

Editorial

Lee Knifton

The global mental health crisis requires innovative approaches and equitable solutions. The four articles in this edition illustrate ways of improving mental health outcomes across diverse populations and contexts, revealing how technology, workplaces, gender-responsive care and marginalized community wellbeing are important in public health.

Mwogosi's scoping review examines how digital technologies can transform public mental health interventions delivered by allied health professionals. The widespread adoption of teletherapy and mobile health applications can extend services beyond clinical settings, offering flexibility and scalability. However significant barriers persist. Digital literacy gaps, data privacy concerns and infrastructure limitations – especially in low-resource settings – continue to constrain implementation equitably.

Le and colleagues investigate overtime and its effects on Vietnamese high school teachers' mental health, revealing the profound impact that work conditions have on psychological wellbeing. This research demonstrates that mental health interventions must extend beyond clinical treatment to address the structural and organizational factors that generate distress. Educational institutions are important settings for practice and policy changes.

Okafor's examination of masculinity, stigma and mental health addresses a persistent challenge: engaging adult males who historically underutilize mental health services. By exploring alternative therapies such as exercise, mindfulness-based practices and spirituality-based care, this work advocates for approaches that align with masculine values. Integrating these approaches into mainstream treatment models is important.

Mansoori and colleagues document alarming rates of depression, anxiety and stress among transgender individuals in Sindh, Pakistan, with many experiencing severe psychological distress. This mental health crisis facing transgender populations is worsened with limited access to support. The findings highlight urgent needs for targeted mental health services, anti-discrimination laws and community awareness initiatives.

These articles illuminate interconnected themes for public health action: digital tools offer transformative potential but require intentional investment in infrastructure and training to bridge the digital divide; addressing occupational stress and workplace conditions represents essential upstream prevention work; mental health equity requires prioritizing marginalized communities through improved access and addressing stigma.

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