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Evidence-Based Mental Health

Evidence-Based Mental Health aims to "engage" psychiatrists and psychologists, particularly younger professionals, in the challenge of basing their practice on evidence. It aims to provide material to allow professionals to develop the necessary skills, practice evidence-based mental health in their own practices, and keep up to the latest evidence in the field and the ever expanding suite of evidence-based approaches, joining the growing community of people with active interest in EBMH across the world.



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From the Editor

The scope of *Evidence-Based Mental Health* is to introduce and promote the practice of evidence-based medicine in mental health across the world. This means that we are not interested in simply selecting and disseminating the best evidence by itself. Scientific literature is continuously made available (sometimes too much and too often misleading) with websites and other sources regularly updating, almost in real time, with the latest content. Our mission is rather different. We want to help interested readers learn how to select and use the best available evidence to answer their questions and markedly improve their own clinical practice. This journal should be seen (and built) as a tool to learn how to practice evidence-based medicine in the context of specific and diverse mental health clinical settings across the world.

Despite the fact that practicing within the frame of evidence-based medicine is the most robust approach we have today to improve care and limit risks for our patients, practicing evidence-based medicine is not a one-size-fits-all approach. Evidence-based medicine is not like following a recipe: it is not a warranty of clinical success and it is challenging because it requires medical knowledge, critical appraisal and clinical skills. Moreover, practicing in an evidence-based medicine manner can be harder in mental health because psychiatry and clinical psychology have specific features that are unique from the rest of medicine. The editorial board welcomes any feedback, positive or negative (but constructive), and look forward to interaction and collaboration with our readers to make EBMH as useful, meaningful and fun as possible.

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