReFocus [8] improve transparency, they rely on static reasoning strategies that hinder adaptability. Most models depend on supervised fine-tuning (SFT), which improves task performance but often leads to overfitting and weak generalization across diverse document types. This highlights the need for adaptive learning frameworks capable of dynamic reasoning refinement while preserving explainability across varied document scenarios.

## 2.2. RL for Explainability and Reasoning

Explainability is crucial for deploying MLLMs in sensitive domains, ensuring transparency and trust in model decisions [4, 39]. Reinforcement Learning (RL) has emerged as a promising alternative to supervised fine-tuning (SFT) [3], addressing overfitting and limited generalization by allowing models to self-improve reasoning strategies through interaction with an environment. Unlike static Chain-of-Thought (CoT) approaches, RL enhances adaptability, explainability, and generalization in complex reasoning tasks. Recent advancements demonstrate RL’s effectiveness in language and vision-language models. The OpenAI o1 model [13] applies RL to enhance reasoning capabilities, while DeepSeek-R1-Zero [5] achieves better reasoning and thinking process ability by training entirely with RL, incentivizing emergent reasoning via its Group Relative Policy Optimization (GRPO) framework without relying on SFT. MedVLM-R1 [32] extends this to medical image analysis, showing improved explainability and transparency. In multimodal learning, Visual-RFT [24] introduces verifiable reward functions, improving data efficiency and reasoning adaptability in open-vocabulary detection, few-shot recognition, and grounding tasks. RLHF-V [49] further aligns MLLMs with human trustworthiness through fine-grained RL-based feedback. Despite RL’s success in vision-language tasks, its application in document understanding remains largely unexplored. Existing RL-based approaches fail to jointly process text, layout, and visual elements while maintaining explainability. Furthermore, designing effective reward functions that balance reasoning adaptability and explainability remains an open challenge. To bridge this gap, we propose DocThinker, a rule-based RL framework optimized with Group Relative Policy Optimization (GRPO) [36], incorporating verifiable multi-objective rewards to enable inference-time reasoning for complex document understanding.

## 3. Methodology

### 3.1. Preliminary

**Group Relative Policy Optimization (GRPO).** The GRPO algorithm, first introduced in DeepSeekMath [36],

is a reinforcement learning framework designed to improve reasoning without the need for a separate critic model, a key limitation of existing methods such as Proximal Policy Optimization (PPO)[34]. Traditional RL approaches like PPO rely on a value network to estimate the quality of model predictions, which can introduce instability and additional computational costs. In contrast, GRPO directly compares a group of generated responses, making it a more efficient alternative for large-scale language model training.

In GRPO, given a question  $q$ , the old policy model  $\pi_{\theta_{\text{old}}}$  first generates a group of different candidate response outputs  $\{o_1, o_2, \dots, o_G\}$  with size of  $G$ . These response outputs are then evaluated through a rule-based reward function  $R(q, o)$  to obtain  $G$  rewards denoted as  $\{r_1, r_2, \dots, r_G\}$  correspondingly, which is defined as follows:

$$r_i = R(q, o_i) = \begin{cases} 1, & \text{if } o_i = \text{ground truth}, \\ 0, & \text{otherwise,} \end{cases} \quad (1)$$

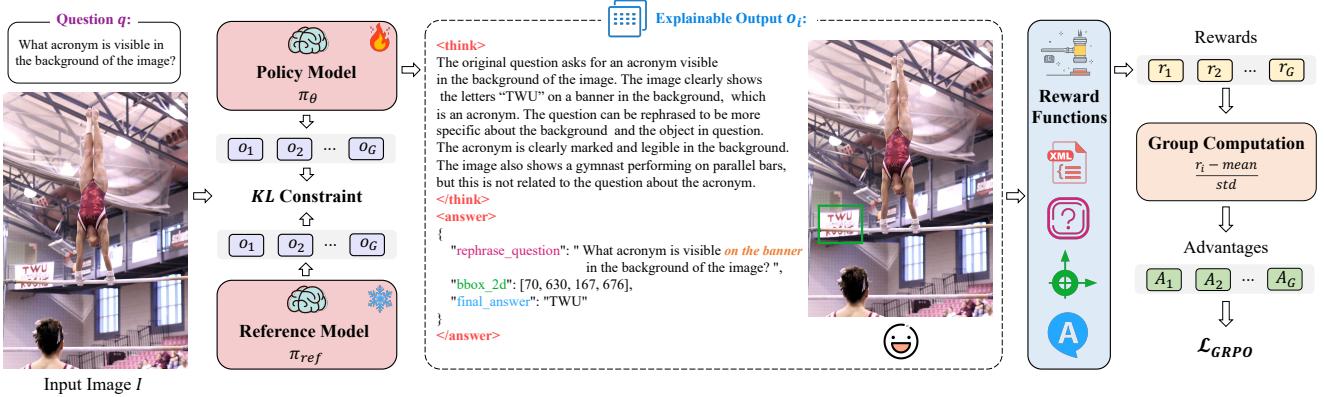
where  $R(\cdot, \cdot)$  is the rule-based verifiable reward function.  $R$  takes the question and output pair  $(q, o_i)$  as inputs, and checks whether the prediction  $o_i$  is correct compared to ground truth under predefined rules. In our works, we proposed multi-objective reward functions tailored for document understanding, which will be detailed in Sec. 3.2.2, to incentivize the model to generate human-understandable reasoning steps, while ensuring robust generalization across diverse document types and tasks.

Instead of computing absolute values for each response, GRPO normalizes the rewards within the group, ensuring that the model learns from relative advantages. Specifically, the advantage is computed by taking the difference between each reward and the *mean* of the group, normalized by the standard deviation *std*, formulated as follows:

$$A_i = \frac{r_i - \text{mean}(\{r_1, \dots, r_G\})}{\text{std}(\{r_1, \dots, r_G\})}, \quad (2)$$

where  $A_i$  represents the advantage of  $i$ -th output  $o_i$ , meaning the relative quality of the  $i$ -th responses. The advantage  $A_i$  is sequence-level normalized reward, and we set the advantage  $A_{i,t}$  of  $t$ -th auto-regressive decoding time step token in the output  $o_i$  as the sequence-level advantage  $A_i$ . This process eliminates the need for a critic network, making policy updates computationally efficient and stable. The intuition behind GRPO objective is to maximize the advantage of the generated responses, while ensuring that the model remains close to the reference policy model  $\pi_{\text{ref}}$ . Consequently, the GRPO loss  $\mathcal{L}_{\text{GRPO}}$  is defined as follows:

$$\begin{aligned} \mathcal{L}_{\text{GRPO}}(\theta) = -\frac{1}{G} \sum_{i=1}^G \frac{1}{|o_i|} \sum_{t=1}^{|o_i|} & \left[ \frac{\pi_\theta(o_{i,t} | q, o_{i,<t})}{\varphi[\pi_\theta(o_{i,t} | q, o_{i,<t})]} A_{i,t} \right. \\ & \left. - \beta \mathbb{D}_{\text{KL}}(\pi_\theta \| \pi_{\text{ref}}) \right], \end{aligned} \quad (3)$$



**Figure 2. Schematic illustration of the proposed DocThinker framework.** Given an input image  $I$  and question  $q$ , we first sample  $G$  candidate outputs  $\{o_i\}_{i=1}^G$  from the old policy model  $\pi_{\theta_{old}}$ . The  $i$ -th output  $o_i$  has explainable and human-understandable intermediate results, including reasoning processes, rephrased question, regions of interest (RoI) supporting the answer, and final answer. Then we compute a reward  $r_i$  for each output  $o_i$  using our proposed multi-objective reward functions, which will be detailed in Sec. 3.2.2, including XML format reward, rephrased question reward, ROI IoU reward, and final answer accuracy reward. Subsequently, each reward  $r_i$  is normalized by subtracting the group average  $mean$  and dividing by the group standard deviation  $std$  to get a group relative advantage  $A_i$ . Finally, we optimize the current policy model  $\pi_\theta$  where  $\theta$  is trainable parameters by maximizing the advantage  $A_i$  while ensuring that the model remains close to the reference policy model  $\pi_{ref}$ , via KL divergence between  $\pi_\theta$  and  $\pi_{ref}$ .

where the first term represents the scaled advantage and the second term is regularization to penalize deviations from the reference policy  $\pi_{ref}$  through Kullback–Leibler (KL) divergence  $\mathbb{D}_{KL}(\pi_\theta \parallel \pi_{ref})$ , helping prevent catastrophic forgetting.  $\varphi[\cdot]$  represents stop gradient operation.  $\theta$  is the trainable parameter of the current policy model  $\pi_\theta$ .  $\beta \in \mathbb{R} \geq 0$  is a hyper-parameter and controls the regularization strengths. For more introduction of the general version of GRPO, please refer to appendix.

### 3.2. DocThinker

As illustrated in Fig. 2, we introduce DocThinker, a reinforcement learning (RL)-based framework designed for inference-time reasoning in multimodal document understanding. Unlike conventional supervised fine-tuning (SFT), which is often prone to overfitting and limited generalization, DocThinker refines its reasoning strategies by leveraging rule-based reward signals, enabling greater robustness across diverse document types.

Built on Group Relative Policy Optimization (GRPO), DocThinker optimizes for explainability, adaptability, and accuracy, allowing the model to iteratively improve its decision-making process. While the original GRPO algorithm has been primarily applied to text-only question-answering tasks, DocThinker extends its application to multimodal settings, where both document images and textual queries serve as inputs. Given a document image  $I$  and a question  $q$ , DocThinker generates a response  $o_i$  that includes explainable intermediate reasoning results, such as explicit reasoning traces, rephrased questions for improved clarity, identified Regions of Interest (RoI) supporting the answer, and the final predicted response. Through a multi-objective reward system, DocThinker continuously refines its reasoning strat-

egy via the GRPO algorithm, ensuring stable learning and enhanced adaptability across a wide range of document scenarios. The following sections discuss the choice of base model and prompt template in Sec. 3.2.1, and the design of verifiable multi-objective rewards for document understanding tasks in Sec. 3.2.2.

#### 3.2.1. Base Model and Prompt Template

For our base model, we adopt the state-of-the-art multimodal large language model Qwen2.5-VL 3B and 7B [1], denoted as  $\pi_\theta$ , where  $\theta$  are the trainable parameters. Given a training dataset  $X$ , each sample  $x$  consists of a document image  $I$  and a text prompt  $p$ , which includes the user's question  $q$  alongside a fixed template message. The prompt template is designed to instruct the MLLM to produce structured output  $o$ , which includes both a reasoning trace and a final output encoded in designated XML-like tags ( $<\text{think}> \dots </\text{think}>$  and  $<\text{answer}> \dots </\text{answer}>$ ). The reasoning trace enclosed in  $<\text{think}> \dots </\text{think}>$  serves as a key component in the model's self-improvement and optimization process during reinforcement fine-tuning. The answer enclosed in  $<\text{answer}> \dots </\text{answer}>$  is formatted in JSON, containing three critical fields: “`rephrase_question`”, “`bbox_2d`”, and “`final_answer`”. The “`rephrase_question`” represents an improved, more descriptive version of the original query. This refinement reduces ambiguity, helping users better understand how the model processes the question and formulates an inference. By enhancing question clarity, this component significantly contributes to the model's overall explainability. The “`bbox_2d`” encodes the 2D bounding box coordinates corresponding to the regions of the document image that the model deems highly relevant to answering the question. This visual cue serves as an explainability aid, providing insights

into which parts of the document influence the model’s reasoning. The “final\\_answer” contains the model’s predicted response to the given question  $q$ , ensuring that all intermediate reasoning steps contribute to a well-supported final decision. By incorporating both textual and visual reasoning elements, DocThinker enhances explainability across two modalities. The “rephrase\\_question” field refines the linguistic aspect of reasoning, while the “bbox\\_2d” field introduces a visual grounding mechanism, making the model’s decision-making process more transparent. For further details of the prompt template, please refer to appendix.

**Optimization.** We adopt the GRPO-based RL objective formulated in Eq. (3) to optimize  $\pi_\theta$ , ensuring that the generated answers are accurate, well-structured, and transparently reasoned. The reasoning trace, enclosed within  $<\text{think}>...</\text{think}>$ , serves as a crucial component for self-learning, allowing the model to iteratively refine its reasoning process. Meanwhile, the reward signal, derived from the correctness of the final answer, guides policy optimization, reinforcing high-quality responses. Through this structured reinforcement learning framework, DocThinker achieves greater explainability and generalization in multimodal document understanding.

### 3.2.2. Multi-objective Reward Functions

The reward model plays a crucial role in reinforcement learning (RL) by aligning the model’s predictions with predefined correctness criteria. While traditional RL approaches often rely on human preference-based reward models[20, 50], recent advancements, such as DeepSeek-R1 [5], have demonstrated that verifiable reward functions can significantly enhance a model’s reasoning ability. Inspired by this success, we extend Reinforcement Learning with Verifiable Rewards (RLVR) to the visual document understanding domain by designing a rule-based multi-objective reward function that evaluates both textual reasoning and visual comprehension. This ensures that the model not only produces accurate answers but also generates explainable intermediate steps, improving both generalization and transparency. Our framework evaluates model outputs based on four core criteria: format compliance, final answer accuracy, region of interest (RoI) consistency, and rephrased question quality.

**Format Reward.** The format reward ensures that the model’s output adheres to a structured XML-style schema, enforcing consistency for explainable and machine-parsable outputs. It verifies that the reasoning trace is enclosed in  $<\text{think}>...</\text{think}>$ tags and that the final response in  $<\text{answer}>...</\text{answer}>$ is valid JSON with required key-value pairs. Outputs deviating from this format are penalized to maintain structured and systematic reasoning. Given a model

output  $o$ , the format reward is defined as:

$$R_{\text{format}} = \begin{cases} 1, & \text{if } o \text{ follows the XML-style schema and} \\ & \text{JSON structure with valid key-value pairs,} \\ 0, & \text{otherwise.} \end{cases}$$

**Accuracy Reward.** The final answer accuracy reward measures whether the model’s generated response “final\\_answer” aligns with the ground truth answer. Unlike traditional RLHF, where correctness is determined through human preference rankings, we leverage a direct verification function that compares the model’s final answer against predefined ground truth values. For a given question  $q$  and model-generated answer “final\\_answer”, the reward function is defined as:

$$R_{\text{accuracy}} = \begin{cases} 1, & \text{if “final\_answer” = the ground truth,} \\ 0, & \text{otherwise.} \end{cases}$$

**RoI IoU Reward.** The RoI IoU reward evaluates how accurately the model identifies key visual regions in a document. For a given predicted bounding box  $B_{\text{pred}} = “bbox\_2d”$  and ground truth bounding box  $B_{\text{gt}}$ , the corresponding reward function is defined as:

$$R_{\text{RoI}} = \begin{cases} 1, & \text{if } \text{IoU}(B_{\text{pred}}, B_{\text{gt}}) \geq 0.5, \\ 0, & \text{otherwise.} \end{cases}$$

This reward encourages precise localization of relevant document regions, ensuring extracted information directly supports the model’s final answer.

**Rephrase Question Reward.** To enhance explainability, we introduce a rephrase question reward, which evaluates how effectively the model reframes the original query for improved clarity. Since document-based questions are often ambiguous or underspecified, an ideal model should generate a well-structured and informative rephrased question that provides additional context without altering the intent.

The quality of the rephrased question is assessed based on two criteria: semantic similarity to the original query and word diversity. Given the original question  $q_{\text{orig}} = q$  and the rephrased version  $q_{\text{rephrase}} = “\text{rephrase\_question}”$ , we compute the soft reward, including cosine similarity  $s$  and the ratio  $r$  of new words compared to the original question:

$$R_{\text{rephrase}} = \begin{cases} s + r, & \text{if } R_{\text{accuracy}} = 1, \\ 0, & \text{otherwise,} \end{cases}$$

where  $R_{\text{rephrase}}$  is normalized to  $[0, 1]$ . This reward encourages the model to generate refined queries that clarify ambiguous input while preserving the original meaning, ultimately improving transparency in its reasoning process.

MLLM				Document-oriented Understanding						General Multimodal Understanding					
	Res.	Data	Str.	Doc/Text					Chart	General VQA		Relation Reasoning			
				DocVQA	TextCaps	TextVQA	DUDE	SROIE		InfoQA	F30k	V7W	GQA	OI	VSR
LLaVA-1.5-7B [22]	336 <sup>2</sup>	-	SFT	0.244	0.597	0.588	0.290	0.136	0.400	0.581	0.575	0.534	0.412	0.572	
LLaVA-1.5-13B [22]	336 <sup>2</sup>	-	SFT	0.268	0.615	0.617	0.287	0.164	0.426	0.620	0.580	0.571	0.413	0.590	
SPHINX-13B [18]	224 <sup>2</sup>	-	SFT	0.198	0.551	0.532	0.000	0.071	0.352	0.607	0.558	0.584	0.467	0.613	
VisCoT-7B [35]	224 <sup>2</sup>	438k	SFT	0.355	0.610	0.719	0.279	0.341	0.356	0.671	0.580	0.616	<b>0.833</b>	0.682	
VisCoT-7B [35]	336 <sup>2</sup>	438k	SFT	0.476	0.675	0.775	0.386	0.470	0.324	0.668	0.558	0.631	0.822	0.614	
Qwen2.5VL-7B <sup>†</sup> [1]	336 <sup>2</sup>	-	-	0.350	0.642	0.735	0.202	0.472	0.325	0.603	0.556	0.455	0.347	0.616	
Qwen2.5VL-7B <sup>†</sup> [1]	1536 <sup>2</sup>	-	-	0.773	0.710	0.792	0.492	0.708	0.663	0.685	0.604	0.457	0.371	0.603	
Qwen2.5VL-7B* [1]	336 <sup>2</sup>	4k	SFT	0.355	0.658	0.740	0.215	0.489	0.334	0.624	0.563	0.467	0.405	0.619	
Qwen2.5VL-7B* [1]	1536 <sup>2</sup>	4k	SFT	0.784	0.725	0.801	0.498	0.714	0.674	0.680	0.609	0.472	0.427	0.624	
DocThinker-3B	336 <sup>2</sup>	4k	RL	0.460	0.663	0.746	0.213	0.486	0.335	0.664	0.572	0.486	0.485	0.625	
DocThinker-3B	1536 <sup>2</sup>	4k	RL	0.751	0.691	0.762	0.469	0.735	0.566	0.682	0.583	0.490	0.517	0.637	
DocThinker-7B	336 <sup>2</sup>	4k	RL	0.579	0.682	0.802	0.408	0.495	0.347	0.674	0.580	0.546	0.542	0.656	
DocThinker-7B	1536 <sup>2</sup>	4k	RL	0.795	0.738	0.827	0.515	0.806	0.689	0.701	0.625	0.694	0.686	0.721	
DocThinker-7B	1536 <sup>2</sup>	8k	RL	<b>0.802</b>	<b>0.757</b>	<b>0.836</b>	<b>0.568</b>	<b>0.814</b>	<b>0.697</b>	<b>0.734</b>	<b>0.641</b>	<b>0.737</b>	0.784	<b>0.768</b>	

Table 1. **Performance on the Visual CoT benchmark.** Grey results indicate zero-shot performance. The final row uses 8k data including F30k, GQA, OI, and VSR; only DUDE, SROIE, V7W are zero-shot. Res. and Str. short for resolution and strategy. InfoQA, F30k, V7W, and OI short for InfographicsVQA, Flickr30k, Visual7W, and Open Images, respectively. <sup>†</sup> indicate evaluating the model using the official checkpoint. \* means trained it on 4data4k setting via supervised fine-tuning. DocThinker and Qwen2.5VL\* differ only in training strategy.

**Final Reward Function.** The total reward combines four rewards to optimize both accuracy and explainability:

$$R_{\text{total}} = \lambda_1 R_{\text{format}} + \lambda_2 R_{\text{accuracy}} + \lambda_3 R_{\text{ROI}} + \lambda_4 R_{\text{rephrase}},$$

where hyperparameters  $\lambda_i = 1$  balance reward contributions and avoid reward hacking. This joint optimization ensures the model generates structured, explainable, and verifiable reasoning outputs for document understanding.

## 4. Experiments

**Datasets.** We utilize the Visual CoT dataset [35] as training data, which contains 438k question-answer pairs annotated with intermediate bounding boxes that highlight key regions essential for answering questions. These bounding box annotations facilitate the computation of the ROI IoU reward during reinforcement learning, improving the model’s ability to focus on relevant areas within document images. The dataset spans five domains, including text/document understanding, fine-grained understanding, charts, general visual question answering (VQA), and relational reasoning.

We establish two training configurations to examine the model’s adaptability to different levels of data diversity. The 4data4k setup focuses on document understanding, selecting 1,000 samples each from DocVQA [27], InfographicsVQA [28], TextCaps [37], and TextVQA [38] of Visual CoT dataset, totaling 4,000 instances. The 8data8k configuration extends training data to general VQA and relational reasoning by adding Flickr30k [33], GQA [12], Open Images [15], and VSR [21], with 1,000 samples per dataset, totaling 8,000 instances. This comparison examines how broader domain coverage impacts generalization. Unless specified, we adopt 4data4k configuration as default setting.

**Implementation Details.** Our base model is Qwen2.5-VL

3B and 7B [1], a state-of-the-art MLLM pretrained on curated web pages, open-source datasets, and synthetic data. To adapt it for document understanding tasks, we train it using the GRPO reinforcement learning framework, as described in Sec. 3. The model is trained for two epochs on eight NVIDIA A100 80GB GPUs, with a batch size of 2. The number of generated candidate responses for GRPO is set to  $G = 6$ . We employ the AdamW optimizer [25], using a learning rate of  $1e - 6$ . KL coefficient  $\beta$  set to 0.04.

**Evaluation.** We adopt Visual CoT Benchmark [35], a comprehensive multimodal data, to measure performance across a broad range of document reasoning tasks. Following Visual CoT evaluation protocol, we also assess model’s zero-shot ability using SROIE [11], DUDE [16], and Visual7W [54] datasets, evaluating its capacity to generalize beyond its training distribution. We leverage the standard metrics provided by Visual CoT Benchmark [35] to evaluate the model.

## 4.1. Main Results

Tab. 1 presents the results of our model DocThinker compared to several state-of-the-art MLLMs on the Visual CoT benchmark. The evaluation spans both document-oriented understanding tasks (including text-based document comprehension and chart analysis) and general multimodal understanding (covering general VQA and relational reasoning). Our model demonstrates significant improvements over baseline models, particularly in document understanding tasks, and achieves strong generalization across multiple reasoning domains. Across document-oriented tasks, DocThinker-7B (1536<sup>2</sup>, 8k) achieves the highest overall scores, outperforming prior methods, including VisCoT-7B, Qwen2.5VL, and LLaVA variants. The document understanding improvements are largely attributed to the GRPO-based RL strategy with the multi-objective rewards, which enhances the

model’s ability to focus on task-relevant regions within documents. In chart understanding (InfoQA), DocThinker-7B ( $1536^2$ , 4k) achieves 0.689, surpassing both VisCoT-7B ( $336^2$ , 438k, row 5) and Qwen2.5VL-7B ( $1536^2$ , row 9), which score 0.324 and 0.674, respectively. This suggests that RL enables better multimodal reasoning, allowing the model to extract and interpret structured information from chart data representations.

**Zero Shot Capabilities.** As shown in Tab. 1, highlighted results in gray indicate zero-shot generalization performance, where training data splits were not included in the training phase. Our model achieves competitive zero-shot results, particularly in DUDE and SROIE requiring fine-grained text recognition and layout-aware reasoning. Compared to Qwen2.5VL-7B ( $1536^2$ , row 7), which achieves 0.492 on DUDE and 0.708 on SROIE, our model reaches 0.568 on DUDE and 0.814 on SROIE. DocThinker outperforms all non-RL-based models, demonstrating that RL with verifiable rewards substantially improves performance in text-heavy, document-based tasks. The performance gap stems from training scale (4k vs. 438k) and zero-shot tasks compared to VisCoT. Still, DocThinker-7B ( $336^2$ ) outperforms VisCoT-7B ( $336^2$ ) on all non-zero-shot tasks using only 4k samples and same input. For general multimodal understanding, including VQA and relational reasoning, DocThinker (row 13) continues to achieve competitive performance compared to baselines on Flickr30k (0.701), Visual7W (0.625), GQA (0.694), and VSR (0.721). Particularly in relational reasoning tasks, which require understanding object interactions and contextual relationships, our RL framework enables superior performance. The zero-shot improvements suggest that RL enhances adaptability and generalization, allowing the model to generalize beyond its training distribution and reason effectively in previously unseen scenarios.

**RL vs. SFT.** A direct comparison between supervised fine-tuning (SFT) and RL-based models demonstrates the clear advantage of reinforcement learning. Comparing Qwen2.5VL-7B (SFT,  $336^2$ , 4k, row 8) with DocThinker-7B (RL,  $336^2$ , 4k, row 12), we observe substantial gains across multiple tasks. For example, in DocQA, our model improves from 0.355 to 0.579, and in TextQA, it rises from 0.740 to 0.802. Similarly, in Visual7W, our RL model achieves 0.580 compared to 0.563 with SFT, and in GQA, it improves from 0.467 to 0.546. These improvements highlight that GRPO-based RL training enhances model reasoning and decision-making, enabling it to produce more explainable, structured, and accurate outputs. The multi-objective reward functions, particularly those focused on RoI IoU and rephrased question quality, contribute significantly to the model’s ability to focus on relevant document regions and generate clearer reasoning traces.

**Explainability Ability.** A key advantage of DocThinker

over existing MLLMs for document understanding is its ability to generate explicit, explainable reasoning steps, rather than merely providing direct answers. Through our reinforcement learning framework, the model systematically breaks down its thought process into structured intermediate steps, with detailed reasoning enclosed in `<think></think>`tags and the final response presented within `<answer></answer>`tags. This structured output enhances transparency, making it easier to analyze how the model arrives at its conclusions. As qualitative performance is shown in Fig. 3, by incorporating structured reasoning rewards, including rephrased question clarity and RoI localization accuracy, our approach significantly enhances explainability over traditional SFT-based MLLMs, ensuring that responses are not only accurate but also more explainable and systematically derived.

**Visual Grounding.** We further evaluate DocThinker on the TextREC dataset [9], which requires locating objects based on text-conditioned referring expressions. By leveraging RoI IoU reward, DocThinker effectively aligns textual and visual information, improving grounding accuracy. As shown in Tab. 2, DocThinker-7B achieves 82.4% Precision@1, surpassing specialized models like TAMN (80.8%) and MDETR (63.3%). The improvement highlights the impact of reinforcement learning with verifiable rewards, which enhances the model’s ability to precisely localize objects tied to scene text. These results demonstrate that DocThinker extends beyond document understanding, excelling in spatial reasoning and multimodal grounding.

Model	Template1	Template2
Specialist Models		
TransVG [6]	50.1	54.0
MAttNet [48]	52.3	60.5
QRNet [45]	52.7	59.1
MDETR [14]	54.4	63.3
TAMN [9]	77.8	80.8
DocThinker-7B		82.4

Table 2. **Performance on the TextREC dataset.** Precision@1 (%) is reported. Template1 and Template2 represent using two different ways to construct referring expressions proposed in [9]. Template1 is “The object with `<OCR string>` on it”, and Template2 is “The `<category name>` with `<OCR string>` on it”.

## 4.2. Ablation Study

**Ablating Reward Functions.** To assess the impact of reward functions, we ablate RoI IoU (RI) and Rephrase Question (RQ) rewards, analyzing their effect across four datasets, as provided in Tab. 3. Removing RoI IoU reduces performance, particularly on InfoQA and TextCaps, indicating its role in document understanding tasks requiring precise visual grounding. Eliminating Rephrase Question leads to notable

**Question:** What is the number written in the clock?

**Explainable Output:**

```
<think>
The original question is quite vague and lacks context. However, since the image is about COVID-19, I will assume the question is about a specific number in the image. The number 24 is prominently displayed in the "What To Do" section, possibly related to a clock or a timer. I will rephrase the question to be more specific and then provide the answer.
</think>
<answer>
{ "rephrase_question": "What is the number displayed on the clock in the 'What To Do' section of the image?",
  "bbox_2d": [822, 480, 842, 515],
  "final_answer": "24"
}</answer>
```

**Question:** What is the name of the road mentioned in this letter?

**Explainable Output:**

```
<think>
The original question is straightforward but lacks context. To improve it, we need to specify the document and the part of the text that mentions the road. The image is a contract letter, which typically contains specific details such as addresses and locations. The road mentioned is part of the address for the recipient of the letter. The improved question should focus on the road in the recipient's address.
</think>
<answer>
{ "rephrase_question": "What is the name of the road mentioned in the address of the recipient in this letter?",
  "bbox_2d": [255, 767, 275, 802],
  "final_answer": "Pension Road"
}</answer>
```

Mr. Vincent Nepp  
Old Bridge Township Raceway Park  
230 Pension Road  
Englewood Cliffs, NJ 07632  
Attention: Mr. Nepp

When signed by you, this letter will constitute the Agreement between Old Bridge Township Raceway Park hereinafter referred to as "Track" and Sports Marketing Enterprises, Inc., its client, R. J. Reynolds Tobacco Company (both hereinafter referred to as "SME"), concerning advertising displays and promotional considerations at Old Bridge Township Raceway Park. In consideration of the mutual promises contained herein, the parties agree as follows:

- Baths Granted to SME**  
During the term of this Agreement, Track grants to SME the following rights:  
a. **Signage and Advertising**
- SME shall have the right to use, erect or cause to be erected signage at Track as described in and conforming to all of the specifications in Exhibit A attached hereto and incorporated herein by reference, including the right to make one copy on said signage during the entire term hereof. Unless otherwise provided herein, all signage shall be the property of Track.

**Question:** At what time will the Birmingham Bowl match be broadcast?

**Explainable Output:**

```
<think>
The image provides details about the SEC Bowl and Alabama Bowl Games in 2014, including the times and dates for each game. The Birmingham Bowl match is scheduled for January 3rd at 11 am CT on ESPN. The question asks for the broadcast time of the Birmingham Bowl match, which is clearly stated in the image.
</think>
<answer>
{ "bbox_2d": [448, 767, 468, 802],
  "final_answer": "11 am CT",
  "rephrase_question": "At what time will the Birmingham Bowl match, featuring East Carolina vs. Florida, be broadcast?"}
</answer>
```

Figure 3. Qualitative results of DocThinker. The thinking process significantly improves the reasoning ability and explainability.

drops in TextVQA and DocVQA, highlighting its importance for clarifying ambiguous queries to help the model generate more accurate and explainable responses. The most severe degradation occurs when both are removed, confirming their complementary contributions. This confirms that reinforcement learning with multi-objective rewards is crucial for enhancing both accuracy and reasoning quality in multimodal document understanding.

Method	DocVQA	TextCaps	TextVQA	InfoQA
DocThinker-7B	0.795	0.738	0.827	0.689
w/o RIoU	0.775	0.693	0.803	0.637
w/o Rephrase Question	0.763	0.716	0.772	0.658
w/o RI & RQ	0.741	0.662	0.758	0.602

Table 3. Ablation study of reward functions. The DocThinker uses  $1536^2$  input size with 4data4k training data setting. RI and RQ short for RIoU and rephrase question reward, respectively.

**Ablating KL Divergence.** To evaluate the impact of KL divergence regularization, we analyze different values of the coefficient  $\beta$  and its effect on performance across four document-oriented datasets. As shown in Tab. 4, when KL regularization is entirely removed ( $\beta = 0$ ), the model exhibits a decline in performance across all datasets, particularly in TextVQA and DocVQA, indicating that KL regularization plays a key role in stabilizing training and preventing catastrophic forgetting during reinforcement learning. Introducing a small KL weight ( $\beta = 0.001$ ) improves performance slightly but does not fully match the stability

compared to setting  $\beta = 0.04$ . The results suggest that an appropriate KL divergence coefficient is crucial for maintaining balance between exploration and stability, ensuring robust performance across datasets.

Method	DocVQA	TextCaps	TextVQA	InfoQA
DocThinker-7B ( $\beta = 0.04$ )	0.795	0.738	0.827	0.689
w/o KL ( $\beta = 0$ )	0.780	0.719	0.803	0.676
$\beta = 0.001$	0.785	0.726	0.812	0.682

Table 4. Ablation study of the effect of KL Divergence. The DocThinker uses  $1536^2$  input size with 4data4k training data setting.

## 5. Conclusions and Future Works

In this work, we introduced DocThinker, a reinforcement learning-based framework designed to enhance explainability, adaptability, and reasoning ability in multimodal document understanding. By leveraging Group Relative Policy Optimization and a multi-objective reward system, our approach dynamically refines reasoning strategies at inference time, overcoming the limitations of static Chain-of-Thought reasoning and supervised fine-tuning. DocThinker achieves state-of-the-art or highly competitive performance on standard benchmarks compared with previous SFT-based methods across multiple document understanding tasks. Expanding DocThinker to larger multimodal models and broader reasoning tasks and scenarios, such as scientific and legal document analysis, could further improve adaptability.

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