


## Diversity and otherness in mental health care: markers and seams for the transit of the pandemic

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The suspension of certainties once produced, in a scenario of chaos and instability, marked the year 2020. Even though we are going through a global storm, it is not yet possible to deal with a post-pandemic scenario, scientific knowledge is reasserting itself as a guide, reinforcing the role of journals in the sense of conveying relevant productions and that have undergone a dense evaluation process to be presented to the community as evidence and notes for the practice<sup>(1)</sup>. In the area of mental health, so debated and controversial during the pandemic<sup>(2-3)</sup>, this challenge has encouraged us, in line with the mission that enlivens SMAD, to strengthen our editorial process and our ethical, political and scientific commitment in the face of the different circumstances.

The first SMAD issue of the year 2021 is opened with a very opportune editorial in times when the need is discussed for us to respect, welcome and care for each other amidst the diversity and the multiple social markers of difference. Written by Christoph Käppler, from the University of Dortmund, in Germany, and by Fabiana Faleiros Santana Castro, from the University of São Paulo, this editorial highlights the need to reflect on a person-centered perspective in the context of rehabilitation, that is, considering humanist elements that go beyond the notion of autonomy and invite us to think about authenticity and congruence, fundamental conditions for care desired to be comprehensive.

The first article that makes up this issue is entitled "Binge drinking and associated factors in indigenous people from the Karipuna ethnicity", by Fernanda Matos Fernandes Castelo-Branco, from the Federal University of Amapá, and Divane de Vargas, from the University of São Paulo. Binge drinking emerges as a phenomenon to be understood by 230 Karipuna indigenous people in the territory of Oiapoque. The study pointed to the need to know the specifics of this population, so that educational and preventive strategies can be built that consider the developmental contexts of these communities, avoiding the adoption of health actions that are only imported from scenarios that do not keep relationships with how alcohol is meant in the communities surveyed.

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The second article, "Practicalities for family adherence in the treatment of chemical dependence: Perception of the family members", by Ana Carolina Belmonte Assalin, Sonia Regina Zerbetto, Bianca Oliveira Ruiz, Priscila Souza Cugler and Sarah Salvador Pereira, was developed in a Psychosocial Care Center - Alcohol and Drugs in the inland of the state of São Paulo. According to the authors of the study, recognizing the aspects that enhance family adherence is essential for the health care in this device to welcome these family members and their needs more purposefully, producing better outcomes in the care offered.

The construction of matrix support is discussed in the study entitled "Matrixing: An outpatient experience", written by Marina Bianco Perrone and Thiago Marques Fidalgo, from the Federal University of São Paulo. The action-research carried out over seven years by an occupational therapist pointed to the importance of matrixed work, allowing for important increments for the clinical construction. The authors recommend the collective construction of therapeutic projects that can convene different audiences and intelligibilities in the care process.

Researchers from the Medical School of Marília, the university of Western São Paulo and the "Julio de Mesquita Filho" São Paulo State University present the article entitled "Living and health conditions of older adults with mental disorders according to gender". In this study, Maria Cássia Corrêa Mazzi Freire, Maria José Sanches Marin, Carlos Alberto Lazarini and Daniela Garcia Damaceno start from data produced in a mental health clinic. Corroborating findings described in the literature, women seek care in this device in a more intense manner, contrary to what can be observed in men. For the latter, this has repercussions, for example, in later diagnoses. The strategies must consider gender as an important marker, so that actions can in fact achieve their goals with these aged individuals.

Following, the article entitled "Nursing mothers who use drugs and the breastfeeding outcome: A cohort study", by Silmara de Fátima Teixeira Ribeiro and Rosa Aurea Quintella Fernandes, from the Guarulhos University, seeks to know the breastfeeding outcome in mothers using legal and illicit drugs. The study carried out with 108 women concluded that the mothers who used drugs practiced exclusive breastfeeding, even those who used marijuana and cocaine in an abusive way. Despite the consideration that drug use represents a risk factor for early weaning, the profile of these users can point to the construction of different strategies for changing maternal behavior during breastfeeding.

A research study carried out through a partnership between *Santa Casa de Misericórdia de Presidente Prudente* and the Medical School of Marília aimed to characterize the older adults assisted in a Psychiatric Urgency and Emergency Service regarding their sociodemographic profile and the association with the psychiatric diagnosis and prescription of medications. This study, entitled "Aged patients seen at a Psychiatric Urgency and Emergency Service", written by Mayara Giuli dos Santos Cordeiro and collaborators, pointed out that the prevalent diagnoses between 2015 and 2016 were those of schizophrenia and mental and behavioral disorders resulting from the use of psychoactive substances. In terms of the professional practices discussed by the authors, the maintenance of a care model that still opposes the Ministry of Health recommendations for psychosocial rehabilitation stands out.

The next study is entitled "Degree of nicotine dependence of patients treated for smoking in a public university", by Rafael da Rosa Maciel, Lidia Dalgallo, Erildo Vicente Müller and Elaine Cristina Antunes Rinaldi, from the State University of Ponta Grossa. The participants in this research were patients seen over a four-year period in a university extension project on smoking. The data showed that the degree of chemical dependence on nicotine was associated with physical and psychological dependence. This finding highlights the need for health education strategies to involve listening to the different elements involved in smoking, with emphasis on the resources produced through the association of drug therapies with a cognitive-behavioral approach to health.

Humanization in mental health care is addressed by Deivson Wendell da Costa Lima and Lívia Dayane Sousa Azevedo, from the University of São Paulo, in partnership with researchers from the State University of Rio Grande do Norte: Ana Karla Ramalho Paixão, Kelianny Pinheiro Bezerra, Rodrigo Jacob Moreira de Freitas and Fátima Raquel Rosado. The study prioritized the intelligibilities produced by nurses working in a psychiatric hospital in the inland of northeastern Brazil, revealing the association of humanized care with the asylum model, promoting disjointed actions and which do not consider patient participation, in a movement that still reveals the sovereignty of the biomedical, hospitalocentric and medical-centered discourse in the field of mental health.

The article entitled "The perception of mental health workers on the role of harm reduction" by Diego Fernandes Leal, Vanessa Alvez Mora da Silva, Luana Ribeiro Borges, Sandra Beatris Diniz Ebling, from Federal University of Pampa, and Aline Ost dos Santos, from the Municipal Health Secretariat of Uruguaiiana, in Rio Grande do Sul, had as research context a Psychosocial Care Center for Alcohol and other drugs in the region. The narrative focus group pointed to the fact that the harm reducer, in the service in question, has the ability to create and sustain bonds for the realization of an effective and quality welcoming. This data corroborates the permanent movement towards the deconstruction of the stigma of substance users in society, reinforcing the adequacy of this mental health care proposal.

The study entitled "Training in common mental disorders in the ward: Use of active methodologies in the construction of care", by Marília Girão de Oliveira Machado, from the Federal University of Ceará, and Cynthia Lima Sampaio, from the Walter Cantídio University Hospital, in Fortaleza, sought to know the perceptions of nurses who work in psychiatric beds in a general hospital about the use of active methodologies in training in the field of mental health. Such methodologies were recognized as positive and powerful in this context, being associated with the possibility of more meaningful learning that allows for the engagement of the professionals.

The impacts of alcoholism on family relationships have been studied in the literature from different perspectives and in the view of different actors involved in this process. The study produced by Ketlen Patricia Alves Cordeiro, Lavinia Luzia Gomes Souza, Raquel Schwenck de Mello Vianna Soares, Ludmila Cotrim Fagundes and Wellington Danilo Soares, linked to the Ibituruna Health and Humanities College, the Federal University of the Valleys of Jequitinhonha and Mucuri and the State University of Montes Claros, highlighted different meanings about alcoholism produced by men who frequent Alcoholics Anonymous. Among these meanings, those related to the initiation of abusive use, the consequences for the family and help strategies stand out. These strategies include both the family and the support of entities such as Alcoholics Anonymous.

Thiago Guimarães Da-Silva, Pedro Fonseca De Vasconcelos and Ivan Gilson Silva Moura, from the Santo Agostinho Health College, in Vitória da Conquista, Bahia, present the study entitled "A current approach to the use of antidepressants in the management of postpartum depression". From an integrative literature review, sertraline was identified as the predominant drug in the pharmacological treatment of puerperal depression. The review also noted that there is no consensus on the superiority of the pharmacological therapy over psychotherapies for the treatment of postpartum depression.


The last study that makes up the present issue highlights the theme of mental health in university students, a content that has been extensively investigated in the contemporary world, which was accompanied by the discussions that took place throughout 2020, in the context of the pandemic by the new coronavirus and of COVID-19<sup>(4-6)</sup>. To contribute to this discussion, Larissa Barreto dos Santos, Karina Gomes do Nascimento, Andréia Guedes Oliva Fernandes and Talita de Cássia Raminelli-da-Silva, from the Euro-American University Center, presented the article entitled "Prevalence, severity and factors associated with depression in university students", which identified depressive symptoms in 521 university students in the Federal District. In the present research, family income and the semester attended were factors associated with the severity of depression, so these variables must be better understood in future studies to compose a list of risk and protective factors that can be listed in the context of care in mental health aimed at university students.

We conclude this presentation with the desire that these studies of the first 2021 issue can be appreciated in terms of the realities portrayed and the challenges in mental health highlighted by these contexts, which should constantly encourage the search for the recognition of resources and the proposition of strategies that face these circumscribing elements. These productions must be revisited by the readers from different perspectives and also through the transforming invitation embodied in the pandemic of COVID-19. This scenario – in transit – should enable us to design actions that dialog both with the intermittence of this condition and with the possibilities of reading that will affect us for a long time to come. That in 2021 we can take on these challenges supported by what we learned from 2020 and by the always renewed hope when we think about mental health care, this attention that cannot be developed without sufficient openness to diversity, announced since the editorial, and also to otherness, which forces us to look, consider and welcome the other(s) beyond our research, teaching and practice scopes.

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