

Psychiatria Danubina (ISSN 0353-5053) is published quarterly by Medicinska naklada, Cankarova 13, 10 000 Zagreb, Croatia; Pro Mente d.o.o., 10 000 Zagreb, Croatia.

The cost of a yearly subscription to the journal is € 50.00 for institutions, € 40.00 for individual subscribers and € 30.00 for students – the prices are without postage (Payments in other currencies will be accepted on the basis of the official currency exchange rates). Advertising enquiries, correspondence and copy requests should be addressed to

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Printed in Croatia.

Publication of the journal is supported by the Croatian Ministry of Science and Education.

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## SCIENTIFIC PSYCHIATRY IS ADOPTING A MULTI-PERSPECTIVE VIEW OF MENTAL HEALTH: A CASE FOR PSYCHIATRIA DANUBINA

Nenad Jakšić

\* \* \* \* \*

Recent decades have seen a rise of multi-perspective approaches toward understanding various subtleties in the development, clinical expressions, somatic consequences, diagnostic evaluation as well as pharmacological and psychological treatment of mental health issues and disorders. Consequently, a growing need for a precision psychiatry via clinical implementation of prediction modeling for mental health outcomes in real-world settings, is now of utmost importance (Meehan et al. 2022). Numerous experts have stressed out the importance of the so-called ‘‘person centered psychiatry’’, with the emphasis on the whole person within their individual context and shared decision-making and an interdisciplinary team approach (see Mezzich et al. 2016). Psychiatria Danubina, official journal of the Danubian Psychiatric Association affiliated with the World Psychiatric Association, has implemented this multi-layered view of scientific psychiatry since its humble beginnings in 1989 (see Jakovljevic 2023a). Although a detailed review is beyond our current scope, one should acknowledge this Journal’s publications throughout the years aimed at covering mental health from various and interrelated standing points: molecular (epi)genetics in schizophrenia (Maric & Svrakic 2012), PTSD (Domschke 2012) and personality disorders (Svrakic & Cloninger 2010), (neuro)biological underpinnings and correlates of schizophrenia (Dunjic-Kostic et al. 2013) and depression (Patel 2013), early developmental adversity in psychiatric illness (Verdolini et al. 2015) and suicide (Raleva 2018), personality-based risk and moderating factors in PTSD (Jaksic et al. 2012) and depression (Aukst Margetić & Jakovljević 2013), detrimental lifestyle factors and physical complications in severe mental illness (Sagud et al. 2009, Pantic et al. 2012, Šimunović Filipčić & Filipčić, 2018), novelties and controversies in the pharmacological treatment of psychiatric disorders (Uzun et al. 2010, Müller 2013, de Leon 2022), as well as psychotherapeutic and psychosocial interventions in adolescent and adult patients (Hasanović et al. 2009, Zhang et al. 2021). Highly comorbid somatic disorders, such as metabolic syndrome (Lasic et al. 2014) and Alzheimer’s disease (Padurariu et al. 2012, 2013), have been discussed in relation to mental health. A special interest has been paid to comorbidity among

mental health disorders; it seems comorbidity is more a rule than an exception, often unrecognized and underestimated in clinical practice, and the promotion of research on psychiatric comorbidities should help further validate current diagnostic systems and establish more effective treatments including personalized psycho- and pharmacotherapy (see Jakovljević & Ostojić 2013, Jakovljevic & Borovecki 2018). In accordance with this perspective, the Journal has published articles on, for example, comorbidity among bipolar disorder and ADHD (Ashcroft et al. 2015), PTSD and psychotic disorders (Kozaric-Kovacic 2009), depression and PTSD (Jakšić et al. 2017), as well as controversies and recommendations on psychopharmacotherapy in comorbid disorders (Jakovljevic 2009). Given the poorer treatment outcomes and various deficits in cognitive and behavioral domains among persons with comorbid mental disorders, this Journal has actively promoted conceptual discussions and dissemination of empirical findings in this field of research; recent large-scale international studies have even aimed at exploring shared molecular genetic structure underlying psychiatric comorbidity (Grotzinger et al. 2022). Moreover, numerous other psycho-sociological concepts and global events closely related to the scientific field of (public) mental health, such as empathy and resilience (Bratek et al. 2015, Jakovljevic 2018), religion and spirituality (Glavas et al. 2017), and global medical pandemic (Jakovljevic et al. 2020, Marčinko et al. 2020, Shuja et al. 2020), have been extensively covered by this Journal. Indeed, the focus of the 29<sup>th</sup> Danubian Psychiatric Symposium in 2021 held in Zagreb, Croatia, was on psychiatric comorbidity, creative psychopharmacotherapy, resilience, spirituality and global mental health from the perspective of person-center medicine. Of note, scientific relevance and research impact of the abovementioned brief and somewhat subjective overview of 31 articles encompassing a multi-perspective view of mental health in Psychiatria Danubina over the years, is reflected in their high number of citations, namely around 900 citations retrieved from Medline/PubMed as of March 3<sup>rd</sup> 2024.

Although Psychiatria Danubina was initially established as a scientific outlet in the Danube region (see Jakovljevic 2023a,b), its publication scope of research

interests has closely followed emerging fields and international collaborations within the mental health community. New theoretical and clinical developments in psychiatry and related disciplines increasingly seem to be in need of global and transcultural verification of their diagnostic and therapeutic assumptions, because cultural factors are known for their distinct contributions to the pathogenesis, neurobiology and expression of mental health issues and disorders (Osborn et al. 2020). For example, personality disorder core problems, particularly emotion dysregulation and interpersonal functioning, are influenced by cultural norms, such that borderline personality disorder structure and manifestation seem to be somewhat different in individualistic Western as compared to collectivistic Asian nations (see Ronningstam et al. 2018). Similarly, there seem to be some distinctions in which pathological narcissism expresses itself in individuals from transitional post-war Croatian society as opposed to those from Western nations (Jakšić et al. 2014). In line with this, *Psychiatria Danubina* has expanded its Editorial Board in 2011 to include expert members from various continents around the globe, and has seen an increase of submissions and subsequent publications of articles written by researchers from a multitude of cultures. Namely, the Journal has promoted scientifically valid research collaborations between Western and Balkan region countries (Deckert 2019), has closely supported international symposia on mental health research in times of the COVID-19 pandemic (Tavormina et al. 2020), has facilitated the 1<sup>st</sup> Chinese-Croatian International Conference on Psychiatry and Psychology (Jakovljević 2022), and it disseminated recent developments related to the newly published International Classification of Diseases – 11th Revision (ICD-11) (Gaebel et al. 2020), also by supporting an

international conference on ICD-11 and creative pharmacotherapy (Javed 2022, Sartorius 2022). Some of these efforts have been published in specialized supplement (non-regular) editions of *Psychiatria Danubina*, and this is yet another attempt of the Journal and its Editors to facilitate transcultural collaborations and spread scientifically valid concepts and empirical findings across the world. In conclusion, the emphasis on various theoretical and research perspectives in psychopathology covered by this Journal throughout the years, including the notions of comorbidity, resilience, public mental health and cultural idiosyncrasy, was guided in part by the concept of person-centered psychiatry as a transdisciplinary holistic strategy for the improvement of therapeutic effectiveness. This integrative approach encompasses the promotion of subjective well-being, mature and coherent personality, self-actualization and sense of meaningfulness, and the prevention of chronic disease in mental health patients and their communities (see Cloninger et al. 2016, Jakovljević 2018, 2021).

Concluding on a more personal note, but alas related to the multi-perspective and transdisciplinary nature of *Psychiatria Danubina*, long editorial experience in this Journal also creates the opportunity to keep up with a wide range of conceptual and empirical topics in the field of mental health, and to better distinguish between rigorous science and unreliable research findings in one's own clinical and scientific endeavours. By communicating with numerous authors and expert reviewers across the globe, one is constantly reminded that science is a global and universal enterprise, and that major scientific breakthroughs on human nature and its pathologies will most likely come from large-scale international and transcultural collaborations.

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