



## Beyond Biopsychosocial Model (BPSM): A Multifaceted Approach to Mental Health

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### Dear Editor-in-Chief

Mental health, a complex and multifaceted aspect of overall well-being, is influenced by numerous interconnected factors. The first step toward improving mental health is understanding these factors. As indicated by prior research, lifestyle choices, including diet, physical activity, sleep patterns, stress management, and social relationships, as well as genetic makeup, psychological conditions, and environmental influences, are crucial contributors to shaping mental health status(1, 2).

Recognizing the biopsychosocial model (BPSM) as the cornerstone of psychiatric practice for the last forty years is crucial, as this approach takes a holistic approach by examining the interplay between biological, psychological, and social factors, which can impact mental health status and associated symptoms(3).

Mental illnesses have become a major concern not just in terms of public health but also socially and economically, highlighting the importance of addressing them(4). The WHO stated that anxiety and depression are among the most prevalent mental health issues worldwide(5). Moreover, a 2019 study reported approximately 970 million people, or 1 in every 8 individuals, were diagnosed with a mental disorder (6).

One of major obstacles in improving mental health status is providing comprehensive mental health services that involve specialist providers, general practitioners, psychiatric disability, rehabilitation services, and public community health services (7). Additionally, considering socioeconomic status, social support, and medical conditions affecting the use of mental health services is important to improve mental health outcomes (8).

Given the importance of both the provision and utilization of mental health services, it is possible to discuss the current framework and its leading factors that influence mental health status overall (Fig. 1). As provided in the model, it is crucial to have a comprehensive health system governance that takes into account the significant roles played by policymakers and healthcare providers in delivering health services and evaluating health outcomes. In addition, it is important to consider the biological and psychological features of individuals, as well as the impact of social factors. These elements, in both formal and informal capacities, can bring about changes in health policies and practices, as their influence are significant, making them key players in health system governance.



### **Individual and Social Factors**

Mental health status is influenced by numerous factors, each uniquely impactful. These factors can be broadly categorized into individual and social aspects. Individual factors encompass biological and psychological elements such as demographics, genetics, physical health, personality traits, and beliefs. On the other hand, social factors are rooted in community-based and societal contexts, including cultural and socioeconomic aspects like type of residence, experiences of racism, household income, and neighborhood characteristics. Religious factors also play a significant role in shaping mental health. Thus, understanding mental health requires a comprehensive approach that considers both individual and social influences.

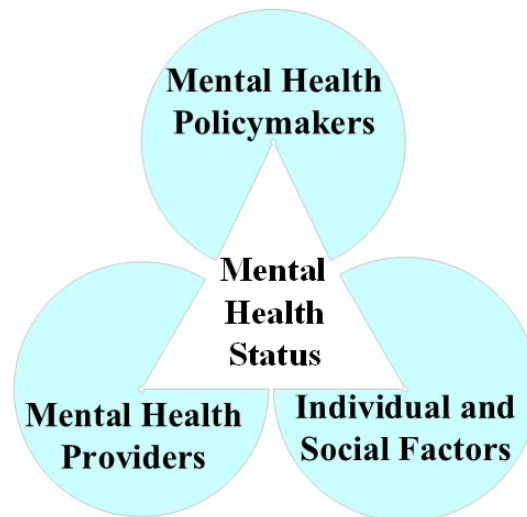
### **Mental Health Policymakers**

The affordability and accessibility of mental health services are largely impacted by public policies, regulations, and standards. It is important to raise public awareness about mental health disorders and to provide adequate funding and

support through initiatives like insurance coverage for mental health services. In this regard, policymakers play a crucial role in regulating and improving mental health through national policies and environmental regulations. Furthermore, their influence extends to mental health services, education, research, and promotion by allocating resources to improve access to services, promoting mental health education, funding research, and encouraging healthy lifestyles. Together, such policies can help alleviate the burden of mental illness and enhance well-being.

### **Mental Health Providers**

When it comes to providing mental health services, there are various factors that come into play. These factors include the provider's approach and attitude towards mental health, the availability of mental health services through providing a sufficient number of qualified mental health professionals, the use of telepsychiatry and digital interventions to expand access to care, as well as surveillance and monitoring systems to identify areas for improvement of mental health.



**Fig. 1:** Determinant factors of mental health

In conclusion, our understanding of mental health has significantly evolved. We now recognize the intricate interplay between biological, psychological, and social factors, a concept pioneered by Dr. Engel's biopsychosocial model (BPSM)(3). Furthermore, the critical roles of policymakers and healthcare providers are coming to light. This comprehensive perspective underscores the need for a multifaceted approach to mental healthcare delivery and support systems, which the proposed framework addresses. Moreover, this framework, by integrating the concept of multi-level health influences, paves the way for a future with improved mental health outcomes for all.

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## Conflict of interest

The author declares that there were no competing interests.

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