

ABSTRACTS

PSYCHIATRY FOR THE BETTTER WORLD: CULTURE OF EMPATHY, MENTAL HEALTH AND CHALLENGES OF OUR TIME

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Mental health is a vitally important global issue that still is associated with vast misunderstanding and misconceptions. Psychiatry nowadays is a rather complex field that suffering from divided self in which many languages are spoken reflecting many epistemic and empathic gaps. Systems, and complexity thinking lies at the heart of conceptualizing mental health as a desired state of salutogenesis, resilience, empathic collaboration, well-being, and meaningful good-life as well as lack of pathogenesis, dyspathy, destruction and mental disorders. As a specialty of medicine, psychiatry can be conceptualized in three main fields: evidence-based psychiatry, values-based psychiatry and narrative psychiatry. Evidence-based psychiatry (EBP) defines mental disorders as brain disorders and clinical practice is based on signs and markers which indicate functional or structural brain and bodily changes, objective alteration of mental functions, behavior and interpersonal/social relationships. EBP is dominant biomedical discourse which promotes standardized clinical and public health practice guidelines. Values-based psychiatry, associated with axiology promotes empathy and values of universal ethics and culture of life and love. The psychophysiological triad - cognition, emotion and behavior explain us how empathy and ethics drive our common values, trust, cooperation, resilience, coherence, human rights, and humanistic self, and so bridges individual, public and global mental health. The narrative-based psychiatry promotes the importance of narrative competence of psychiatrists to understand, respect and act upon the meanings of the patients' illness, therapeutic, recovery, quest and life narratives. It is based on the narrative self, logic of narratives, and distressed states of the soul, which are quite natural, understandable and the result of adverse impressions and experiences. One's ability to create, live and tell a coherent, hopeful and self-actualizing story of his or her life is a fundamental component of mental health and well-being. Psychiatry for the better world is just a stirring, inspiring and a noble narrative based on empathy, reason, science and humanity.

Global mental health is the international perspective on different aspects of mental health that is of huge importance today, much more than ever before. We should all be driven by the vision of psychiatry and psychology for a better world and promotion of mental health for all. Improving treatment strategies for mental disorders is considered as a central health challenge of the dawn of the 21st century, but promoting public and global mental health may be an even more important challenge. Humankind has never before faced such multidimensional existential problems as nowadays in our Anthropocene age such as climate change, air pollution, loss of biodiversity, water crises, deforestation, marine pollution, poison exposure, pandemics, etc. At the same time, despite the powerful scientific and technological possibilities, is unable to address the scope and solution of these firing-line issues. With COVID-19 pandemic and misinfodemics and additionally with the war in Ukraine, our volatile, uncertain, complex and ambiguous (VUCA) Anthropocene world has fundamentally shifted into the zone of higher risk, with multitude of dangers affecting our public and global mental health. Ethical relativism, individualism, selfishness, violent antagonism and global rivalries, wars, free market where everything can be commoditized, seems to make us flirting with global disaster and make our world floating over the abyss of many contradictions and seesaws of war and peace, hatred and love, dyspathy and empathy, collective insanity and mental health, clash of civilizations and empathic civilization, dark anti-Utopia/Dystopia and Utopia. The appropriate responses to these issues are well suited for the field of global mental health, an evolving interdisciplinary field of research and wide-ranging practice in order to alleviate mental suffering and promote mental health for all. Global problems need global solutions so culture of empathy, cooperation and partnership is the only route that offers any hope of mental health as a global public good for the security and better future of all humanity.

Global mental health promotion rests on three fundamental pillars. The first pillar is to recognize mental health as a global public good that requires action of all scientific, political, social and cultural sectors. Equal attention should be on the prevention and treatment of mental disorders as well as on the resilience, anti-fragility and promotion and maintenance of individual and collective mental health. The second pillar is a new transdisciplinary integrative definition of mental health bridging the gap between mental health of individuals and collectives/communities, from public to global mental health. It involves

integration of the many mental health disciplines. Culture of empathy drives our common values, trust, cooperation, resilience, coherence, human rights, and humanistic self, and so bridges individual, public and global mental health. The third pillar refers to human dignity and culture of empathy as an essential part of the new 2.0 Enlightenment. Revivifying the Enlightenment is a mental, social, spiritual and political movement that inspires aspiration towards global human spirit, collective mind and humanistic self, public and global mental health, cosmopolitanism and empathic civilization. Building blocks of global mental health and empathic civilization involve public understanding, epistemological authority, empathetic ontological authority and teleological cosmopolitan authority based on inspiring narrative, good faith, reason, science and humanism. There is no health without mental health and there is no individual and collective mental health without culture of empathy based on respect, trust and love.

Key words: Public and global mental health, culture of empathy, VUCA world, Anthropocene age, new 2.0 Enlightenment

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THE FUTURE OF MEDICINE AND PSYCHIATRY

Norman Sartorius

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The presentation will start with a discussion of consequences of socioeconomic trends that have affected societies in the past century, such as those of urbanization, demographic change, and population increase and those which have become apparent more recently such as digitalization, commoditification of social interactions, horizontalization of human relationships and the introduction of artificial intelligence in numerous fields, including that of medicine.

The presentation will then discuss the tasks which will face medicine in general and psychiatrists in particular and suggest steps which should be taken to ensure that psychiatrists of the future can face the changes of social structure and functioning and competently address the new problems which will emerge.

Among these steps will be the changes of undergraduate and postgraduate medical education ensuring the acquisition of essential social skills and knowledge necessary to deal with new problems such as (1) those resulting from the pandemic of comorbidity of mental and physical disorders, (2) those that are related to the difficulties in the provision of care because of the rapidly expanding burn-out of health workers and carers and (3) those that follow the inappropriate use of potentials offered by artificial intelligence and digitalization.

Key words: Comorbidity, burn-out, digitalization, social change, education

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GLOBAL (IN) SECURITY, MENTAL HEALTH AND ARTEFICIAL INTELLIGENCE

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Global security organizations failed to protect our societies and our nations in the case of unprovoked Russian invasion on Ukraine. This aggression is the greatest tectonic change in the global geopolitical security order since the end of the Cold War. Therefore, the world needs new global security architecture to prevent escalation of extreme military doctrines and strategies which may even use chemical, biological or even nuclear weapons. During the war time, people are exposed to devastating and traumatic events which may have a catastrophic consequence on their mental health causing anxiety, depression, PTSD and even suicidal behaviors. To prevent serious mental health disorders among more vulnerable individuals who may develop serious psychopathologies their urgent treatment in the early stages of their physiological, cognitive, emotional and behavioral changes is extremely important. These changes can be objectively assessed by clusters of different multimodal and multidisciplinary features and new therapeutic strategies which should be focused on early prediction and prevention of serious mental health disorders using tools and means of digital psychiatry based on AI and ML. Due to inadequate number of psychiatrists and limited psychiatric resources in coping with the upcoming war challenges on European soil, digital therapeutics wearable devices supported by advanced statistical methods and machine