

Editorial

Mental health as an evidence-based multidisciplinary commitment

La salud mental como compromiso multidisciplinario basado en evidencia

Andrómeda I. Valencia-Ortiz ^{a*}

Mental health is one of today's health system's most urgent care areas. In Mexico and around the world, mental health problems affect millions of people, limiting their well-being, their relationships, and their full participation in society. In this context, it is essential to rethink how mental health is conceived, cared for, and researched. The response can no longer be isolated or fragmented. It is necessary to consolidate a multidisciplinary approach that brings together medicine, psychology, social work, nursing, psychiatry, education, and other related disciplines with the common goal of developing comprehensive, humane, and effective interventions. It includes the responsible use of telemedicine, e-health, and artificial intelligence.¹⁻⁴

Evidence-based psychology plays a key role in these efforts. In an era of proliferating therapeutic proposals without scientific support, it is essential to distinguish those practices based on rigorous research, reproducible results, and proven efficacy. Models such as cognitive-behavioral therapy and other empirically supported approaches allow us to intervene with a greater likelihood of success and ensure that clinical decisions are guided not only by the professional's experience but also by the best available data, as well as the patient's characteristics, values, and context.¹⁻⁴

In addition, effective mental healthcare requires recognition that social determinants directly influence the onset, course, and treatment of mental disorders. Thus, a multidisciplinary approach addresses clinical needs and ethical and social responsibilities. Collaboration among professionals promotes a more comprehensive view of human suffering, avoids unnecessary medicalization, reduces stigma, and promotes culturally sensitive solutions. This collaborative work also requires strengthening public policies and the continuing education of professionals able to communicate across disciplines and integrate scientific evidence into their daily practice.¹⁻⁴

The commitment to dignified, accessible, and effective mental health care is not limited to the clinic. It also means promoting applied research, opening opportunities for prevention, working to develop integrated teams, and defending the right of all people to quality care. In a country where mental health disparities are profound, each step toward a collaborative, informed, and humanistic model is an act of collective responsibility. As members of the multidisciplinary healthcare team, we must embrace this commitment with conviction and an ethical sense so that our actions -in the clinic, in academia, in public policy, and the community- reflect the responsibility to provide mental healthcare based on knowledge, empathy, and collaboration. The well-being of those who trust us demands it, as it is part of our professional duty.¹⁻⁴

References

- [1] Ramírez-Bermúdez J. The multifaceted problem of mental health in Mexico: challenges and perspectives. BMJ Leader Blog [Internet]. 2023 [cited 2025 May 12]. Available from: <https://blogs.bmj.com/bmjleader/2023/12/21/the-multifaceted-problem-of-mental-health-in-mexico-challenges-and-perspectives-by-professor-jesus-ramirez-bermudez/>
- [2] González Casanova I, Martínez Rodríguez DL, Ortiz Brunel J, Rangel Gómez MG, de Groot M, Fernández A. Barriers and facilitators to mental health promotion for Mexican immigrants in the U.S. through the Ventanillas de Salud program. *Front. Public Health* 2023; 11:1268253.
- [3] Altamirano-Bustamante MM, Altamirano-Bustamante NF. Editorial: The role of evidence-based medicine and value-based medicine in clinical practice to enhance mental health. *Front. Public Health* 2024; 12:1487305.
- [4] Vargas Contreras E, Jiménez Pérez AL, Gutiérrez García RA, Martínez Martínez KI. The clinical psychologist and evidence-based practice in Mexico: Passing fad or pressing need? *Gac. Med. Caracas* 2021; 129(s1): 203-12.

^a Área Académica de Psicología, Instituto de Ciencias de la Salud, Universidad Autónoma del Estado de Hidalgo. Pachuca, Hidalgo. México, <https://orcid.org/0000-0001-9664-1993>, Email: andromeda_valencia@uaeh.edu.mx