

Scientific Approach and Medical Practices to Maintain Mental Health

Evgeniy Bryndin*

Interdisciplinary researcher of the International Academy of Education, Russia, Novosibirsk.

***Corresponding Author:** Evgeniy Bryndin, Interdisciplinary researcher of the International Academy of Education, Russia, Novosibirsk.

Received Date: September 05, 2025; Accepted Date: September 25, 2025; Published Date: October 01, 2025

Citation: Evgeniy Bryndin, (2025), Scientific Approach and Medical Practices to Maintain Mental Health, *Clinical Trials and Clinical Research*,4(5); DOI:10.31579/2834-5126/113

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Abstract

The current state of mental health in society is an important topic that attracts the attention of specialists, policymakers and the general public. Both positive and negative trends in mental health have been observed in recent years. According to the World Health Organization (WHO), rates of depression and anxiety disorders have increased significantly, especially as a result of the COVID-19 pandemic. This may be due to isolation, economic instability and uncertainty. Young people, including adolescents, face increased levels of stress and anxiety due to social media, academic pressure and changes in the social environment. In some places, there is a shortage of qualified professionals and resources. Telemedicine and online psychotherapy have become more common, making services more accessible to people, especially during the pandemic. Many companies are starting to implement mental health support programs, offering consultations, training and flexible work schedules. The current state of mental health in society requires a comprehensive approach, including education, improved access to services and community support. Investments in scientific methods, medical practices and modern technologies can lead to improvements in overall quality of life and personal mental health.

Keywords: scientific approach; medical practices; maintaining mental health; modern technologies

1. Introduction

Mental health is a state of well-being in which a person has an awareness of his or her abilities, can cope with the normal stresses of life, work productively, and make a contribution to the community. Mental health encompasses emotional, psychological, and social aspects, affecting how we think, feel, and act. It also affects how we cope with challenges, communicate with others, and make decisions. Let's look at the aspects of mental health:

1. Emotional well-being: the ability to experience positive emotions, manage negative emotions, and adapt to change.
2. Psychological resilience: the ability to cope with difficult situations, stress, and negative emotions, and to recover from adverse events.
3. Social connections: the quality and quantity of social interactions, having supportive relationships with friends, family, and the community.
4. Cognitive functions: the ability to concentrate, remember, solve problems, and think critically.
5. Self-awareness: Understanding your emotions, needs, and desires, which helps you make more informed decisions and set boundaries in relationships.

Mental health plays a key role in overall well-being and quality of life. It affects physical health, work performance, interpersonal relationships, and

social engagement. Poor mental health can lead to a variety of problems, including depression, anxiety disorders, and other mental health disorders. Let's look at the factors that affect mental health:

- Hereditary factors can increase susceptibility to certain mental disorders.
- Social conditions, economic factors, and support from others play an important role.
- Injuries, stressful situations, and life events can significantly affect mental health.
- Physical activity, nutrition, sleep, and habits can have both positive and negative effects on mental health.
- A healthy lifestyle supports mental health [1].

Mental health is an important aspect of life that requires attention and care. Maintaining mental health may include self-help practices, seeking support from specialists, and active participation in community life. Caring for mental health is not only a personal responsibility, but also a social task that requires joint efforts at different levels of society [2-13].

2. The spiritual essence of mental health

The spiritual essence of mental health is an important aspect of a person's overall well-being that includes their inner world, values, beliefs, and connection to something greater than themselves. It is not limited to

religious practice, although for many people faith plays a significant role in their mental health. The main components of spiritual health include:

- Understanding one's place in the world, having goals and aspirations that give meaning to life. - Awareness of one's core values and principles that guide behavior and decisions.
- The ability to establish deep and meaningful relationships with others, as well as with nature and society as a whole.
- The ability to cope with difficulties and stress, finding inner resources to overcome life's challenges.
- A deep understanding of oneself, one's emotions, needs, and desires, which allows one to find harmony within oneself.
- Spiritual forms of self-reflection help maintain mental health.

Health spirituality can affect physical and mental health, so it is important to pay attention to this aspect of life. Health spirituality promotes overall harmony, life satisfaction and stress resistance [14-15].

Spiritual purity is considered an important aspect of mental health. It is associated with a person's inner world, values, beliefs and attitude towards the world around them. When a person strives for spiritual purity, they experience deeper feelings of satisfaction, harmony and peace. Let's consider the aspects why spiritual purity is important for mental health:

1. Stress reduction*: spiritual practices such as meditation, prayer or yoga help reduce stress and anxiety.
2. Value guidelines: clear moral and ethical guidelines help people make decisions and cope with life's difficulties.
3. Community and support: spiritual practices often bring people together, creating communities where they can receive support and understanding.
4. Self-awareness: working on spiritual purity promotes deep self-analysis and understanding of one's own emotions and motives.
5. Wholeness and harmony: spiritual purity can promote a sense of wholeness and harmony, which in turn has a positive effect on one's mental state.

It is important to remember that each person is unique, and the path to spiritual purity may be different. For some, it may be related to religious practice, for others, to philosophy or personal morality. The main thing is to find what brings inner peace and satisfaction.

3. Interdisciplinary approach to mental health

An interdisciplinary approach to mental health is an integration of knowledge and methods from different fields of science and practice aimed at a comprehensive understanding and solution of problems related to mental health. This approach takes into account the diversity of factors influencing a person's mental state and allows for the development of more effective strategies for the diagnosis, treatment and prevention of mental disorders. Let's consider the key aspects of an interdisciplinary approach:

1. The fusion of different disciplines:

- Psychology and psychiatry: these fields interact to combine psychotherapeutic methods with medical interventions. Psychology helps to understand behavioral aspects, while psychiatry focuses on drug treatment.
- Neurology and biology: the study of neurobiological foundations allows us to understand how changes in the brain affect mental health. This knowledge helps in the development of new treatments.

2. Social and cultural factors:

- Sociology and anthropology: these sciences study how social structures and cultural contexts affect mental health. They help to understand how stigma and the level of social support can affect people's condition.
- Economics and policy: Economic factors such as access to health services and program funding play an important role in shaping effective mental health policies.

3. Education and prevention:

- Educational programs can train teachers and parents in methods of supporting mental health, which is especially important for children and adolescents.
- Prevention of mental disorders through educational and community initiatives helps to raise awareness and improve the overall health of the population.

4. Integrated treatment:

- An interdisciplinary approach allows for the creation of individualized treatment plans that take into account the patient's physical, emotional, and social health. –
- The interaction of various specialists (psychologists, psychiatrists, social workers, doctors) helps to ensure a more holistic approach to treatment.

5. Benefits of an interdisciplinary approach:

- Holistic understanding: combining different points of view allows for a more complete understanding of mental disorders.
- Effective treatment strategies: the ability to combine methods from different fields to achieve better results.
- Prevention and education: developing programs aimed at preventing mental illness and raising awareness in society.
- An interdisciplinary approach to mental health is an important tool for a deeper understanding and solution of problems related to mental disorders. It promotes the integration of knowledge and experience from different fields, which in turn improves the quality of life of people and creates a healthier society.

4. Mental Health in Science and Medicine

4.1 Scientific Aspects of Mental Health

1. Psychology and Psychiatry: these disciplines study human behavior, emotions, and thoughts. Psychology studies normal behavior and mental processes, while psychiatry focuses on the diagnosis and treatment of mental disorders.
2. Neuroscience: research suggests that mental disorders may be related to changes in brain structure and chemistry. For example, an imbalance of neurotransmitters such as serotonin and dopamine can affect mood and behavior.
3. Genetics: genetic factors may predispose a person to develop mental illnesses such as schizophrenia or depression. Research in this area is ongoing to understand how genes interact with the environment.
4. Environmental and Social Factors: living conditions such as stress, poverty, trauma, or lack of social support can significantly affect mental health.

4.2 Medical aspects of mental health

1. Diagnosis: mental disorders are diagnosed based on criteria set out in classifications such as the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders) and the ICD-10 (International Classification of Diseases) [16].
2. Treatment: there are a variety of treatments, including:
 - Psychotherapy: Types of psychotherapy, such as cognitive behavioral therapy (CBT), help people change negative thoughts and behaviors.
 - Medication: Antidepressants, antipsychotics, and other drugs can be used to correct chemical imbalances in the brain.
 - Integrated approach: combination of psychotherapy and medication is often most effective.
3. Prevention and education: it is important to raise awareness about mental health to reduce stigma and encourage people to seek help.
4. Rehabilitation: rehabilitation programs help people with mental disorders regain function and integrate into society.

5. Mental health is an important part of overall health and well-being. Ongoing research and development in psychology, psychiatry, and neuroscience are helping to better understand the complexity of mental disorders and to find more effective methods for their treatment and prevention.
6. Mental health in Orthodox medicine

Mental health in Orthodox medicine is considered an integral part of a person's overall well-being and is closely linked to spiritual life, moral values, and religious practice. The Orthodox tradition emphasizes harmony between body, soul, and spirit, which implies a holistic approach to treating and maintaining mental health. Let's look at the main aspects of mental health in Orthodox medicine:

1. Spiritual component: in Orthodoxy, faith and spiritual practice play a key role in maintaining mental health. Prayer, sacraments, confession, and participation in religious services can have a beneficial effect on a person's mental state, promoting inner peace and tranquility.
2. Moral and ethical principles: Orthodox medicine is based on Christian moral values, which help to form the right attitude towards oneself and others. These values contribute to the development of such qualities as love, tolerance, compassion, and humility, which in turn has a positive effect on mental health.
3. Social support: Orthodox communication plays an important role in maintaining mental health. A sense of belonging to a community, mutual help, and support from others can help cope with difficulties and stress.
4. Holistic approach: Orthodox medicine emphasizes the importance of a holistic approach to treatment that includes both spiritual and physical aspects. This may mean combining traditional medical methods with spiritual practices.
5. Psychology and spirituality: Orthodox medicine has an interest in integrating modern psychological knowledge with spiritual aspects. This includes the use of spiritual sacraments of the Church, which help people better understand their emotions and behavior in the context of their spiritual life.

Mental health in Orthodox medicine is viewed as a profound connection between body, soul, and spirit. Caring for mental well-being includes both physical and spiritual treatments that help people find inner peace, strengthen their faith, and develop harmonious relationships with others. It is important to remember that turning to spiritual sacraments and communications is a useful complement to professional mental health care.

6. Conclusion

There are a variety of practices aimed at improving mental and emotional well-being in different countries and cultures. Here are some of them:

1. Cognitive behavioral therapy (CBT) is widely used in Western countries to treat various disorders such as depression and anxiety.
2. Group therapy allows people to share experiences and support each other in a safe environment.
3. Mindfulness programs are becoming popular in many countries [17].
4. Sports and regular physical activity promote the production of endorphins and improve mood [18-19]. In Scandinavia, such types of active recreation as skiing and cycling are popular.
5. In Latin American countries, community life and joint activities are valued.
6. Art therapy helps people cope with emotional difficulties [20].
7. Ecotherapy: spending time in nature and gardening have been proven to be effective in improving mood and reducing stress levels. Forest therapy is a popular practice in Japan.
8. Many countries have campaigns on children's mental health [21-23].

9. Corporate programs to support mental health are becoming increasingly popular: stress management training, consultations and creating a comfortable working environment.
10. Russia, the USA, China and other countries use smart technologies to support mental and physical health [24-25]. Global practices can be adapted and integrated into various cultural contexts to more effectively support mental health. It is important to remember that approaches to mental health should be individualized and take into account the needs of each person.

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