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Interdisciplinary complexity research on common mental health problems; Introducing the Center for Urban Mental Health

Common mental health disorders (addictions and disorders related to anxiety and depression) are a worldwide epidemic and there is no evidence that the epidemic is subsiding. Treatments are effective for only approximately for half of treated patients. Relapse rates after response to treatment (of addiction and depression) are unacceptably high. Both depression and addictions have been framed as chronic brain diseases, but this has led to little progress regarding interventions. We argue that one of the main research challenges is to understand the causal interplay between etiological factors at different levels of explanation, ranging from (sub)cellular neuroadaptations to societal effects on behavior (e.g., effects of discrimination or loneliness). Complexity modelling has been successfully applied in other fields of science. In this presentation, the newly founded centre for urban mental health will be presented (which started late 2019), which uses complexity science and network modelling as backbones to unravel the complex etiological pathways to common mental disorders, with the aim to find new pathways to target common mental health problems