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Editorial

Brazilian Psychiatric Association: 60th anniversary

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This is a preliminary, unedited version of a manuscript that has been accepted for publication in the Brazilian Journal of Psychiatry. As a service to our readers, we are providing this early version of the manuscript. The manuscript will still undergo copyediting, typesetting, and review of the resulting proof before it is published in final form. The final version may present slight differences in relation to the present version.

Brazilian Psychiatric Association: 60th anniversary

Antônio Geraldo da Silva
President of the Brazilian Psychiatric Association – ABP

> "The biological study of the mind is not only a promising scientific endeavor, but also a deeply humanistic one."[1]

In 2026, the Brazilian Psychiatric Association (ABP) marks its 60th anniversary, representing six decades dedicated to the advancement of Psychiatry as a medical specialty grounded in science, ethics, clinical rigor, and human responsibility. Over this period, Brazilian Psychiatry has undergone profound transformations in research, training, clinical practice, and public engagement, accompanying both the expansion of neuroscientific knowledge and the increasing societal recognition of mental disorders as a major public health challenge.

The return of the Brazilian Congress of Psychiatry (CBP) to São Paulo, ten years after the congress that celebrated the ABP's fiftieth anniversary, carries symbolic and scientific significance. São Paulo, the largest metropolis in Latin America, embodies many of the tensions that increasingly shape contemporary mental health: accelerated urbanization, social inequalities, technological hyperconnectivity, demographic transitions, cultural fragmentation, and the psychological burden associated with modern life. At the same time, it represents scientific innovation, academic excellence, cultural vitality, and one of the most important medical ecosystems in the Global South.

Psychiatry occupies a singular position within Medicine because it operates at the intersection of neurobiology, behavior, cognition, subjectivity, and lived experience. Mental disorders cannot be adequately understood through reductionist frameworks alone. Advances in neuroscience, genetics, psychopharmacology, epidemiology, and computational psychiatry have significantly expanded scientific understanding of the brain and behavior. Nevertheless, clinical Psychiatry continues to demand an integrative perspective capable of recognizing the complexity of

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human suffering in its biological, psychological, social, developmental, and cultural dimensions.[2]

Human complexity has never accepted simplification.

Over recent decades, mental health has become increasingly present in public discourse. Discussions involving depression, anxiety, suicide, addictions, trauma, neurodevelopmental disorders, and emotional distress now permeate schools, workplaces, healthcare systems, digital platforms, and institutional policies worldwide. This broader visibility has contributed to important reductions in stigma and has expanded opportunities for access to care.[3] However, it has also exposed Psychiatry to new risks: oversimplified interpretations of complex phenomena, trivialization of diagnostic concepts, dissemination of misinformation, and the growing replacement of scientific rigor by algorithmic immediacy and fragmented communication.

In this context, the role of evidence-based Psychiatry becomes even more essential. Scientific integrity, rigorous training, ethical responsibility, and critical thinking remain indispensable foundations for psychiatric practice. Technological innovation and expanding public awareness cannot substitute clinical reasoning, longitudinal observation, psychopathological knowledge, and the physician–patient relationship, which continue to represent central elements of high-quality psychiatric care.[4]

Throughout its 60-year history, the ABP has actively contributed to strengthening Psychiatry in Brazil through continuing medical education, scientific congresses, clinical guidelines, research dissemination, residency training, public advocacy, and institutional defense of the specialty. More importantly, it has helped consolidate Psychiatry as a field simultaneously committed to scientific advancement and to the protection of human dignity.

The 2026 Brazilian Congress of Psychiatry represents not merely an institutional celebration, but also an opportunity for critical reflection regarding the future of mental healthcare. Psychiatry will increasingly be challenged by issues such as population aging, suicide prevention, substance use disorders, digital mental health, precision psychiatry, social polarization, loneliness, and the mental health consequences of global instability and accelerated social change.[5] Addressing these challenges will require scientific innovation combined with ethical prudence, interdisciplinary collaboration, and strong public commitment.

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The human mind remains one of the most complex dimensions of medicine and human existence. Within it coexist cognition and emotion, resilience and vulnerability, memory and identity, suffering and the possibility of recovery. Approaching this dimension requires not only technical expertise, but also humility, responsibility, and profound respect for the individual experience of each patient.

As the Brazilian Psychiatric Association celebrates its 60th anniversary, this moment offers an opportunity not only to honor its institutional history, but also to reaffirm the essential mission of Psychiatry itself: to advance scientific understanding in order to provide increasingly precise, ethical, evidence-based, and humane care.

May the Brazilian Congress of Psychiatry 2026 strengthen scientific exchange, stimulate critical thinking, foster collaboration across generations, and reinforce the role of Brazilian Psychiatry within the international scientific community.

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