

PSYCHIATRIA DANUBINA: PROMOTING A CULTURE OF EMPATHY AND GLOBAL MENTAL HEALTH AND WELL-BEING

Miro Jakovljević

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Dear authors, readers, and colleagues,

Our journal, *Psychiatria Danubina*, has completed 36 years of regular publication. We began our heroic journey aiming to connect psychiatrists and other mental health professionals within Danube region countries before the fall of the iron curtain in Europe. Today, our open-access, international, peer-reviewed scholarly journal is dedicated to promoting original ideas, research, concepts, and theories related to an integrative, holistic, interdisciplinary, and trans-disciplinary approach in psychiatry and other mental disciplines worldwide. Psychiatry is an ever-changing field connected to new knowledge and technology, particularly in our era of artificial intelligence, which has become an integral part of modern mental health care and education.

Global mental health has emerged as a pivotal field, shaping the present and future landscape of mental health care and global well-being. It involves discovering and developing principles, effective policies, and best practices that advance research and education across a growing array of mental health disciplines. The ultimate goal is to enhance mental health and well-being at individual, family, public, and global levels. It is of great importance to our mission that our journal, *Psychiatria Danubina*, should return to the Web of Science (WoS) after a two-year embargo.

We are living in a VUCA (volatile, uncertain, complex, ambiguous) world during a time of unprecedented intellectual, technological, political, and social changes, with growing clashes of civilizations. We should ask ourselves “*Quo Vadis Homine*” and seek proper definitions of our individual, public, and global mental health, while considering what contemporary psychiatry can do for global mental health enlightenment in action for global sustainability, peace, and empathic civilization. Just as there is no health without mental health, there is no mental health without a culture of empathy and respect for universal human rights and values, both in family and society (Jakovljević 2023).

The culture of empathy is an essential part of the New Enlightenment—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. The relative lack of interest among health professionals, particularly psychiatrists and mental health workers, in opposing all forms of violence, human rights violations, and wars is disappointing (see also Jayasinghe 2024). As mental health is endangered globally through growing conflicts of civilizations and natural disasters, there is an evident need for urgent psychiatric support alongside humanitarian, political, and diplomatic activities (see also Ventriglio et al. 2024). Mental health professionals worldwide should engage in collective humanitarian efforts to advance global healing through connections with policymakers (Ventriglio et al. 2024). We in psychiatric and mental health journals can use our voices, values, expertise, and influence to make essential contributions to stopping and preventing wars from the perspective of public and global mental health promotion and protection.

Psychiatria Danubina is founded on the art and practice of empathic learning organization and dialogue culture, aiming to bridge the gap between separated branches within psychiatry and mental health disciplines. Its goal is to foster research and education through mutually respectful cooperation and transdisciplinary integration of three crucial concepts in modern medicine and psychiatry: evidence-based psychiatry, value-based psychiatry, and narrative-based psychiatry. The journal encompasses various perspectives and scientific disciplines related to mental health salutogenesis and mental disorders’ pathogenesis, education and training approaches, institutional policy, research, clinical practice, and management.

Our ultimate goal is to bridge epistemic gaps and improve communication and cooperation between mental health professionals and scholars from different systems of psychiatry, medicine, and mental health care through the promotion of scientific, systematic, and transformative empathic thinking and learning organization. What we sow, we shall reap. If we sow hate, we reap hate. If we sow love, we reap love. Although this universal law is documented throughout human history, many people miss its profound meaning. We should program our minds for a culture of empathy to live with love and gratitude in truth, peace, dignity, balance, and harmony to promote mental health for all. Our motto is “think long-term, act now.”

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