

## The Necessity of Promoting Mental Health in Taiwan

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### ABSTRACT

This article examines the promoting mental health in Taiwan. Historically, Taiwanese psychiatry, heavily influenced by psychoanalysis, emphasized psychological theories while overlooking the crucial role of brain–mind functioning in promoting mental health. Consequently, society has lacked a comprehensive understanding integrating brain, physical, psychosocial (including occupational), and spiritual dimensions of mental health literacy. This above imbalance has inadvertently contributed to stigma toward mental disorders and psychiatric care, raised social safety concerns, and hindered early prevention of mental disorders. The article elaborates on the urgent and essential need to promoting mental health and outlines necessary actions. First, “mental health” should be formally renamed and conceptualized as “jīng shén jiàn kāng”, distinct from “xīn lí jiàn kāng” in Traditional Chinese, and denoting an integrated framework that encompasses brain and physic homeostasis, psychosocial adaptation, and self-function, or self-worth. Beyond psychological, social, and educational theories, this concept incorporates brain and mind sciences. Ignoring individual neurobiological differences, life experiences, and sociocultural contexts weakens the theoretical foundation of promoting mental health and limits the development of simple, practical,

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comprehensive strategies and ways to mental health. Second, amid rapid social transformation, information overload, and growing interpersonal alienation in Taiwan, approximately 30% of the population have aggravatedly experiences mental distress, depression, anxiety, or loneliness-contemporarily significant social issues according to surveys conducted by the Mental Health Foundation, Taiwan. Their underlying root causes lies in “insufficient brain-power to cope with life challenges”, underscoring the need to promote brain care, cognitive vitality, social connectedness, and LOHAS (lifestyles of health and sustainability; “Lèhuó” in Traditional Chinese) to alleviate distress effectively in Taiwan. Finally, while facing up to serious mental distress and related social safety challenges, the article calls for action grounded in brain-mind science to establish a robust theoretical framework and culturally appropriate public education in mental health literacy for Taiwan.

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**Key words: Mental Health, Health Promotion, Stigmatization, Social Security, Mental Health Literacy, Brain-mind Science**

# 台灣推廣精神健康之必要性

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## 摘要

本文審視臺灣精神健康(mental health)發展，早期精神醫學深受精神分析影響，看重心理學理論，忽略腦-心智(brain-mind)功能在精神健康扮演的重要角色，導致社會普遍缺乏「腦、身體、心理社會功能(含職能)及靈性」的完整精神健康知能，因此造成精神疾病與精神醫療的污名化和社會安全議題，並失去預防精神疾病的先機。本文闡述推廣精神健康的迫切必要性及必要作為。第一，應正名「mental health」為「精神健康」，其意涵包括腦與生理恆定、心理社會調適與自我意義等三層面統整的精神健康。「精神健康」不僅涵括心理、社會及教育學習理論，更涵蓋腦與心智科學；若忽略腦個別差異、不同的生命發展經驗及社會文化角色，推廣精神健康的理論就顯得薄弱，也無法發展出簡易可行的整體精神健康策略與方法。其次，臺灣社會變遷快、資訊氾濫與人際疏離，約三成民衆有精神困擾、情緒不佳、焦慮不安或孤寂感等社會問題。其根本在於「腦力不足以應對生活衝擊」，迫切需要以保養頭腦、充沛腦力、三五成群及樂活免煩惱等概念推廣精神健康，有效化解精神困擾。最後，面對重大精神困擾或疾病衍生的社會安全議題，根據腦-心智科學身體力行，發展推動精神健康的理論，並推廣符合臺灣社會文化背景的精神健康知能教育。

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**關鍵詞：**精神健康、健康促進、污名化、社會安全、精神健康知能、腦-心智科學

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