

## Editorial

# Bridging Minds: Launching a New Era of Global Dialogue in Mental Health

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It is with great excitement that the *East West Journal of Mental Health* launches its inaugural issue, while I assume full responsibility as editor-in-chief. This journal is born out of the belief that the global mental health community needs more than just scientific publication platforms; it needs a dedicated space where open dialogue between cultures and scientific research can flourish through respectful exchanges that transcend geographical, disciplinary, and ideological limitations.

The name of our journal carries more than just symbolic meaning because it represents our genuine goal. We support contributions from both Eastern and Western perspectives in every geographical, epistemological, clinical, and theoretical context. Growing worldwide mental health challenges demand urgent collaboration between different cultural approaches and care systems, as resource diversity continues to increase.

Our journal welcomes a variety of research contributions, ranging from randomized trials and real-world studies to philosophical essays, clinical reflections, systematic reviews, and exploratory hypotheses. We require intellectual honesty, scientific rigour, and the ability to interact with others—especially when they present different perspectives.

We invite submissions that reflect the journal's core domains:

- **Psychiatry**, including diagnostic innovations, cross-cultural treatment models, and comparative studies of clinical outcomes.
- **Mental Health**, with emphasis on cultural psychological mechanisms, psychosocial interventions, and evidence-based traditional therapies.
- **Psychopharmacology**, encouraging real-world effectiveness research, analyses of cross-cultural medication efficacy, and work on personalized treatment approaches.
- **AI in Mental Health**, exploring the use of artificial intelligence for clinical diagnostic tools, the detection of cultural bias in data and algorithms, and ethical decision-making frameworks.

Our publication is completely independent of strict theoretical obligations and disciplinary constraints. The human mind, alongside its suffering, belongs to multiple disciplines, including psychiatry, psychology, neuroscience, sociology, anthropology, philosophy, and public health—so we will provide a platform for all of them. Both science and clinical practice benefit from diverse perspectives, making mental health the field that most needs both openness and discussion.

Our journal is launching at a time when technological advances are reshaping everything. Artificial intelligence is rapidly transforming the field of research, as well as the writing and review processes. The *East West Journal of Mental Health* maintains a neutral stance on AI. We view AI as an enabling resource that, when used properly, benefits both authors and reviewers. Authors can use AI for writing assistance, data handling, or literature searches in their submissions, but must transparently disclose this use and verify that all essential judgements, interpretations, and conclusions are human-generated. AI tools should be used to provide feedback and evaluate manuscripts, but the final recommendations must be made by qualified professionals, who must remain accountable for their evaluations.

Our approach demonstrates our belief that technology exists to assist, rather than replace, human decision-making. While the tools of tomorrow must be accepted, they require transparent use that demonstrates ethical behaviour and responsible practices.



Starting a new journal requires faith and dedication. Publishing represents a formal commitment to openness, curiosity, and excellence. Our goal is to create a platform that welcomes scientists who uphold methodological precision, intellectual freedom, analytical rigour, and unwavering ambition.

We look forward to receiving writing contributions from our authors. Reviewers are the invisible backbone of this project, and we will provide full support for your work. Our publication aims to stimulate thinking and deliver informative content to accompany professionals throughout their work.

We are initiating a discussion that will extend from East to West and back again, without limits or end.

**Conflicts of Interest**

The author declares no conflict of interest for this editorial.