

Translation Perspectives in Psychiatry: A Learner's Viewpoint Editorial

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1. Introduction

This special issue of *Translation*, titled Perspectives in Psychiatry: A Learner's Viewpoint brings together a diverse collection of mini-reviews and case-studies to reflect translational medical research. These contributions highlight how psychiatry is evolving beyond scientific models of treatment and toward integration of knowledge that bridges brain, behavior, and patient care. Psychiatry sits at a unique junction between brain biology and human experience which requires clinicians and researchers to engage with neural mechanisms, behavior, and social context to understand mental illness. As neuroscience advances, the challenge is to translate novel findings into patient care that is effective and equitable, to meet real-world complexity.

2. Bridging Brain and Behavior: Updates in Neuroscience

Neurosciences are at the core of understanding clinical psychiatry. Therapeutic modalities are now being developed that attempt to directly address neural circuitry associated with mental illness. For instance, in this issue, research on MDMA-assisted psychotherapy and transcranial magnetic stimulation is reflective of the increased focus on developing novel interventions that influence an individual's neural pathways, learning, processing, and emotions. The mechanistic and clinical approach of these contributions marks a paradigm shift in applications of neuroscience; we now focus on targeting specific neurobiological and neural dynamics rather than addressing symptoms alone. This shift also highlights the exciting work in personalized medicine, where the heterogeneity of psychiatric illnesses is now being recognized and neural pathways targeted for treatments.

3. Barriers and Opportunities: Accessing Mental Health Care

This section highlights key barriers to psychiatric treatment, with emphasis on prolonged wait times and unhoused populations. Delays in medical care can compromise effective treatment, leading to missed appointments, postponed assessments and treatment initiation. There is a disproportionate association between unhoused individuals and psychiatric disorders, with higher patient readmission rates and lower medication access and adherence, ensure psychiatric care, and reduce wait times through reforms.

4. Psychotropics and Psychotherapy: Interdisciplinary Care for Patients

This set of reviews addresses the use of psychotherapy and psychotropic medications in patient care. While psychotherapy was traditionally utilized as part of in person therapy consults, it has expanded to online modalities as well. Another less explored approach is introducing psychotherapy to medically admitted patients. Through a model-based approach, benefits and potential improvements in introducing this version of care to medically admitted patients were identified. Additionally, antipsychotics were associated with increased risk of developing metabolic syndrome in several studies. Based on meta-analyses, metformin is a possible intervention for addressing antipsychotic-based weight gain. Finally, interventions for misophonia may be handled in a tiered method, using approaches such as cognitive behavioral therapy, pharmacotherapy, and combined treatment models as a guide for clinical decision making. Collectively, these articles demonstrate the evolving role of psychotropic medications and psychotherapy in modern psychiatric practice.

5. The Ps of Women's Mental Health: Premenstrual, Pregnancy, and Postpartum Care

This section examines women's mental health across key reproductive stages, highlighting periods of psychiatric vulnerability, and the mechanisms, behavior, and social context to understand mental illness. As neuroscience advances, the challenge is to translate novel findings into patient care that is effective and equitable, to meet real-world complexity.

importance of early recognition and care. The articles review the role of stress and inflammation in premenstrual dysphoric disorder, the association between pre-eclampsia and subsequent psychiatric risk, and new-onset psychosis during pregnancy and the postpartum period. These reviews highlight risk factors and treatment approaches. Together, these contributions emphasize the need for integrated, stage-specific mental health screening and intervention throughout reproductive care.

6. Early Intervention: Pediatric, Adolescent, and Student Mental Health

This section focuses on early identification and intervention in mental health conditions affecting children, adolescents, and students. The mini-reviews address the pediatric mental health crisis and evolving clinical guidelines, emerging concerns such as AI-related existential distress, rare psychiatric presentations such as cannibalism in youth, and evidence supporting family-centered and peer-based interventions for suicidal youth. The section also examines mental health trends among medical trainees, highlighting the impact of academic and training environments on psychological wellbeing. Collectively, these papers emphasize the value of early intervention in improving psychiatric outcomes.

7. Conclusion

As you embark on your reading journey through the space between brain biology and human behavior, we implore you to be open-minded towards the nuances that exist within the human mind and experience. This special issue displays how mental health providers and student researchers are working to provide patient-centered, optimized care for all. Through reading this issue, we invite you to take away how the complexities of the lived experience and psyche manifest themselves in the clinical setting. The art throughout the issue illustrates the key findings within each section. We hope that you enjoy reading and find this experience educational and transformative!