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## **Transcultural Psychiatry: Culture and ethnicity really matters**

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The cultural psychiatry perspective can help psychiatrists understand the tangible limitations and possible theories about the origin of mental disorders. Accordingly, it can lead to improvement in the management of mental disorders and psychiatry practice with respect to the significant diversities of populations suffering from mental disorders worldwide.

Cultural psychiatry takes in consideration the significant effect of environment on the onset, form of symptomatology, and prognosis of mental disorders. It tries to answer the question enquiring about the validity of diagnostic classifications of mental disorders (ICD 11, DSM5, and CCMD) in different cultures and ethnic groups.

Meanwhile, cultural psychiatry aims as well at clarifying the exact etiology of mental disorders once and for all to end the endless debate; about whether they are mere representatives of social constructs, genuine medical conditions, or a mixture of both.

In conclusion, it is crucial to manage our patients with acute or chronic illnesses whether physical or mental with a panoramic perspective taking the cultural aspects into consideration. Medical professionals have to admit that our knowledge and skills in spite of being important, are not the sole key in defining the prognosis of our patients.

### **Recent Publications**

1. Kleiman A (1977) Concepts and a model for the comparison of medical systems as cultural systems. *Social Science and Medicine*, 12, 85-94.

### **Biography**

Eman Ahmed Zaky is a prominent figure in the field of pediatrics and mental health care in Egypt. She is widely recognized for her contributions as a medical professional, educator, and advocate for children's well-being. She currently serves as a professor in the Pediatric Department at the Faculty of Medicine, Ain Shams University, and holds the prestigious position of President of the Egyptian Society of Mental Disorders and Children's Care, based in Cairo, Egypt. Her journey in the medical field began with her pursuit of a medical degree at Ain Shams University, one of the leading medical institutions in Egypt. Throughout her academic journey, she displayed exceptional dedication, passion, and talent in the field of pediatrics. After completing her medical training, she further specialized in child mental health and disorders, realizing the critical importance of addressing psychological well-being alongside physical health in young patients. As a faculty member at Ain Shams University, she has been actively involved in teaching and mentoring medical students, helping shape the next generation of healthcare professionals. Her expertise and commitment have earned her the respect and admiration of both her students and colleagues.

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