

## Editorial

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### The rationale behind an editorial project

“Science cannot distance itself from human problems.” Carlos Chagas.

“Science is essential to a country’s sovereignty.” César Lattes.

“Science only has value when it serves humanity.” Oswaldo Cruz.

“Science is a collective project, and its ultimate purpose is to serve society.” Miguel Nicolelis.

“There is no scientific knowledge that dispenses with respect for the human being.” Nise da Silveira.

The *Journal of Psychiatry, Mental Health and Humanities* (JPsyMHH) has the mission of publishing, in an open, free, and continuous manner, relevant manuscripts that stand out for their scientific rigor and originality. As the first scientific journal of the School of Medicine of the University of Brasília (UnB), it was established that the editorial team would be responsible for managing a project attentive to ethical, scientific, methodological, social, and human issues.

In the development of this journal, as in a research problem, the entire project was conceived based on guiding questions that addressed the core elements related to an editorial project in the field of scientific communication. Accordingly, this editorial aims to clarify the structural components of the journal, available through the navigation links on the journal’s website, which provide guidance to authors about the journal and its author guidelines. To organize the content of this editorial, the main questions and answers that guided the development of this project will be presented.

### **Why the name *Journal of Psychiatry, Mental Health and Humanities*, and why publish in Portuguese and English?**

Two issues influenced the construction of the journal’s name. The use of English nomenclature was a deliberate choice by the editorial team, as the English language is

widely regarded as universal within science and academia and is essential for the dissemination of scientific research due to the globalization of knowledge. The terms “Psychiatry,” “Mental Health,” and “Humanities” were selected with the aim of broadening the journal’s scope. Thus, “Psychiatry” represents the journal’s primary axis, which is linked to the School of Medicine of the University of Brasília. The term “Mental Health” seeks to encompass studies from diverse fields of knowledge dedicated to developing research on the promotion of well-being, improvement of quality of life, prevention of mental disorders, and the promotion of effective interventions. Finally, the word “Humanities” represents the editorial team’s commitment to encouraging and endorsing studies and research focused on understanding the human experience through the influence of social, cultural, and historical contexts.

Portuguese and English were chosen for strategic and identity-related reasons. As previously stated, English is configured as a universal and scientific language, which reinforces its adoption as a strategy aimed at increasing the journal’s visibility, since every journal should focus on enhancing its impact, which consequently brings credibility. On the other hand, the decision to adopt Portuguese reinforces the editorial team’s concern with accessibility and the dissemination of national research, valuing not only our scholarly production but also the dissemination of the beautiful and rich Portuguese language within the scientific community.

### **Who can “speak” in this journal?**

Giving voice to people is one of the functions of a journal, and for the editorial team of JPsyMHH this process is highly important and deserves further explanation. In context, the University of Brasília is considered one of the best universities in Brazil, consistently ranking among the top ten higher education institutions in the country in numerous national and international rankings. The Medical School of UnB, founded in 1965, is highly regarded and also consistently ranked among the best in Brazil. With such an outstanding historical trajectory, the creation of the first scientific journal of the School of Medicine of UnB became indispensable and compelling. It was then, based on a proposal by faculty members of the Psychiatry Laboratory of the School of Medicine of UnB, that JPsyMHH was created and approved by the School of Medicine’s Chamber of Representatives in November 2024. In April 2025, the JPsyMHH project was also approved by the Technical-Scientific Council (CTC) of the University of Brasília’s Open Access Scientific Journals Portal, linked to the

Office of the Central Library of UnB.

The facts presented above underscore the responsibility that the JPsyMHH editorial team will bear in managing a journal affiliated with a university and an academic program of national and international prestige. To preserve and strengthen the prestige of the UnB Medical School, several strategies were designed to ensure the quality of the works that will be submitted to and published in the journal. Some of these strategies are described below.

Although authors are responsible for the content of works published in scientific journals, JPsyMHH has established certain criteria, which will be discussed, aimed at screening relevant studies that stand out for their scientific rigor and originality, as defined by the mission of JPsyMHH. The requirement of at least one author holding a doctoral degree is intended to strengthen the scientific and methodological quality of submitted manuscripts. Limiting submissions to a maximum of six authors and requiring a description of each author's contributions to the development of the work is another strategy aimed at selecting studies in which the authors were genuinely responsible for constructing the submitted article. To prevent the journal from becoming endogenous, that is, a scientific journal that predominantly publishes works by authors affiliated with the same institution, the editorial team established a maximum threshold of 20% for internal submissions. The mandatory use of the PRISMA checklists for systematic reviews and scoping reviews, the CARE checklist for case reports, and the JPsyMHH checklists for quantitative and qualitative studies is intended to ensure higher quality in the articles submitted.

### **Why open access, free of charge, and no publication fees?**

Open-access journals offer readers the advantage of free and immediate access to scientific output, eliminating financial barriers and expanding the democratization of information. This model facilitates the continuous updating of researchers and the general public, while also enabling broader circulation and use of published content. Moreover, open access contributes to transparency, scientific collaboration, and trustworthiness in knowledge production by fostering dialogue among researchers.

Scientific journals that do not charge authors' fees promote greater equity in the publication process by removing financial barriers, thereby encouraging diversity among researchers, institutions, and methodological perspectives in scientific production. This model reinforces the ethical and academic commitment of scientific journals, as editorial decisions tend to be based on the quality and relevance of scientific work rather than on the

availability of financial resources.

### **Why continuous publication?**

Currently, scientific journals have increasingly adopted the continuous publication model as a strategy to optimize the dissemination of knowledge, leveraging the potential of digital media and the internet. This model replaces the traditional system of closed issues, allowing accepted manuscripts to be made available immediately after the completion of the peer-review process.

Among its main advantages are the reduction of time between acceptance and publication, the rapid circulation of research findings, and an improved author experience, as manuscripts are published and cited more quickly. In addition, continuous publication provides greater editorial flexibility, optimizes production workflows, and minimizes the backlog of accepted articles.

### **Why require approval from a Research Ethics Committee, and why the concern with ethical issues?**

Approval of research involving human participants by a Research Ethics Committee is essential to ensure the protection of participants' rights and well-being, guaranteeing that studies are conducted in accordance with fundamental ethical principles such as beneficence, non-maleficence, autonomy, and justice. Beyond the formalization of a research project, this process enables prior assessment of risks and benefits, verification of the adequacy of the informed consent form, and protection of participants' confidentiality and data. Furthermore, ethical approval confers scientific and institutional legitimacy to research and is often a normative requirement for its conduct and publication.

JPsyMHH follows the guidelines of the Committee on Publication Ethics (COPE), which encompass essential dimensions such as transparency, authorship, conflicts of interest, data management and sharing, originality of manuscripts, plagiarism, self-plagiarism, and peer review. COPE's guidelines establish clear standards for authors, editors, and reviewers, with the aim of ensuring research quality and ethical responsibility at all stages of the editorial workflow.

### **What are the main thematic areas defined for the journal's scope, and which formats are accepted?**

The scope of a scientific journal defines its thematic and methodological boundaries. It must answer the following question: What can the journal publish? With regard to thematic areas, the journal accepts manuscripts related to the five major areas described below:

**1. Psychological assessment and psychometric instruments:** This area encompasses research focused on the development, adaptation, and search for validity evidence of psychological tests and scales for various contexts, such as clinical, educational, organizational, or social settings, as well as studies examining relationships between constructs and different variables.

**2. Neurosciences and pharmacology:** This area is dedicated to the study of the biological and neurochemical mechanisms underlying brain function and behavior. It includes research using neuroimaging, genetics, and neurophysiology. The analysis of the effects, efficacy, and safety of psychotropic drugs also falls within this area.

**3. Diagnosis and psychopathologies:** This area comprises investigations into the identification, classification, and understanding of mental disorders, as well as the influence of etiological, clinical, social, and cultural factors on mental illness.

**4. Treatments, interventions, and therapeutics:** This area encompasses research on the development and evaluation of evidence-based clinical and psychosocial interventions. It includes studies on psychotherapies and intervention protocols, as well as prevention and rehabilitation.

**5. Mental health, bioethics, justice, and human rights:** This area includes studies devoted to discussing the ethical, legal, and social dimensions of mental health. Such studies may address public policies, access to services, stigma, and the protection of vulnerable or minority groups. This area may also integrate mental health care with discussions of social justice and human rights.

With respect to formats, three types of studies will initially be accepted. The first are empirical studies, which are characterized by the collection and analysis of quantitative and/or qualitative data obtained through experiments, questionnaires, interviews, or observations. These studies aim to test hypotheses, describe phenomena, or analyze relationships between variables. The second type comprises literature reviews, which consist of a critical and systematic analysis of previously published studies on a specific topic. Systematic and scoping reviews should aim to synthesize existing knowledge, identify gaps, and guide future research. Finally, case reports describe, in detail, clinical situations or singular experiences of scientific interest and should contribute to the understanding of

rare, innovative, or underexplored phenomena in the literature.

## **Final Considerations**

This editorial sought to present the main issues that guided the development of the editorial project of JPsyMHH. All decisions were guided by collegial deliberations of the editorial team and by quality criteria derived from the guidelines of the Technical-Scientific Council (CTC) of the University of Brasília's Open Access Scientific Journals Portal, as well as from the literature on scientific communication.

Finally, I would like to revisit the references to the five Brazilian authors presented at the beginning of this editorial and justify their inclusion. The importance of these authors lies in their role in founding and modernizing essential pillars of Brazilian science, elevating the country to a level of global recognition in several fields. Oswaldo Cruz and Carlos Chagas, for example, were architects of public health and national biomedical research, establishing the model of scientific institutes (such as Fiocruz) that integrate scientific discovery, vaccine production, and the fight against endemic diseases. The renowned researcher Cesar Lattes played a crucial role in the institutionalization of research, demonstrating Brazilian competence in scientific practice and leading the creation of fundamental organizations such as CNPq. Nise da Silveira revolutionized the field of mental health by introducing a humanistic and transdisciplinary approach that brought together Medicine, the Arts, and Psychology, transforming psychiatric treatment in Brazil. Finally, Miguel Nicolelis represents the contemporary vanguard, internationalizing Brazilian neuroscience and leading projects that seek to decentralize the development of cutting-edge technology within the country. Together, they demonstrate that Brazilian science is capable of producing solutions with global impact.

The quotations from these five scientists converge on the idea that Brazilian science must, above all, be an exercise in humanity, ethics, and national sovereignty. While Carlos Chagas, Oswaldo Cruz, and Nise da Silveira emphasize that technical knowledge is invalid if it does not serve social well-being and respect for human dignity, Cesar Lattes and Miguel Nicolelis elevate this vision to the strategic domain, arguing that collective scientific production is the only path to ensuring a country's independence and progress. In sum, the thought of this group defines science not merely as an end in itself, but as a human endeavor that must promote ethical, social, cultural, and political commitment aimed at transforming reality and alleviating human suffering.

This is the spirit of JPsyMHH. We hope to give voice, above all, to our researchers, enabling them to contribute to the development of science at both national and international levels. It is expected that the manuscripts submitted to this journal will also not overlook the ethical and human issues inherent to scientific knowledge, presenting relevant research that stands out for its scientific rigor and originality, in accordance with the journal's mission.

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