

Wake up psychiatry: Mental health, wars and globalization

Miro Jakovljević

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“To raise new questions, new possibilities, to regard old problems from a new angle requires creative imagination and marks real advance in science”
– Albert Einstein and Leopold Infeld, 1938

With this issue *Psychiatria Danubina*, the official journal of the Danubian Psychiatric Association, an affiliated member of the World Psychiatric Association, has completed 37th year of its heroic journey. We continue our heroic journey dedicated to bridging epistemic and emphatic gaps and promoting communication and cooperation between psychiatrists and mental health professionals and scholars from different disciplines of psychiatry and mental health care at all levels. Psychiatry is a dynamic, controversial and evolving branch of medicine, driven by technological innovations, scientific discoveries, digital revolution and artificial intelligence, and an increasing recognition of the importance of mental health at individual, family, social and global level. Addressing psychiatry and mental health in a globalized world is one of the goals of the *Psychiatria Danubina*. Geopsychiatry, political psychiatry, cross-cultural (transcultural or cultural) psychiatry and war psychiatry are interconnected, and distinct fields with both different but overlapping scope and focus. Geopsychiatry studies relationship between geopolitical systems and mental health (Bhugra, 2025), political psychiatry focuses on the political use and misuse of psychiatry (see Jakovljević, 2011, Liapis, 2024), cross-cultural psychiatry examines the role of culture in mental health, mental illness and its treatment (Kirmayer & Minas, 2000), and war psychiatry is about identifying and managing the neuropsychiatric consequences of armed conflicts (Jain, et al. 2022). *Psychiatria Danubina* promotes transdisciplinary integrative approach, not only to integrate different psychiatric disciplines but also movements for mental health for all at global level. Global learning organization, wisdom of collective mind and intelligence, and culture of emphatization are key terms describing editorial policy of *Psychiatria Danubina*.

Our volatile, uncertain, complex, competitive, ambiguous (VUCA) world is experiencing a fundamental crisis: a crisis in global psychopolitics, global ecology, and global mental health with about 50 cases of “extreme”, “high”, or “turbulent” levels of conflict. Toxic narratives and prejudices, hatred and wars undermine the health, welfare, and

functionality of individuals and whole populations. Toxic narratives divide, hatred dehumanizes, and wars destroy people. Wars associated with toxic psychocultures of narcissism and paranoidism (see Jakovljević, 2025b) are the true enemy of humankind and their consequences for people and planet are massively destructive and alarming.

Globalization creates both opportunities and challenges and has both beneficial and harmful effects on mental health and well-being, locally and globally. Recently, geopsychiatry emerged as a new subdiscipline in psychiatry, focusing on globalization, geopolitical factors and their effects on the mental health at all levels, individual, family, community and global levels (see Bhugra, 2025, Jakovljević, 2025a). Globalization affects psychiatry in 3 main ways: 1. Through its effects on the form of individual and collective identity and communal life that interact with psychiatric disorders; 2. through the impact of economic inequalities on mental health, and 3. most subtly, through shaping and dissemination of psychiatric knowledge (Kirmayer & Minas, 2000). It is evident that understanding mental health requires a much more serious engagement with both local/regional tradition and with globalization forces. Globalization refers to the process of increasing interconnectedness and integration of economies, cultures, technologies, medical and psychiatric institutions and associations, political systems and societies worldwide. As people, ideas, information, knowledge, and goods move easily across borders globalization is the process by which people, countries and communities become more interconnected through economic, social, cultural, and technological exchanges. It is amazing and frightening how globalization is reshaping our world with positive and negative results associated with healthy or toxic cultures of mind. It dramatically changes the conditions and nature in which we exist and the societies and cultures in which we live and so significantly affects mental health, its conceptualizations, measurements, quality and care. Globalization creates new forms of communication, individual and collective identity and values, political and economic interests that may influence mental health. It seems that globalization is followed by intensification of competition, conflicts and wars with toxic and destructive effects on global mental health and human rights. Commodification what means everything has become commodity, even the truth and health, and commercialism

with motto “maximum profit and minimum cost” has resulted in intergenerational and intercultural division of people’s sense of values. Globalization connects distant locations in such way that events in one place may affect or become affected by events in other locations around the world. Global approach to psychiatry manifests through international diagnostic systems such as DSM and ICD, global research collaboration and global mental health movement. The global mental health programs and their vision of helping the world to recognize the importance of mental health and the variety of ways to improve it are of great importance (see Sartorius, 2016).

What we need is globalization as integration of humanity and in humanity. Global problems demand global solutions, like the Global Mental Health Enlightenment 2.0 (Jakovljević, 2023a,b). A culture of empathization, dialogue and global ethos, brotherhood in humanity, cooperation, and partnership is the only route that offers any hope for global mental health as a global public good for all, and the better future for all humankind. Based on progress made in many mental health disciplines, psychiatry

has the historical chance to promote emphasizing psychoculture and global mental health for all. Emphasizing psychoculture is a culture of peace, love, mutual respect, understanding and cooperation.

It seems it is high time psychiatry wakes up and support grand strategy for global sustainability, mental health enlightenment and world of PEACE (Jakovljević, 2024). I agree with father and son Gabor and Daniel Mate (2022) and their call for waking up: “waking up to what is real and authentic in and around us and what isn’t; waking up to who we are and who we’re not; waking up to what our bodies are expressing and what our minds are suppressing, waking up to our wound and our gifts; waking up to what we have believed and what we actually value; waking up to what we will no longer tolerate and what we can now accept; waking up to the myths that bind us and the interconnections that define us; waking up to the past as it has been, the present as it is; and the future as it may yet be; waking up, most especially, to the gap between what our essence calls for and what “normal” has demanded of us”.

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Correspondence:

Miro Jakovljević, Professor Emeritus
School of Medicine, University of Zagreb
Šalata 3, 10000 Zagreb, Croatia
jakovljevic.miro@yahoo.com

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