

The need for a behavioural sciences focus in mental health and mental disorders

Chan Mei Hsien

Universiti Kebangsaan Malaysia, 50300, Kuala Lumpur, Malaysia

Track: Neurology and Mental Health

Theme: Prevention, Screening and Early Detection

ABSTRACT

The complexity of mental health and mental disorders necessitates a comprehensive understanding that extends beyond traditional biomedical models. There is a critical need to integrate a behavioral sciences perspective into mental health research and practice. Behavioral sciences, encompassing psychology, behavioral economics, cognitive science, social sciences, offer invaluable insights into the determinants of mental health, including environmental, social, and individual factors. By focusing on behaviors, motivations, and decision-making processes, we can identify modifiable risk factors and develop targeted interventions that promote resilience and recovery. Furthermore, incorporating behavioral sciences fosters a holistic approach, facilitating personalized treatment plans and enhancing adherence. Some of the factors that will be highlighted are recent advances illustrating how behavioral insights can improve prevention strategies, early detection, and management of mental disorders. Emphasizing interdisciplinary collaboration, this approach aims to bridge the gap between biological and psychosocial frameworks, ultimately leading to more effective, sustainable mental health solutions. Recognizing behavioral sciences as a vital component in understanding and addressing mental health challenges is essential to advancing research, policy, and clinical care in this field.

Keywords: Behavioural Sciences, Mental Health, Mental Disorders, Research, Application