

**Was haben mentale und
Gesundheit und Demokratie
miteinander zu tun?**

Dr. Thomas Götz, Berlin

@ChatGPT:

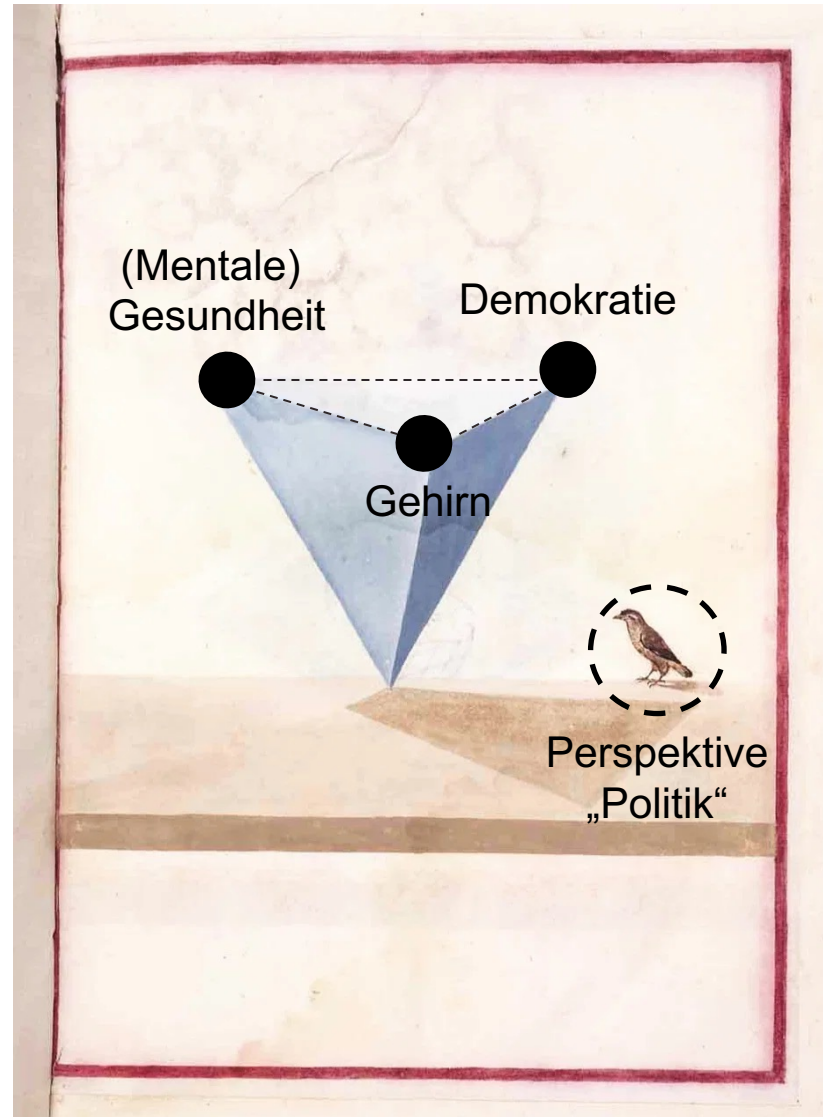
„Übersetze mir
meinen Vortragstitel
in ein Bild“

**Was haben mentale und
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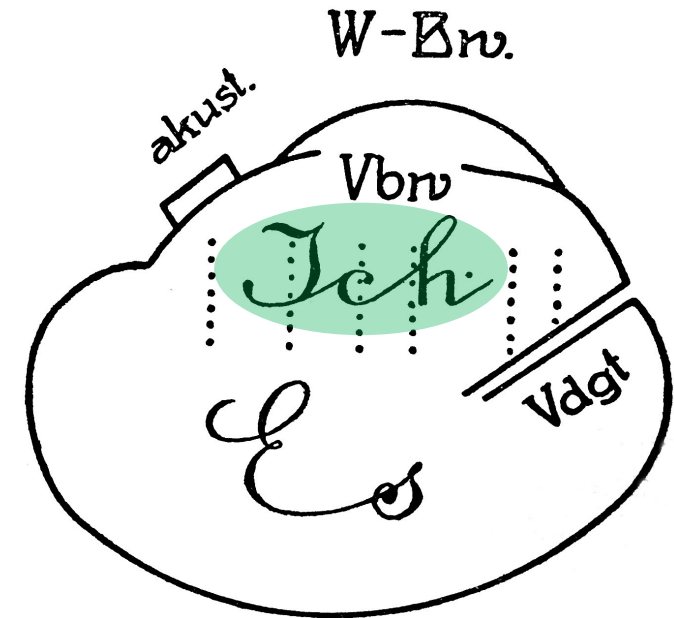
Heutiges Agenda-Dreieck als Teil von etwas Größerem



Cod. Guelf. 74.1 Aug. 2° ;
Heinemann-Nr. 2708), Herzog-
August-Bibliothek, Wolfenbüttel,
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<https://pdimagearchive.org/image/s/abe68c4f-386b-4f49-8b30-d7af2c726c8c/>

Warum ich?

- Studium Humanmedizin in Freiburg i.B.
- FA für Psychiatrie und Psychotherapie & FA für Öffentliches Gesundheitswesen
- Promotion in Physiologie (Patch-clamping)
- Initial „kliniksozialisiert“ (D, CH), zunehmende „Verwaltungssozialisierung“ (Gesundheitsamt FFM, Landesbeauftragter für Psychische Gesundheit in B)
- 12/21 bis 04/23 Staatssekretär für Gesundheit & Pflege bei der SenWGPG in Berlin
- 2023 Mitglied des Vorstandes der Dt. Allianz Klimawandel und Gesundheit (KLUG e.V.)
- 01/24 bis 12/24 Staatssekretär für Gesundheit, Integration & Soziales im MSGIV Brandenburg
- Seit 2025 freiberufliche Beratung im Gesundheits- und Sozialwesen
 - U.a. Fellow Mental Health Alliance
- Politisch engagiert bei B90/Grünen: ehemals LAG Sprecher Gesundheit und Soziales in B, Koordinator für Koalitionsverhandlungs-AG Gesundheit und Pflege (2021) in B, Koordination Wahlprogrammabschnitt Gesundheit und Pflege (2025), Mitwirkung Resilienzpapier (2025) u.a.



S. Freud, Das Ich und das Es (1923),
Q: Wiki Commons

Was kann ich heute bieten...



Nicht wissenschaftlich tätig
Empirie n=1
Keine einfachen Lösungen
Kein umfassender Vortrag



Politikerfahrung
Psychiatrie-Erfahrung
(Öffentliche) Gesundheitserfahrung
Demokratieerfahrung
Netzwerker
Systemisch-denkend
Neugierig
Impulse-gebend

Was ist „Gesundheit“?

CONSTITUTION OF THE WORLD HEALTH ORGANIZATION¹

THE STATES Parties to this Constitution declare, in conformity with the Charter of the United Nations, that the following principles are basic to the happiness, harmonious relations and security of all peoples:

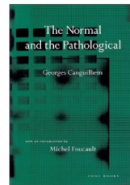
Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

What is health? The ability to adapt

Health is not a "state of complete physical, mental, and social well-being". And nor is it "merely the absence of disease or infirmity". The first part of this formulation is enshrined in WHO's famous founding constitution, adopted in 1946. It was supposed to provide a transformative vision of "health for all", one that went beyond the prevailing negative conception of health based on an "absence" of pathology. But neither definition will do in an era marked by new understandings of disease at molecular, individual, and societal levels. Given that we now know the important influence of the genome in disease, even the most optimistic health advocate surely

for a more realistic understanding of what it means to be healthy. The fact is that one cannot be healthy in an unhealthy society.

Health certainly has to encompass these complex determinants of illness. But to say this can induce a feeling of fatigue, even defeat. The obstacles to a minimum quantity of health seem so huge and so complex that it is almost impossible for a single doctor to have any influence on their effects. But if we take a more modest view of what health means, perhaps we may be able to transcend the complexities of disease and offer a very practical mission for modern medicine.



See Series page 837

BMJ

BMJ 2011;343:d4163 doi: 10.1136/bmj.d4163

Page 1 of 3

ANALYSIS

How should we define health?

The WHO definition of health as complete wellbeing is no longer fit for purpose given the rise of chronic disease. **Machteld Huber and colleagues** propose changing the emphasis towards the ability to adapt and self manage in the face of social, physical, and emotional challenges

- Herkömmliche Definitionen von Gesundheit unzureichend und nicht an der Lebensrealität der Menschen orientiert
- Gesundheit als Ziel oder als Mittel zum Ziel?
- Individuelle (und gemeinschaftliche) Fähigkeit zu Anpassung, Selbstwirksamkeit und Gedeihen bei sozialen, physischen und emotionalen Herausforderungen (z.B. Huber et al. 2011)
- **Gesundheit = Befähigung und Funktion**
- **Gesundheit als „Verwirklichungschance“, ein gutes, selbstbestimmtes Leben zu führen**
(<https://leitbegriffe.bioeg.de/alphabetisches-verzeichnis/verwirklichungschancen-capabilities/>)

Brock Chisholm (1896-1971), 1. Director General der WHO

It is because we believe that "without mental health there can be no true physical health" and that the World Health Organization can only make progress with the understanding and help of ordinary people, that this study outline concentrates on mental factors responsible for the world sickness of today and attitudes necessary for world health.

Outline for a Study Group on World Health and the Survival of the Human Race. Material drawn from articles and speeches by Brock Chisholm Geneva: World Health Organization; 1954

Q: <https://iris.who.int/bitstream/handle/10665/330666/MH.276.51-eng.pdf>

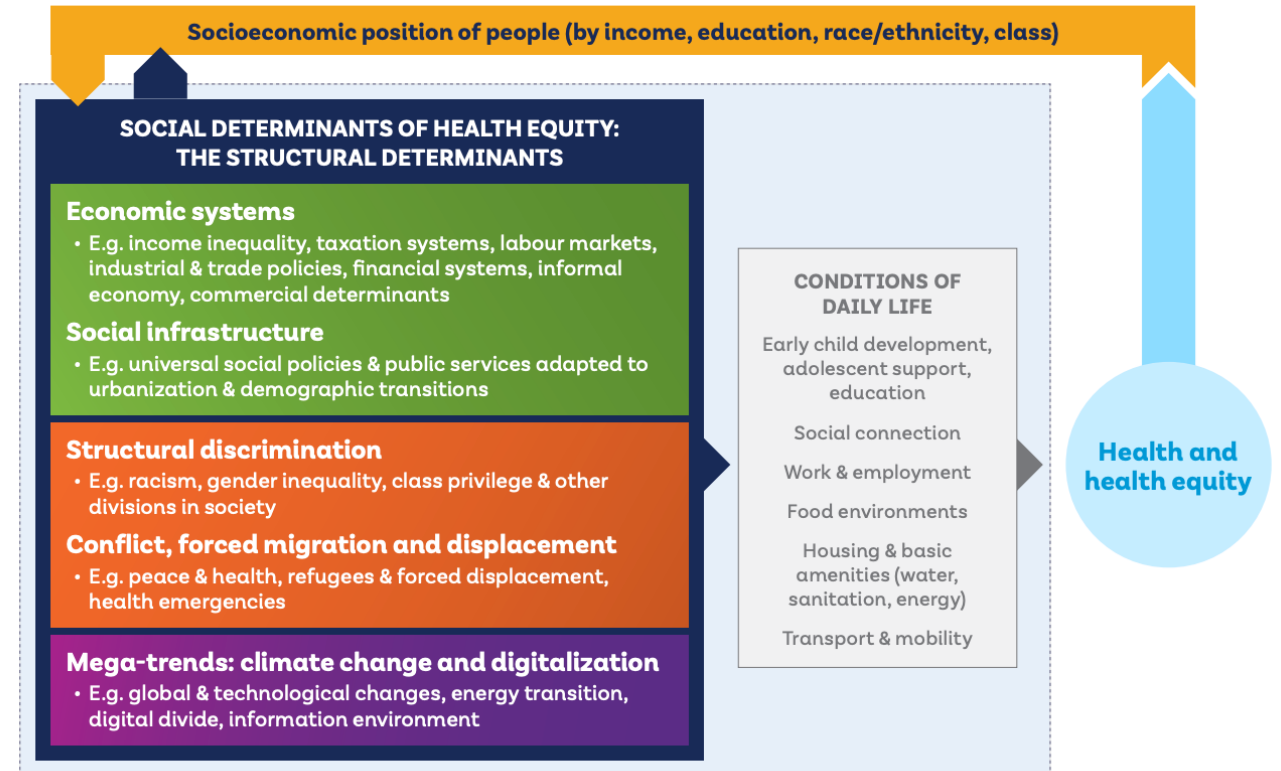


Q: Wikipedia

Vom bio-psycho-sozialen Modell (Engel, 1977) zu den sozialen Determinanten (psychischer) Gesundheit ...

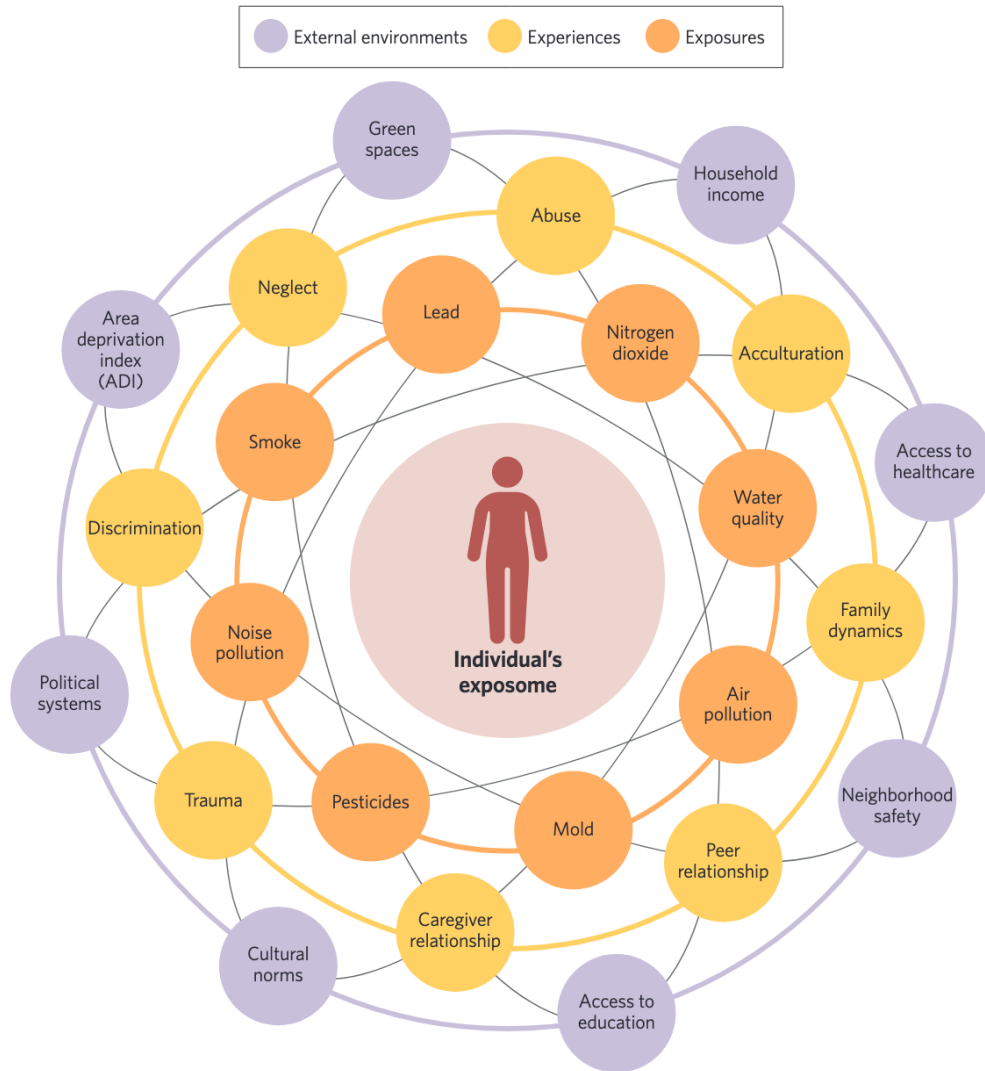


FIG. 1: Social determinants of health equity as outlined in this report



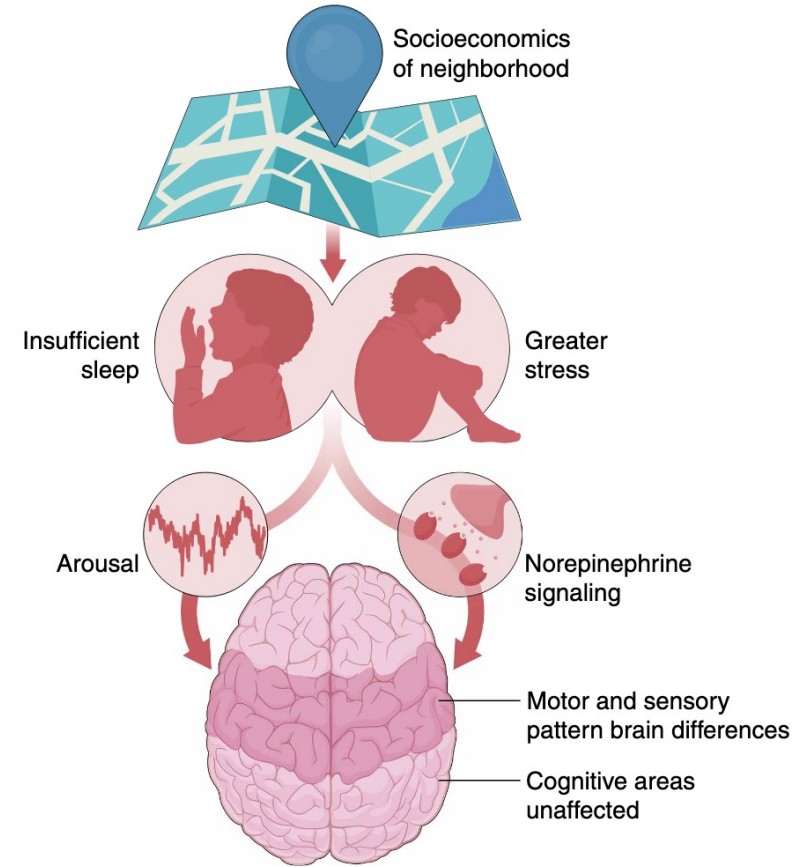
WHO 2025

...zum Exposom



Robinson et al. 2026

Patterns of brain-wide associations reflect socioeconomics the most



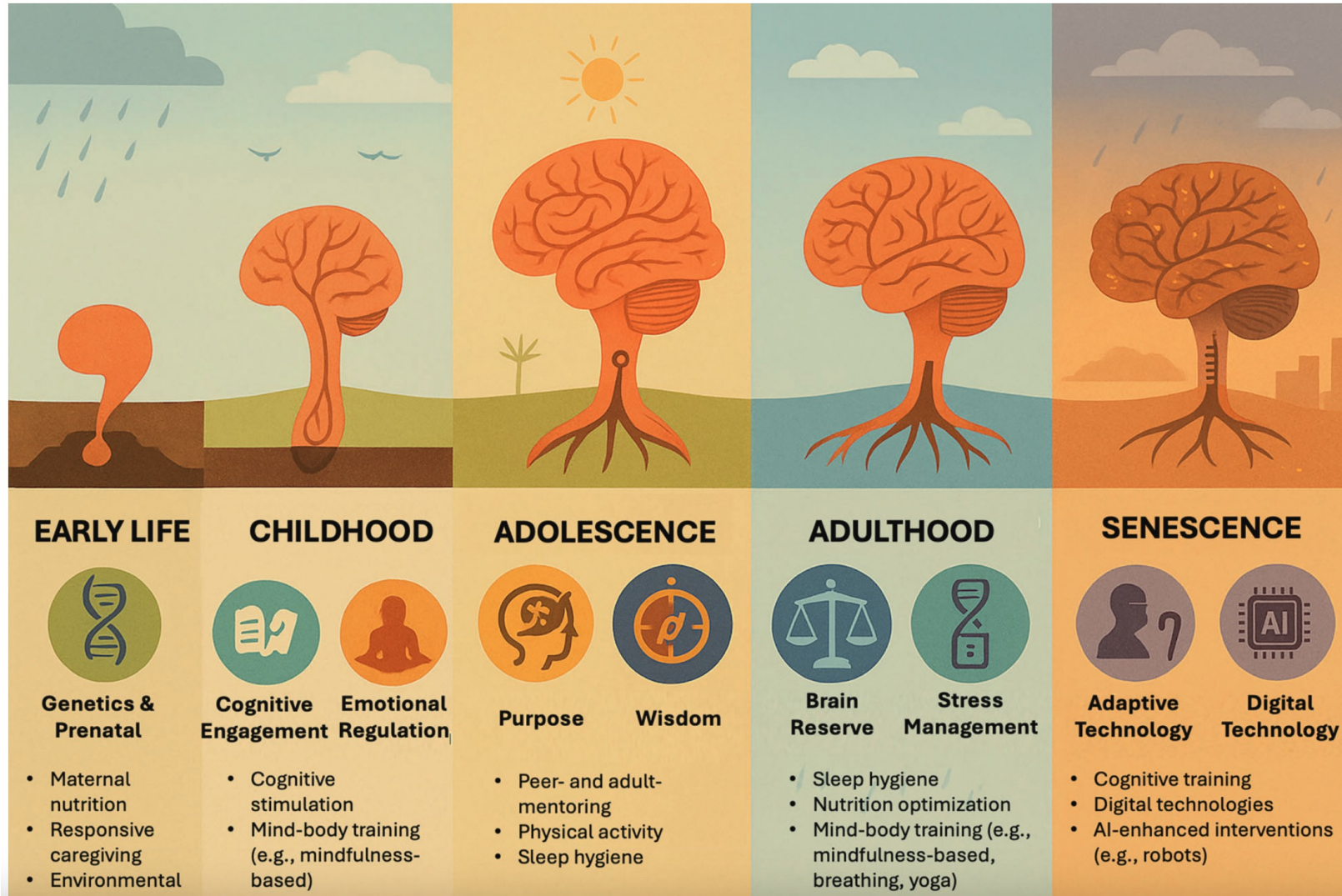
DEVELOPMENT

Patterns of brain-wide associations reflect socioeconomics

Scott Marek^{1,2,3,4,5,6}, Meghan Rose Donohue⁶, Nicole R. Karcher⁴, Caroline P. Hoytnick⁴, Roselyne J. Chavira^{2,3}, Ashley C. Meyer^{1,2,3}, John Miller^{2,3}, Andrew N. Van^{2,3,5}, Ansu Wang^{2,3,5}, Noah J. Baden^{2,3,5}, Vahdeta Suljic^{2,3}, Kristen M. Scheider^{2,3}, Julia Monk^{2,3,5}, Forrest L. Whiting^{2,3}, Nadezda J. Ramiro-Paez^{2,3}, Samuel R. Krimmel^{2,3}, Athanasios Mellok^{2,3}, Sarah E. Paul⁷, Aaron J. Gorelik⁷, Timothy J. Hendrickson⁸, Stephen M. Malone⁹, Rebecca F. Schwarzlose⁹, Carlos Cardenas-Iniguez¹⁰, Megan M. Herting¹⁰, Steven E. Petersen^{11,12}, Jean Luby⁴, Anita C. Randolph¹³, Michael J. Shanahani^{14,15}, Eric Turkheimer¹⁶, Benjamin P. Kay^{1,3}, Evan M. Gordon^{17,18}, Timothy O. Laumann^{2,3,4}, Deanna M. Barch¹⁹, Damien A. Fair^{20,21,22}, Brenden Tervo-Clemmens^{22,23,24}, Nico U. F. Dosenbach^{2,3,6,7,20,21,22}

data (17), and display substantial interindividual variability. Spontaneous neural fluctuations (RSFC) are correlated in systematic ways (12–14), organizing the brain into approximately a dozen canonical networks based on their functions (11, 15, 16). Sensory and motor networks show relatively greater day-to-day RSFC variability (9, 17) and sensitivity to stress, arousal (18), and drowsiness (19). Conversely, the frontoparietal network (FPN) is more stable day-to-day (17, 20) and supports highest-order abstract cognitive processes (21)—for example, logic and mathematics (22, 23). Effect sizes for cortical thickness are smaller than those for RSFC (1), but cortical thickness has been reliably linked with development (24), aging (25), socioeconomic status (SES) (26), and mental health (26, 27). Previous BWAS have typically focused on a single cognitive or clinical variable, most commonly intelligence quotient (IQ) (e.g. Fig. 1A) or total psychopathology (g-factor; Fig. 1B). However, brain function and structure are known to be affected by extreme environmental exposures, such as childhood abuse (28–32) and neglect (33–35), institutional care (36, 37), and poverty (38), which confer increased risk for psychopathology and cognitive difficulties (28, 39). The extent to which

Hirngesundheit über die Lebensspanne – Fokus auf Individuum



Lavretsky et al. 2026 The role of brain health and resilience in reshaping trajectories of late-life neuropsychiatric disorders

Das Gehirn als Kapital

Article Measuring human capital using global learning data

https://doi.org/10.1038/s41586-021-03237-2
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Revised: 13 February 2021
Accepted: 16 March 2021
Published online: 18 March 2021
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Human capital—that is, resources associated with the knowledge and skills of individuals—is a critical component of economic development. Learning metrics that are comparable to countries globally are necessary to understand and track the formation of human capital. The increasing use of international assessment tests as an important way to measure this. However, such tests are administered primarily in developed countries. Here, we use data from the International Assessment for Adaptation of Learning (IAAL) to measure the ability to learn in developing countries that may have the most to gain from the formation of human capital. Here, we use data from the IAAL to measure the ability to learn in developing countries that may have the most to gain from the formation of human capital. Here, we use data from the IAAL to measure the ability to learn in developing countries that may have the most to gain from the formation of human capital.

The notion of human capital was introduced as early as 1776¹ and has since been a central concept in economic development. Several studies have argued that when human capital is measured by the number of years of schooling, it is the most important predictor of economic growth. However, when measured by the number of years of schooling, it is the most important predictor of economic growth. However, when measured by the number of years of schooling, it is the most important predictor of economic growth. However, when measured by the number of years of schooling, it is the most important predictor of economic growth.

FEATURE The mental wealth of nations

Countries must learn how to capitalise on their citizens' cognitive resources if they are to prosper, both economically and socially. Early interventions will be key.

John H. Barkley, Cary J. Cooper, John F. Lord, Eileen M. Fergusson, Victoria A. Hegarty, Rachel Jenkins, Hannah S. Jones, Tom B. Koenig, Barbara A. Schachar and Sandy R. Thomas

Progress and research in a rapidly changing world, we must take the view of all countries—both rich and poor. Globalisation and its associated economic consequences are increasing the pressure on us to work faster. Added to this are the demands from existing family structures and the need to care for children and for older citizens. And as we respond to these challenges, we must also consider the needs of our most vulnerable citizens, who are at greatest risk of being left behind. As a global community, we must work together to address these challenges.

What science could do in the early years
• **Building brain power**—prenatal and early childhood experiences shape the brain's architecture and influence cognitive outcomes. The greater the cognitive stimulation, the better the outcomes. This is particularly true in the early years, when the brain is most plastic and responsive to environmental influences.

Building systemic resilience, productivity and well-being: a Mental Health perspective

Jo-An Ochoyris^{1,2}, William Flynn^{3,4}, Patricia Galt^{5,7}, Haris A. Rouse^{6,7}, Alan Li^{8,9}, Xian Song¹⁰, Aida Podda¹¹, Adam Steiner¹², Logan Ucker¹³, John Buchanan¹⁴, and Sebastian Rohr¹⁵

INTRODUCTION
Countries face dynamic, multidimensional and interconnected crises. The pandemic, climate change, rising inequalities, food and energy insecurity, pollution, automation and declining trends in youth mental health, are converging to cause economic, sociopolitical and economic consequences that are weakening democracies, corroding the social fabric of communities, and posing threats to social stability and national security.

Progression through life
In addition to childhood being difficult, adolescence and young adulthood are also difficult. The most pressing concerns for young people are mental health, financial problems, and the ability to find meaningful work. These challenges are interconnected and can have long-term effects on an individual's life.

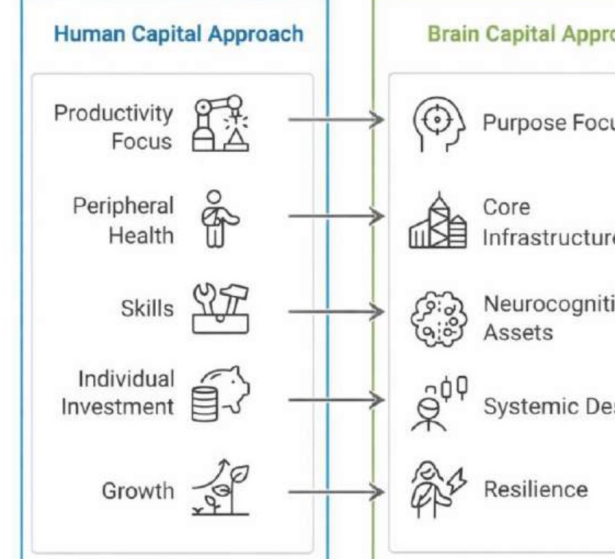
Building brain capital

Haris A. Rouse^{1,2}, Adam Steiner^{3,4}, William Flynn^{5,6}, John Buchanan^{7,8}, Logan Ucker^{9,10}, Patricia Galt^{11,12}, Alan Li^{13,14}, Xian Song¹⁵, Aida Podda¹⁶, Sebastian Rohr¹⁷, Jo-An Ochoyris¹⁸, and John F. Lord¹⁹

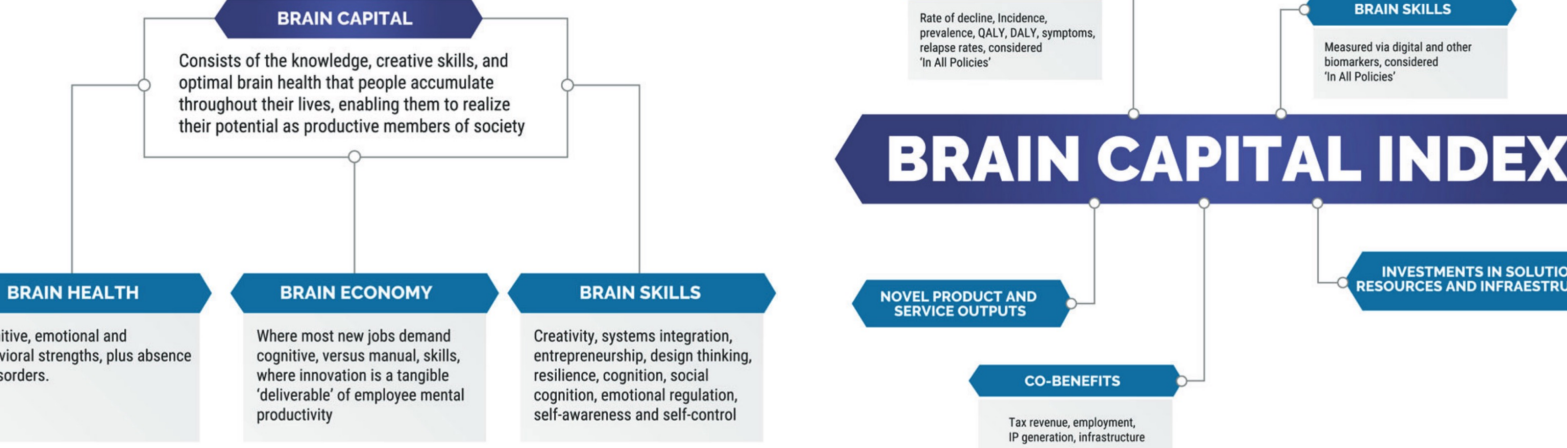
NeuroView
A paradigm shift is needed to support thriving digital systems. Such and society's goals will continue to be subject to rapid and increasing disruption, whether a result of rapid economic or technological change, or of natural disasters, pandemics, or other global crises.

Brain health
The brain is the most complex organ in the human body. It is the seat of our thoughts, emotions, and actions. It is also the most vulnerable. Brain health is essential for our well-being and for the success of our societies.

Shifting from Human Capital to Brain Capital

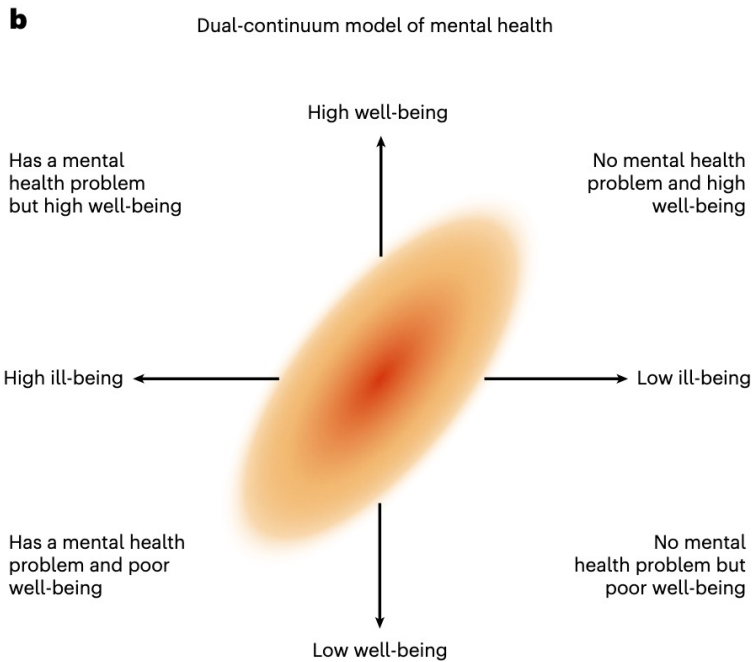
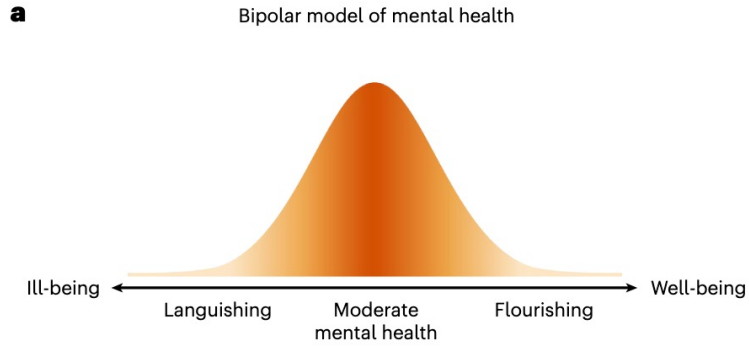


<https://euromed-economists.org/download/report-the-global-brain-capital-index-towards-a-brain-positive-economy/>

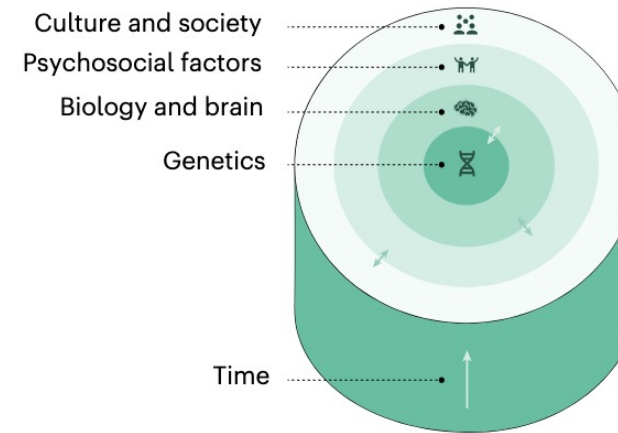


Smith et al. 2021 A Brain Capital Grand Strategy: toward economic reimagination

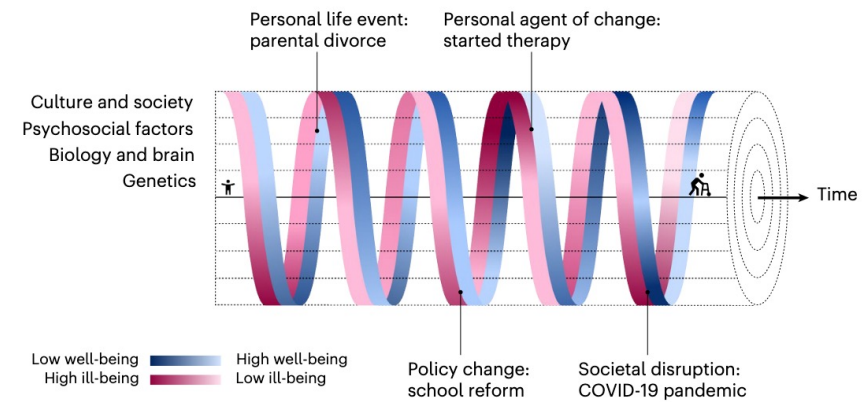
Mentale Gesundheit, mentale Beschwerden und Wohlbefinden



a Multilevel model of influences on ill-being and well-being



b Life-course model of development of ill-being and well-being

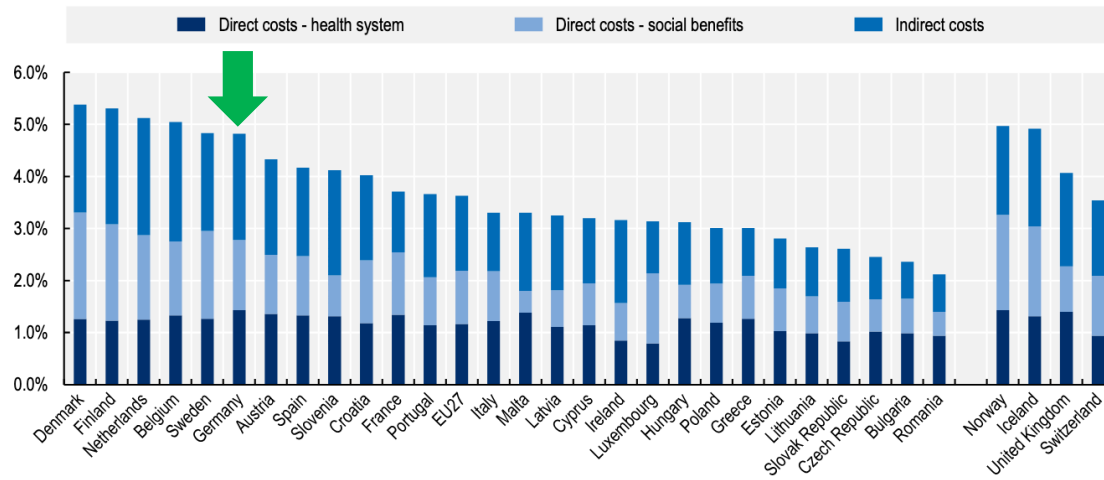


Tamnes et al. 2025 The nature of the relation between mental well-being and ill-being

Psychische Erkrankungen und Ökonomie

Figure 4.1. Estimated direct and indirect costs related to mental health problems across European countries

As a percentage of GDP, 2015



Note: OECD estimates based on Eurostat Database and other data sources. Following the departure of the United Kingdom from the European Union, the EU average was updated in 2021.
 Source: OECD/European Union (2018^[7]), *Health at a Glance: Europe 2018: State of Health in the EU Cycle*, https://doi.org/10.1787/health_glance_eur-2018-en.

OECD Health Policy Studies, 2021, A New Benchmark for Mental Health Systems

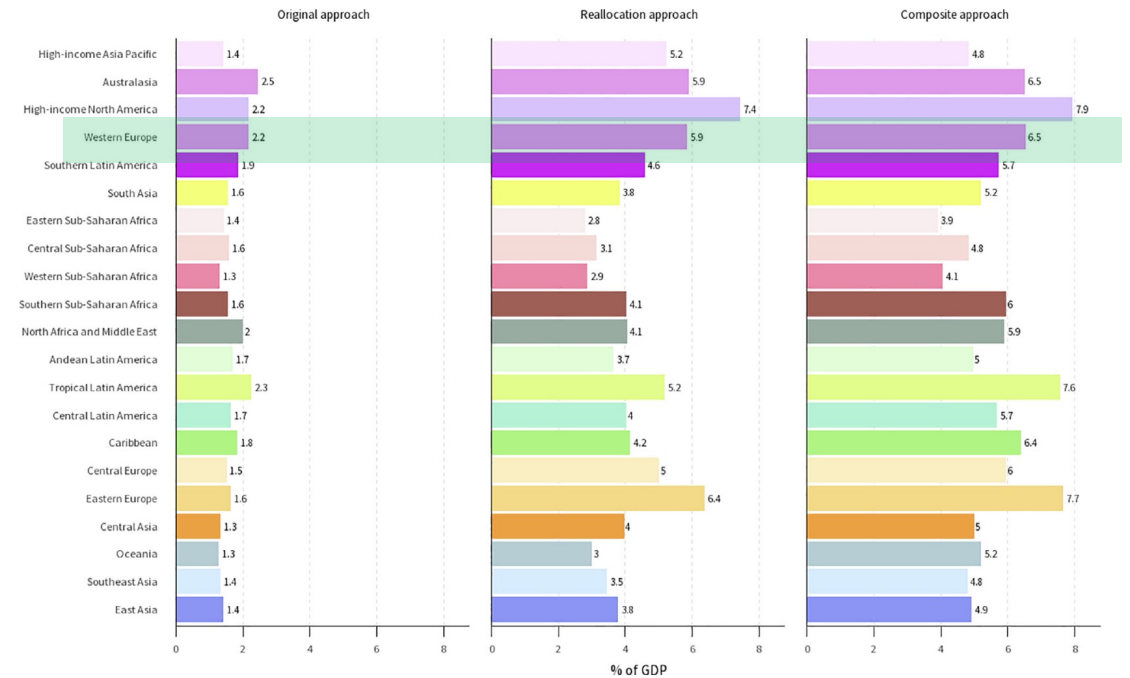


Figure 2. Economic burden of mental disorders, as a percent of GDP. The economic value is determined by using GDP per capita (USD 2019) as the value of a DALY. Values are aggregated by GBD region. GDP: gross domestic product; USD: United States dollar; DALY: disability-adjusted life year; GBD: Global Burden of Disease.

Arias et al. 2022, Quantifying the global burden of mental disorders and their economic value

Demokratie

Sie ist vielleicht die mächtigste Idee der Galaxie
 Geboren in Griechenland
 Millionen gibt sie Hoffnung, Diktatoren fürchten sie
 Der Grund liegt auf der Hand
 Doch es gibt sie nicht geschenkt und einfach ist sie nie
 Sie wird überall bedrängt
 Sie ist das Beste, was wir haben, aber längst noch
 nicht perfekt
 Nein, weit davon entfernt
 Sie verlangt viel Arbeit, ist ein ewiges Projekt...
 - Die Ärzte

FIGURE 11. AUTOCRATIZING VS. DEMOCRATIZING COUNTRIES, 1975-2025

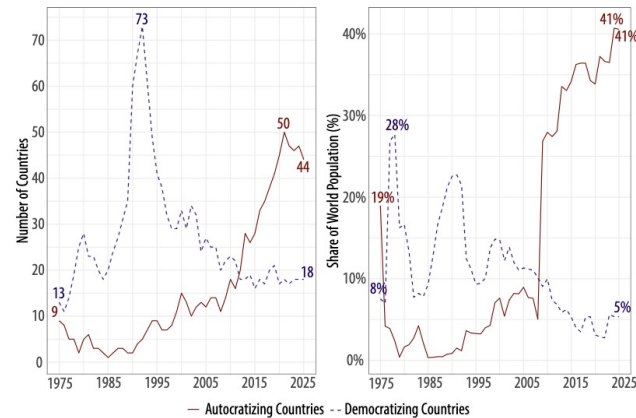
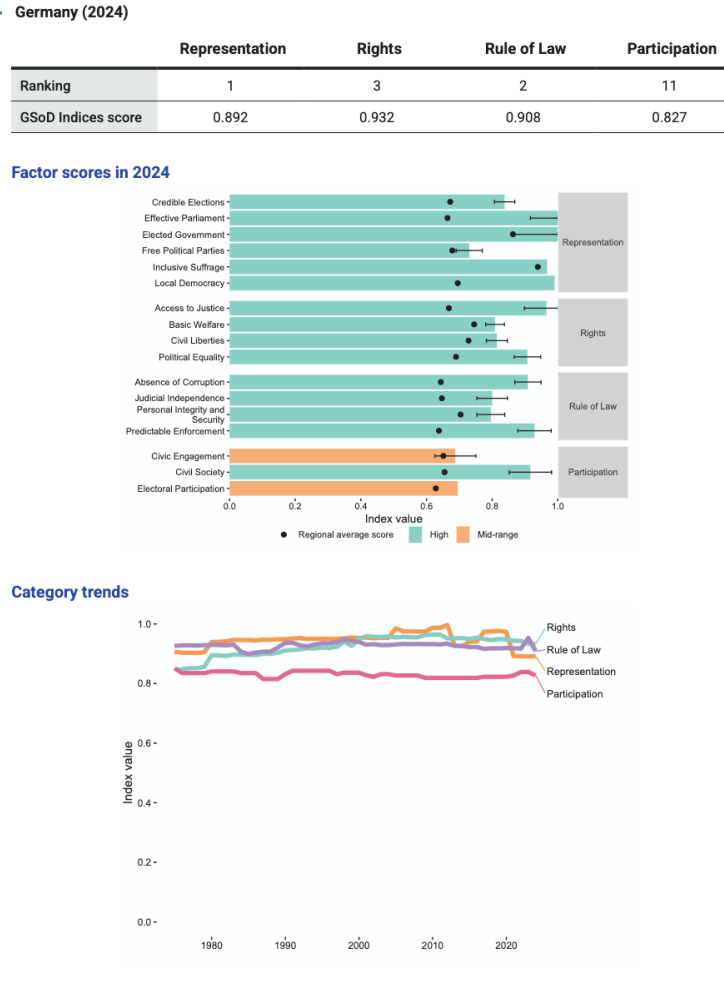


Figure 11 shows trends of democratization and autocratization over the last 50 years. The left panel displays the number of countries in each category, and the right panel shows the share of the world population living in autocratizing and democratizing countries.

https://www.v-dem.net/documents/75/V-Dem_Institute_Democracy_Report_2026_lowres.pdf



<https://www.idea.int/publications/catalogue/global-state-of-democracy-2025-democracy-on-the-move?lang=en>

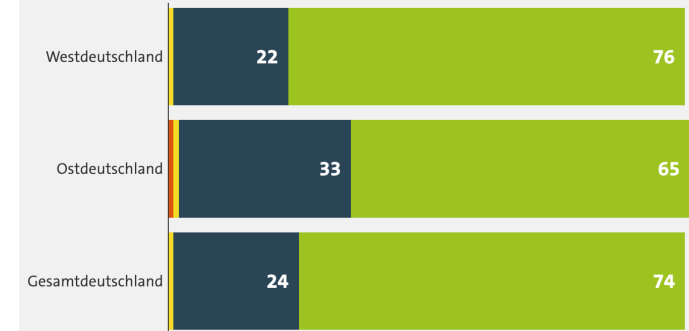
ABER

Einstellungen zur Demokratie

Demokratieidee

Angaben in Prozent

sehr unzufrieden eher unzufrieden eher zufrieden sehr zufrieden



Abweichungen zu 100 Prozent sind rundungsbedingt.

Quelle: Deutschland-Monitor

Diktaturaffine Einstellungen

Angaben in Prozent

Ablehnung Graubereich Zustimmung

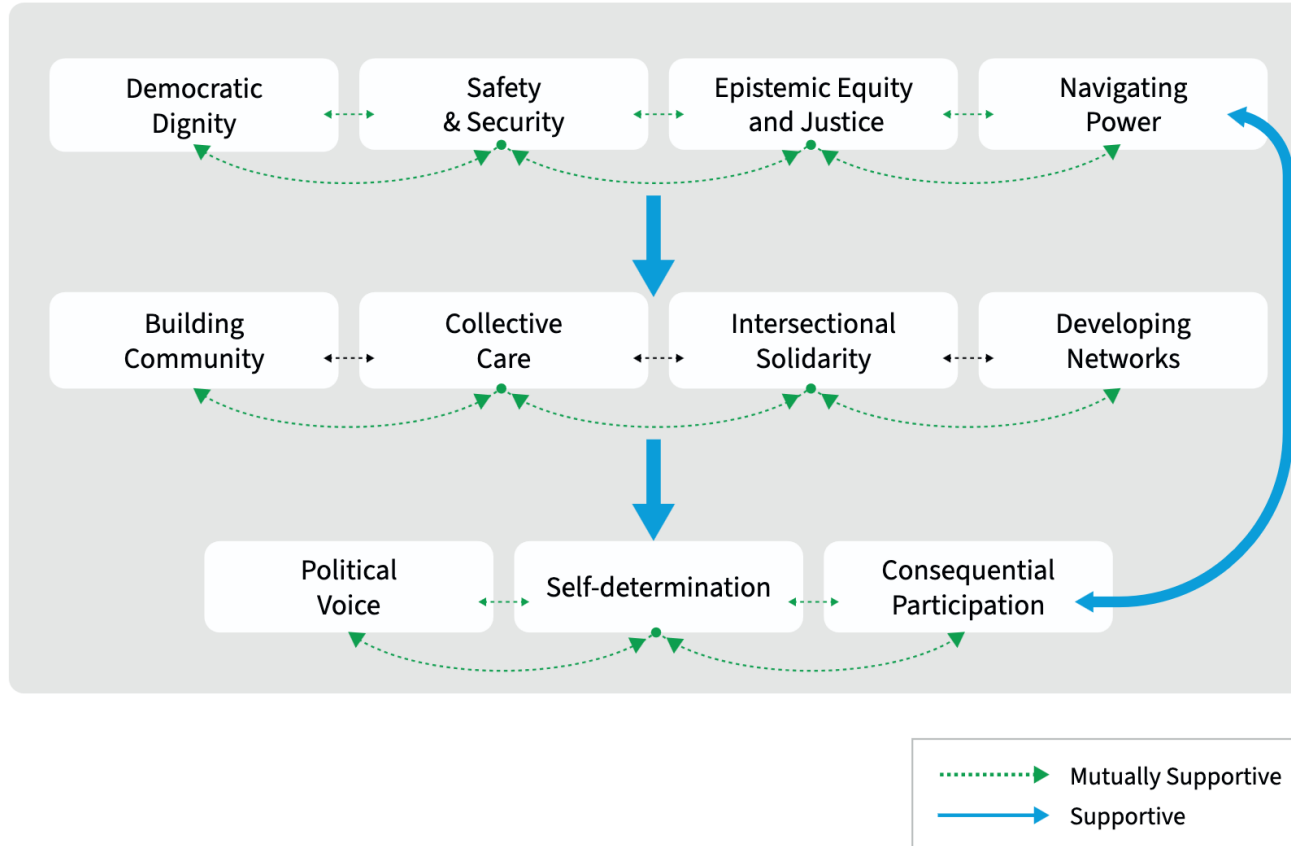


Quelle: Deutschland-Monitor

<https://deutschland-monitor.info/2025/26>

Demokratische Fähigkeiten

Figure 5: Mapping relations across democratic capabilities



The INSPIRE Democratic Capabilities

Safety and Security	The freedom and opportunity to participate safely.
Democratic Dignity	The freedom and opportunity to recognise inherent personal or collective democratic worth.
Self-determination	The freedom and opportunity to determine the aims and forms of participation.
Building Community	The freedom and opportunity to develop social and collective relationships and identities.
Collective Care	The freedom and opportunity to pay care and attention to each other through participation.
Intersectional Solidarity	The freedom and opportunity to build collective resistance through shared vulnerabilities and strengths.
Developing Networks and Alliances	The freedom and opportunity to develop networks, alliances or organisational capacity through participation.
Epistemic Equity and Justice	The freedom and opportunity to participate as a knowledge receiver, holder, producer and giver.
Political Voice	The freedom and opportunity to articulate political demands, struggles and perspectives in participation.
Navigating Power	The freedom and opportunity to navigate and endure systems of power.
Consequential Participation	The freedom and opportunity for participation to have tangible, meaningful influence.

Parry et al. 2026 Democratic Capabilities Framework

Demokratie – Gesundheit & Wohlbefinden

Concepts and New Frontiers for Development

Democracy: the forgotten determinant of mental health

Marilyn Wise and Peter Sainsbury

Context

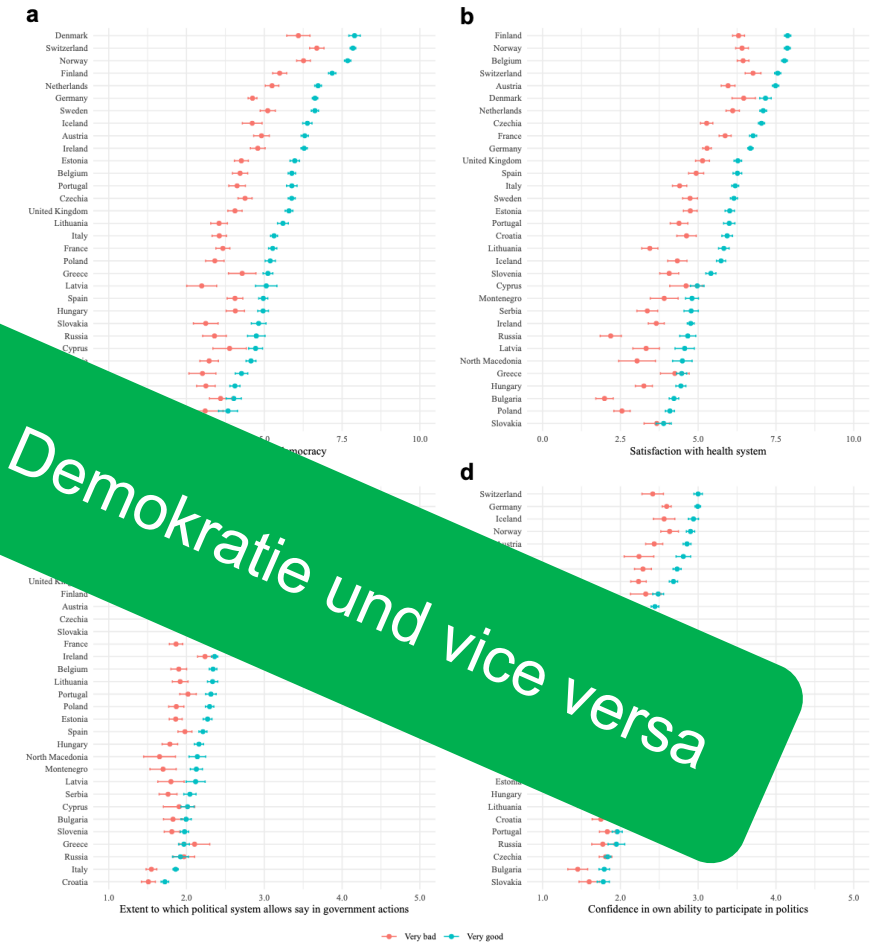
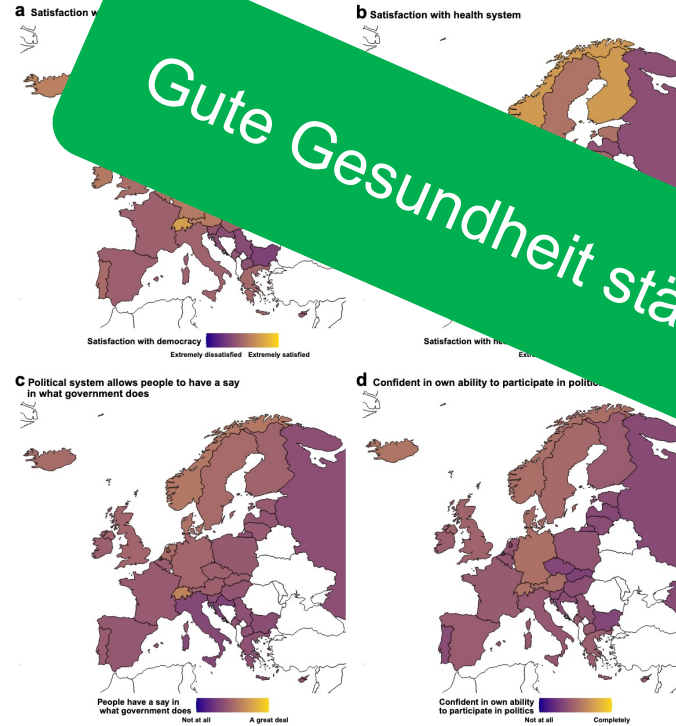
Promoting mental health is a relatively new initiative being taken by organisations, governments and individuals in countries across the world.^{1,3} These initiatives have been stimulated, variously, by concerns such as the global burden of depression, high rates of suicide among young people in some populations, and growing evidence of mental health inequalities.^{4,6} In addition, even in economically developed nations there is debate about whether the proportion of people expressing satisfaction with their quality of life and/or happiness is increasing with economic growth.^{7,8} These illnesses, causes of premature death, and feelings of disappointment, despair and unhappiness are indicators of poor mental health in populations.

At the same time there has been growing evidence that, in addition to biological and behavioural factors, the health of populations is influenced, significantly, by social determinants

of health. Furthermore, the significant, persistent inequalities in health outcomes (including mental health) experienced within and between countries have been found to be positively associated with the unequal distribution of the social determinants of health.^{9,12} More explicitly, the unequal distribution of the social determinants of health means that those people and groups who have the most limited access to these experience feelings of alienation, shame, powerlessness, despair and anger – all of which are linked with higher levels of mental ill-health.⁹

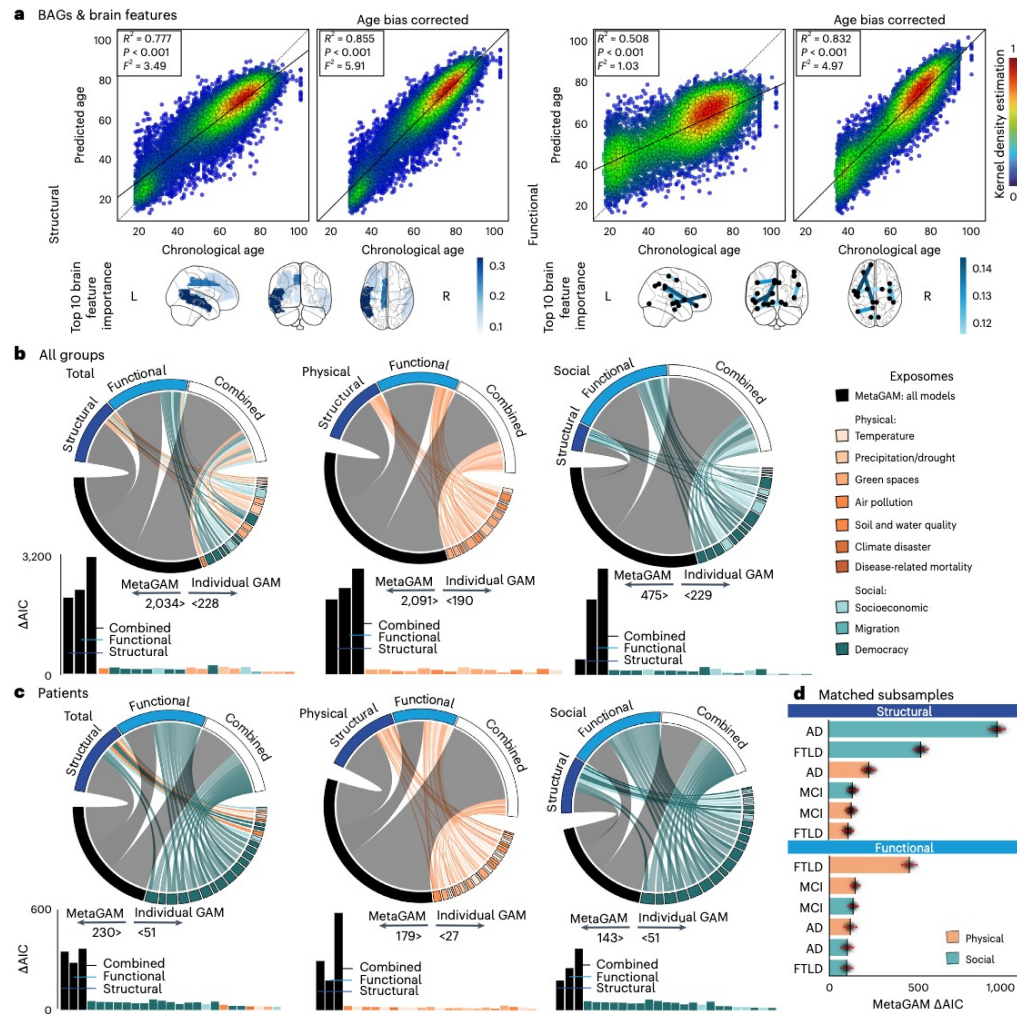
If it is to be possible to achieve positive mental health outcomes across populations, and to ensure that the distribution is equitable, it will be necessary to redistribute the social determinants of health. On one hand, this is a major challenge for health promotion specifically and for societies generally. On the other hand, it is within reach. The distribution of the social determinants of health is the responsibility of human decision-

- Zusammenhang (psychische) Gesundheit/Wohlbefinden und Demokratie
- Vertrauensverlust in demokratische Institutionen
- Circulus vitiosus



Menon et al. 2025 The role of health and health systems in shaping political engagement and rebuilding trust in democratic institutions

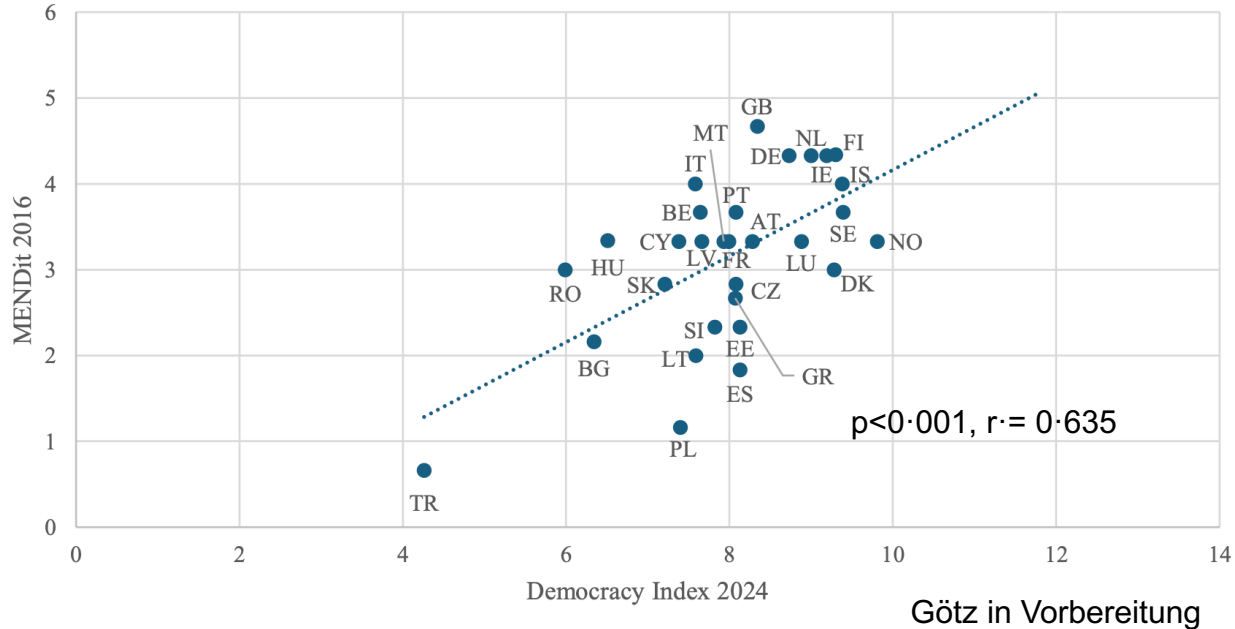
Hirngesundheit über die Lebensspanne – Rolle der Demokratie



- Demokratie (definiert in 4 Subdomänen – Rechte, Gerechtigkeit, Repräsentation und Partizipation) als Teil des sozialen Exposoms relevanter positiver Faktor in Bezug auf Hirnalterung (strukturell und funktionell)
- Effektgrößen bei Reduktion/Abwesenheit „Demokratie Exposom“ vergleichbar MCI/früher AD
- Starke Assoziation, aber noch kein Beweis von Kausalität
- Demokratische & politische Faktoren beeinflussen andere Exposom-Faktoren

Legaz et al. 2026 The exposome of brain aging across 34 countries

Exkurs: Was „leistet“ Demokratie für die psychiatrische Versorgung?



- Assoziation Demokratieindex und Deinstitutionalisierungsgrad psychiatrischer Angebote

- Demokratie fördert Inklusion und Teilhabe

- Ggw. erneute Exklusions- und Institutionalisierungstendenzen

- „And for those who are severely mentally ill and deeply disturbed, we will bring them back to mental institutions, where they belong.“ Donald Trump 11/24

- D: Zunahme forensischer Betten (Lesting & Lindemann 2025), Diskussion über Register im Kontext von Psyche und Gewalt (DGPPN 2025, 2026)

MENDiit: Mental Health Services Deinstitutionalisation Measure (Taylor Salisbury et al. 2016)

Democracy Index: Economist Intelligence Unit (2006-2024) – processed by Our World in Data. <https://ourworldindata.org/grapher/democracy-index-eiu?tab=table>

Psychische Gesundheit weiter gedacht....

nature medicine

Review article <https://doi.org/10.1038/s41591-024-03307-w>

Political polarization and health

Received: 6 July 2024
 Accepted: 18 September 2024
 Published online: 25 October 2024
 Check for updates

Jay J Van Bavel^{1,2,3,4}, Shana Kushner Gadarian⁵, Eric Knowles⁶ & Kai Ruggeri^{6*}

In addition to social determinants of health, such as economic resources, education, access to care and various environmental factors, there is growing evidence that political polarization poses a substantial risk to individual and collective well-being. Here we review the impact of political polarization on public health. We describe the different forms of polarization and how they are connected to health outcomes, highlighting the COVID-19 pandemic as a case study of the health risks of polarization. We then offer strategies for mitigating potential harms associated with polarization, with an emphasis on building social trust. Finally, we propose future research directions on this topic, underscore the need for more work in a global context and encourage greater collaboration between social scientists and medical scientists. We conclude that polarization is a serious— if largely overlooked—determinant of health, whose impacts must be more thoroughly understood and mitigated.

Psychiatry's Obligation to Promote Voting Among Patients With Mental Illness

Julie A. Graziane, M.D., Aria Ghahramani, M.D., Joy Luther Bowen, M.P.I.A., Sarah Horton, B.S., Alison Swigart, M.D., Elisabeth Kunkel, M.D., Katharine B. Dalke, M.D., M.B.E.

The American Medical Association adopted a resolution in June 2022 recognizing voting as a social determinant of health. As psychiatric professionals and trainees with experience in civic health, the authors argue that psychiatrists must consider the relationship between voting and mental health as part of care delivery. People with psychiatric illness can experience unique barriers to voting and garner mental health benefits from civic engagement. Provider-led activities to promote voting are accessible and simple. Given the benefits of voting, and the availability of interventions to foster voter engagement, psychiatrists have an obligation to promote voting access among their patients.

Psychiatric Services 2023, 74:1291–1293; doi: 10.1176/appi.ps.2023.0006

frontiers | Frontiers in Psychiatry

TYPE Original Research
 PUBLISHED 12 January 2025
 doi: 10.3389/fpsy.2025.1687951

Review

IJSP

The weight of office? A scoping review of mental health issues and risk factors in elected politicians across democratic societies

International Journal of Social Psychiatry
 2025, Vol. 71(2) 233–238
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Alexander Smith^{1,2}, Stefanie Hachen¹, Ashley Weinberg³, Peter Falkai⁴, Sissel Guttormsen⁵ and Michael Liebrenz¹

Abstract
Background: The mental health and capacity to govern of democratically elected politicians is a topic of interest. Notably, in fulfilling demanding and high-stress roles, politicians face unique risk factors, yet existing research literature about these subpopulations is limited.
Aims: This scoping review aimed to systematically examine the breadth and risk factors affecting democratically-elected politicians internationally.
Methods: Using pre-defined eligibility criteria based on JBI guidelines, in May 2024 of MEDLINE, Scopus, and APA PsycNet, supplemented by reporting primary, empirical evidence on mental ill-health or risk factors of politicians across seven democracies (Australia, Canada, the Netherlands, and the United States). Cross-sectional surveys were predominantly employed, supplemented by qualitative interviews, and longitudinal cohorts. Violence exposure was also examined, and the full-texts of potentially eligible literature were screened and the full-texts of potentially eligible literature were screened.
Results: Eighteen sources met the eligibility criteria, cumulatively encompassing 18 sources across seven democracies (Australia, Canada, the Netherlands, and the United States). Cross-sectional surveys were predominantly employed, supplemented by qualitative interviews, and longitudinal cohorts. Violence exposure was also examined, and the full-texts of potentially eligible literature were screened. Furthermore, four sources (22.2%) explored general psychopathology (11.1%), health and high-risk alcohol consumption rates, and two studies (11.1%) explored occupational conditions.
Conclusions: Current literature suggests that democratically-elected politicians face unique mental health challenges. However, significant research gaps remain, including a paucity of intervention studies. Equally, the underrepresentation of most democracies in the literature suggests a need for more diverse evidence-base to better support the mental wellbeing of politicians.



Keywords
 Politicians, mental health, political violence, democracy, members of parliament, political science

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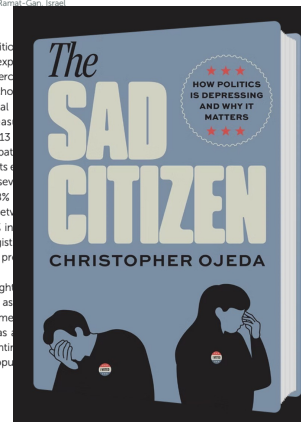
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Political grief and ambiguous loss in a threatened democracy: psychological distress and civic responses during Israel's judicial reform

Einat Yehene^{1*} and Shay Ohayon²

¹School of Behavioral Sciences, The Academic College of Tel Aviv-Yaffo, Tel Aviv, Israel, ²Department of Psychology, Bar-Ilan University, Ramat-Gan, Israel

Background: Political transition and political grief remains underexplored. This study examined how perceived political reform affected psychological distress and civic responses during Israel's judicial reform.
Methods: A cross-sectional survey of 1,000 Israeli citizens opposing the reform. Measured political grief (adapted PG-13 efficacy, and protest participation).
Results: 64.9% of participants reported political grief. Moderate to severe political grief mediated the relationship between political self-efficacy and protest participation. Political self-efficacy mediated the relationship between political self-efficacy and protest participation.
Conclusion: Findings highlight the need to address political grief as a psychological burden and as a national level and implementation are crucial to supporting population.



KEYWORDS
 ambiguous loss, political grief, political self-efficacy, civic engagement, protest

- Downstreameffekte politischer Entscheidungen oder Untätigkeit (z.B. Klimaangst, Migration, Sozialleistungen (Hickman et al. 2021; Amouri & Sabchev 2026; Dore et al. 2025))
- Polarisierung wirkt sich negativ auf psychische Gesundheit aus (Van Bavel et al. 2024)
- Demokratisches Backsliding verursacht Distress (Yehena & Ohayon 2026; Hou & Hall 2019)
- Repräsentation und Akzeptanz von Menschen mit psychischen Beschwerden im politischen Alltag und als Wähler:innen

Man kann nicht nicht politisch sein - „Neutrale“ Haltungen und psychische Gesundheit

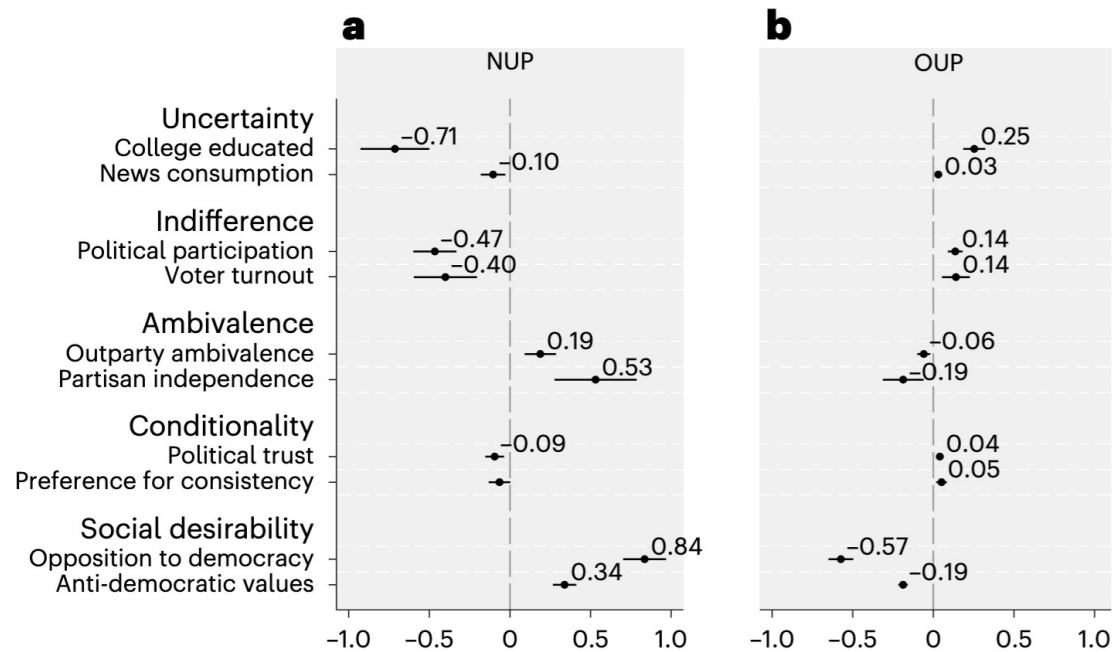


Fig. 2 | Correlates of attitudes towards undemocratic practices.
a,b, Coefficients from negative binomial regressions of NUP (a) and OUP (b) on theorized demographic, attitudinal and behavioural measures from Sample 2 (N = 1,534) with 95% CIs (Supplementary Tables 2 and 3).

Journal of Health Politics, Policy and Law
 Ojeda • Mental Health and Democratic Backsliding

Mental Health in Times of Democratic Backsliding: Insights from Trump’s Second Term

Christopher Ojeda
 University of California, Merced

Abstract

The United States is currently experiencing democratic backsliding. In this commentary, I consider how this backsliding impairs the mental health of Americans. Surprisingly, the literature on democratic backsliding has little to say about its impact on mental health, and the literature on mental health has little to say about the role of democratic backsliding. I draw on anecdotes, news stories, polls, and real-world events from Trump's second term to theorize about a potential connection. I highlight three ways that democratic backsliding might give rise to feelings of depression, anxiety, and to a lesser extent post-traumatic stress disorder. I then discuss how this mental toll may be felt unequally across citizens and may create a feedback loop that gives rise to more democratic backsliding. I conclude by urging scholars to build on these ideas as we collectively seek to develop and refine our understanding of this important topic.

Keywords Democratic backsliding, democracy, mental health, depression, anxiety

Hall et al. 2026 The overlooked threat of democratic neutrality in the USA

Zukunftsfähigkeit, Chronopolitik und Demokratiezeit

History and Theory 62, no. 4 (December 2023), 3–23 © 2023 The Authors. *History and Theory* published by Wiley Periodicals LLC on behalf of Wesleyan University. ISSN: 0018-2656 DOI: 10.1111/hith.12324

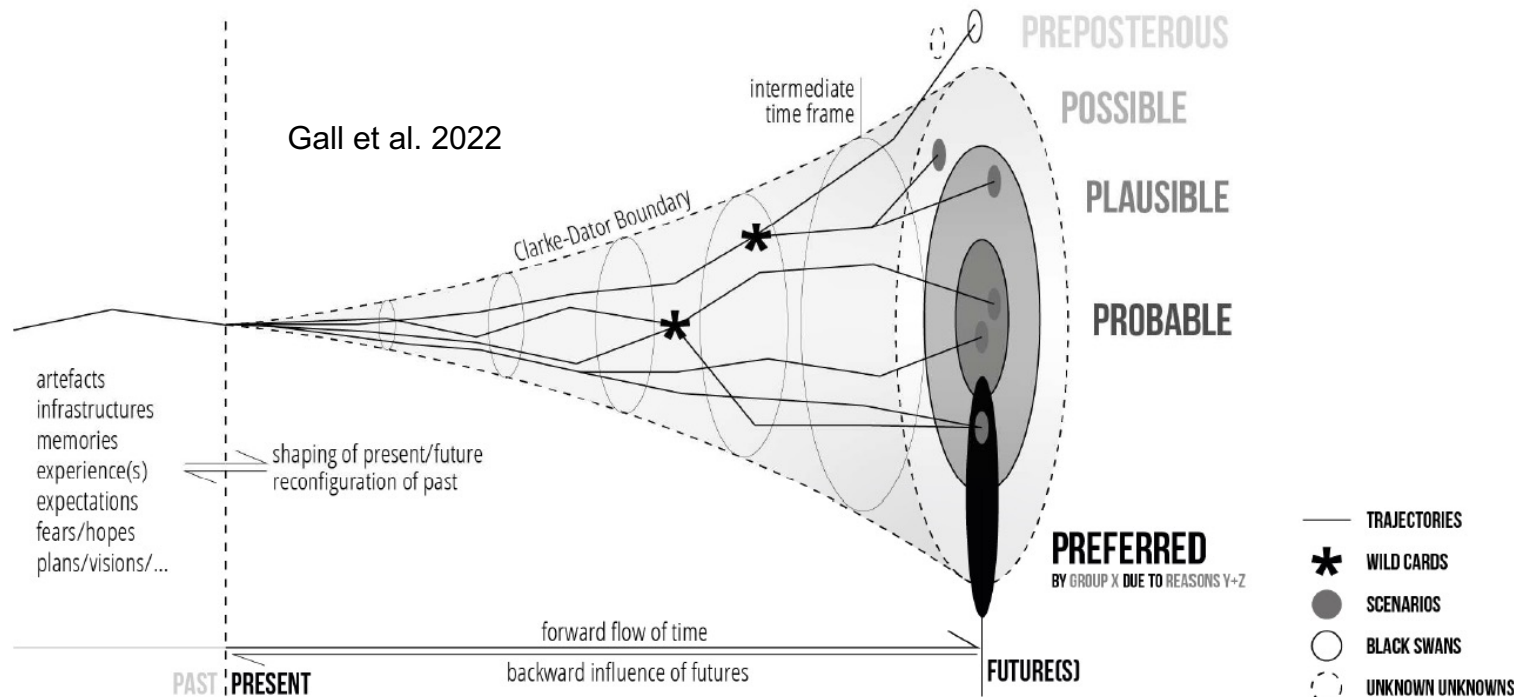
ARTICLE

THE TIME OF POLITICS, THE POLITICS OF TIME, AND POLITICIZED TIME: AN INTRODUCTION TO CHRONOPOLITICS

FERNANDO ESPOSITO AND TOBIAS BECKER¹

ABSTRACT

Time is so deeply interwoven with all aspects of politics that its centrality to the political is frequently overlooked. For one, politics has its own times and rhythms. Secondly, time can be an object and an instrument of politics. Thirdly, temporal attributes are used not only to differentiate basic political principles but also to legitimize or delegitimize politics. Finally, politics aims at realizing futures in the present or preventing them from materializing. Consequently, the relationship between politics and time encompasses a broad spectrum of phenomena and processes that cry out for historicization. In our introduction to this *History and Theory* theme issue on chronopolitics, we argue that the concept of chronopolitics makes it possible to do this and, in the process, to move the operation of rethinking historical temporalities from the periphery toward the center of historiographical attention as well as to engage in a dialogue with scholars from a wide range of disciplines. To this end, we propose a broad concept of chronopolitics by discussing existing definitions, by distinguishing between three central dimensions of chronopolitics (the time of politics, the politics of time, and politicized time), and by systematizing possible approaches to studying chronopolitics.



- Windows of Opportunity
- Temporal Discounting
- Future-orientation vs. Politische Myopie
- Neurobiolog. Korrelate (Cona et al. 2023)

- Akuter Stress -> Defizite in assoziativer Inferenz (Schüren et al. 2026)
- Armut und verminderte kognitive Leistungen (Mani et al. 2013)
- Psychische Störungen und Hoffnungslosigkeit reduzieren
- Zukunftsfähigkeit (Pillny et al. 2016)

Deliberative Demokratie – Partizipation, Ko-Kreation

Received: 31 March 2021 | Revised: 10 September 2021 | Accepted: 16 December 2021
 DOI: 10.1002/wcc.759

ADVANCED REVIEW



Deliberative democracy and the climate crisis

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Edited by Shaart Capstick, Domain Editor and Mike Holme, Editor-in-Chief

ABSTRACT

No democratic state has yet implemented a climate plan strong enough to meet the goals of the Paris Agreement. This has led some to argue that democracy cannot cope with a challenge of this magnitude. In this article, we take stock of the claim that a more deliberative democratic system can strengthen our ability to respond effectively to the climate crisis. The most visible development in this direction is the recent citizens' assemblies on climate change in Ireland, France, and the UK. We begin our analysis of the promise of deliberative democracy with a recognition of the difficulties that democracies face in tackling climate change, including:

Twelve Key Findings in Deliberative Democracy Research

Nicole Curato, John S. Dryzek, Selen A. Ercan, Carolyn M. Hendriks & Simon Niemeyer

Abstract: This essay reflects on the development of the field of deliberative democracy by discussing twelve key findings that capture a number of resolved issues in normative theory, conceptual clarification, and associated empirical results. We argue that these findings deserve to be more widely recognized and viewed as a foundation for future practice and research. We draw on our own research and that of others in the field.

NICOLE CURATO is Australian Research Council Discovery Early Career Research Fellow at the University of Canberra.

JOHN S. DRYZEK is Australian Research Council Laureate Fellow and Centenary Professor at the University of Canberra.

SELEN A. ERCAN is Senior Research Fellow at the University of Canberra.

CAROLYN M. HENDRIKS is Associate Professor at the Australian National University.

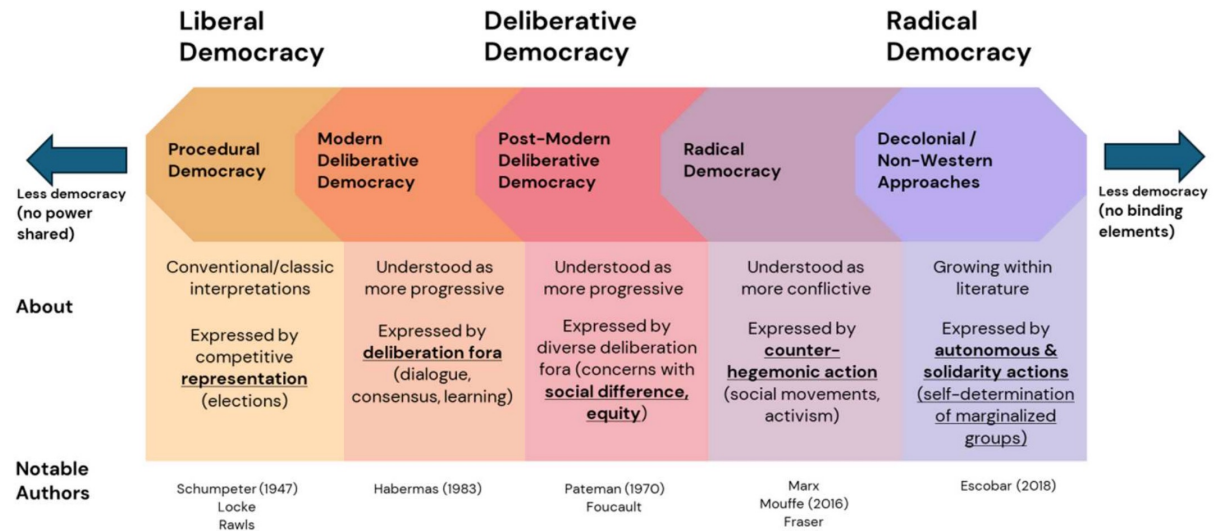
SIMON NIEMEYER is Australian Research Council Future Fellow at the University of Canberra.

(*See endnotes for complete contributor biographies.)

Deliberative democracy is a normative project grounded in political theory. And political theorists make a living in large part by disagreeing with and criticizing each other. In fact, it is possible to evaluate the success of a political theory by the number of critics it attracts, and the vitality of its intramural disputes. By this measure, deliberative democracy is very successful indeed. Yet if the normative project is to progress and be applied effectively in practice, it needs to lay some issues to rest.

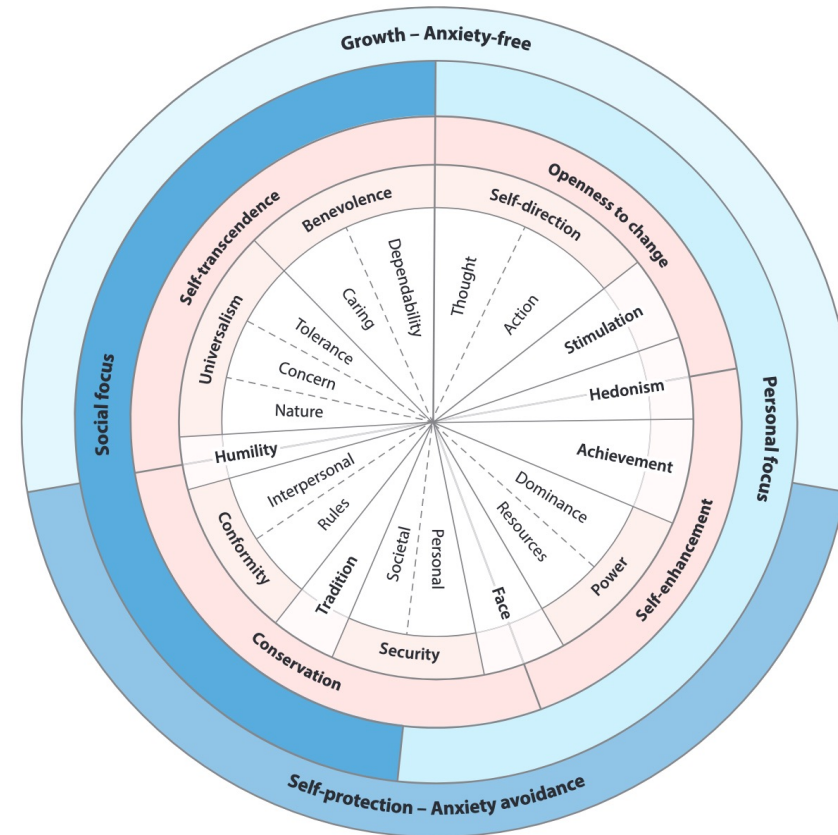
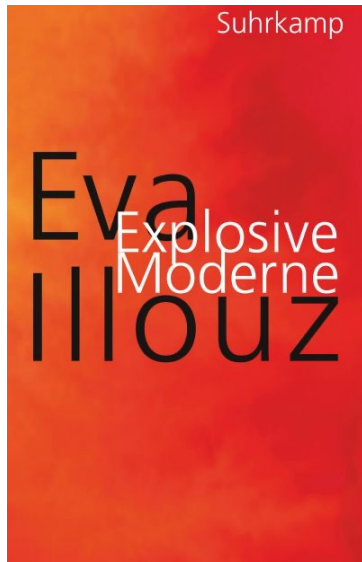
Deliberative democracy is not just the area of contention that its standing as a normative political theory would suggest. It is also home to a large volume of empirical social science research that, at its best, proceeds in dialogue with the normative theory. Indeed, the field is exemplary in this combination of political theory and empirical research. Deliberative ideas have also attracted the attention of citizens, activists, reform organizations, and decision-makers around the world. The practical uptake of deliberative ideas in political innovation provides a rich source of lessons from experience that can be added to theorizing and social science. This combination has proven extremely fruitful. Rather than proving or falsifying

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Comelli et al. 2026

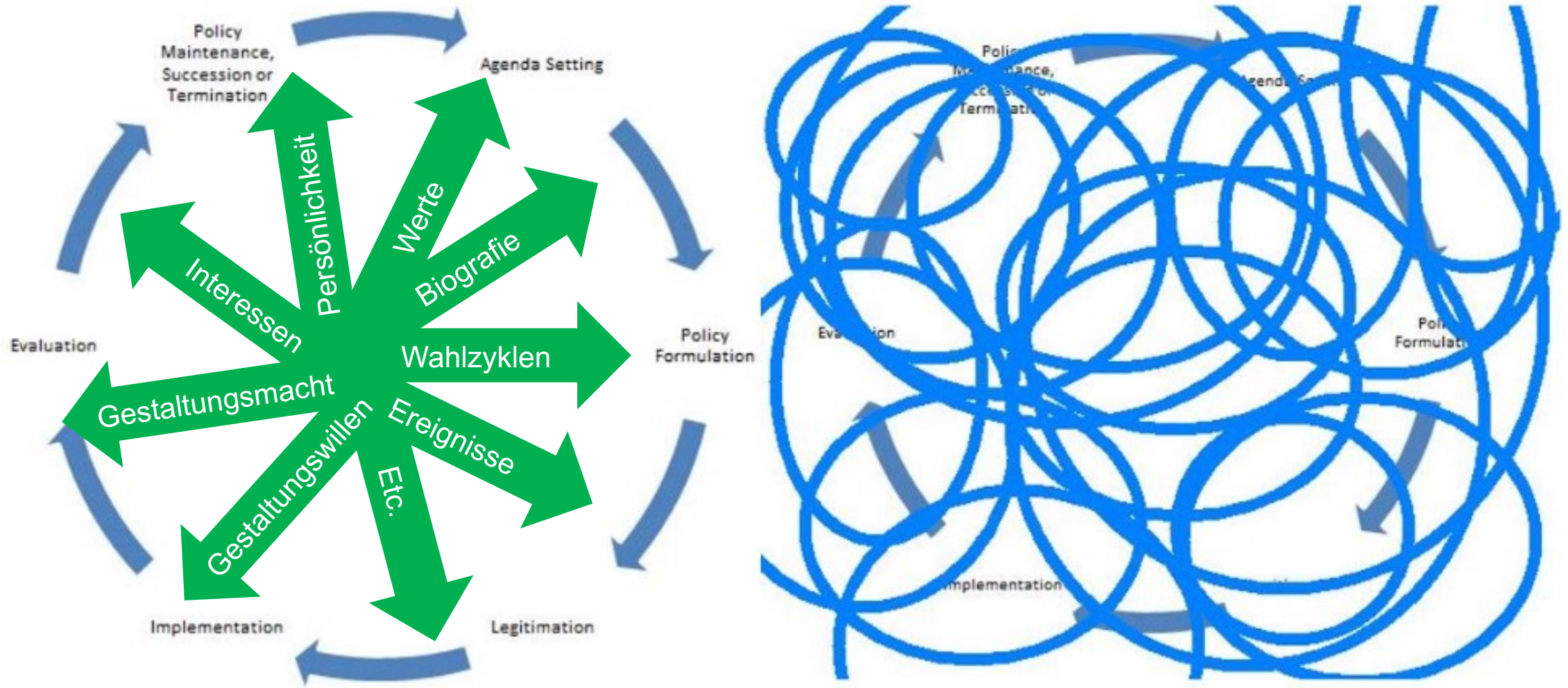
Emotionen und Werte



Sagiv & Schwartz 2022 Personal Values Across Cultures

- Werte und Emotionen zeigen eine starke Interdependenz (Deonna & Teroni 2015; Conte et al. 2023)
- Affekte/Emotionen spielen eine wichtige Rolle bei Gestaltungsprozessen
- Natürlich auch im politischen Kontext!
- Nostalgie, Vertrauen, Unsicherheit, Angst...

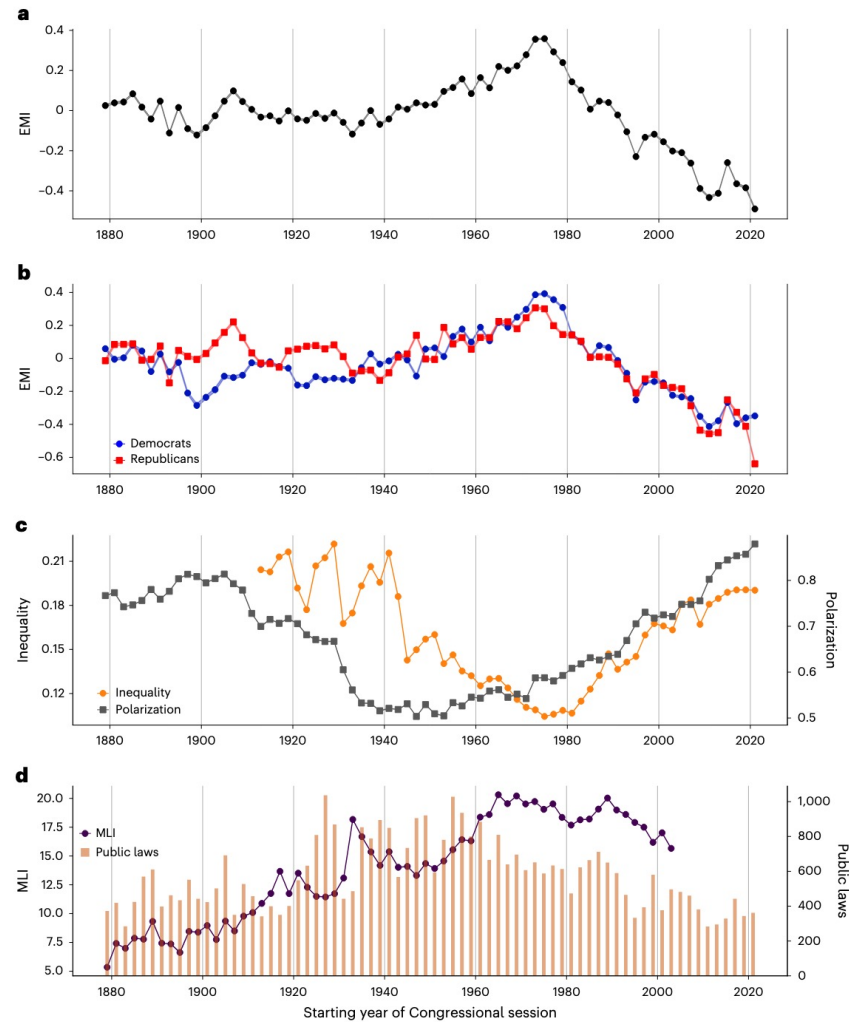
Politische Theorie und Praxis



<https://paulcainey.wordpress.com/2017/07/10/5-images-of-the-policy-process/>

Evidenz-informierte und Werte-orientierte Politik

Shift Evidenz -> Intuition in Kongressreden



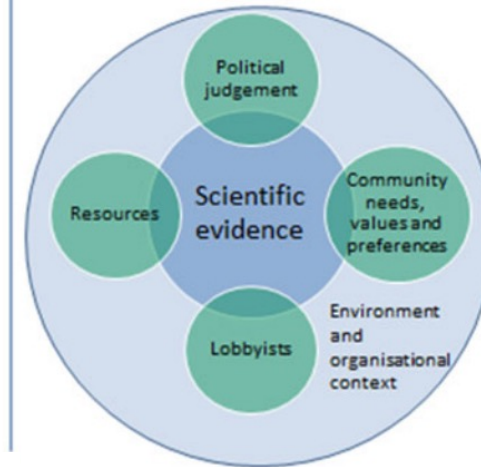
Aroyehun et al. 2025

EBDM vs EIDM

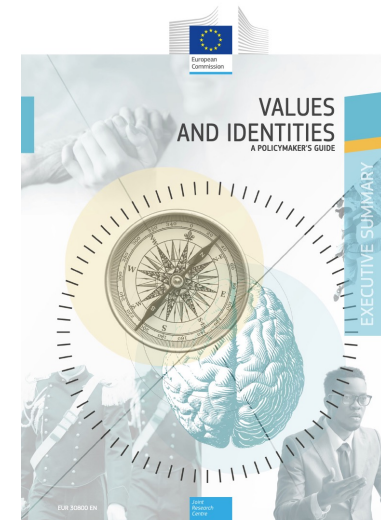
Evidence-Based Decision making



Evidence-Informed Decision Making



Aryeetey et al. 2017



2022



2024

Mentale Gesundheit in allen Politikfeldern



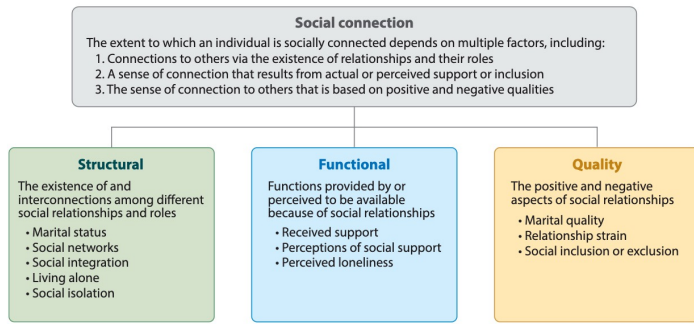
- Engage schools, higher education, research institutions, prisons, workplaces, media, non-governmental organizations, agricultural/farming, and health and social care settings to develop and implement mental health and well-being policies; prevent mental ill health, including through research into early markers; and promote psycho-social competencies including suicide prevention initiatives;

Box 1. List of key government sectors for a whole-of-government approach to mental health and well-being

- Financing and treasury (plays an over-arching cross-government role)
- Culture, arts, and sport
- Defence and veterans
- Education
- Employment
- Environment, conservation and climate protection
- Health
- Interior
- Justice
- Social protection
- Urban and rural development

WHO 2025

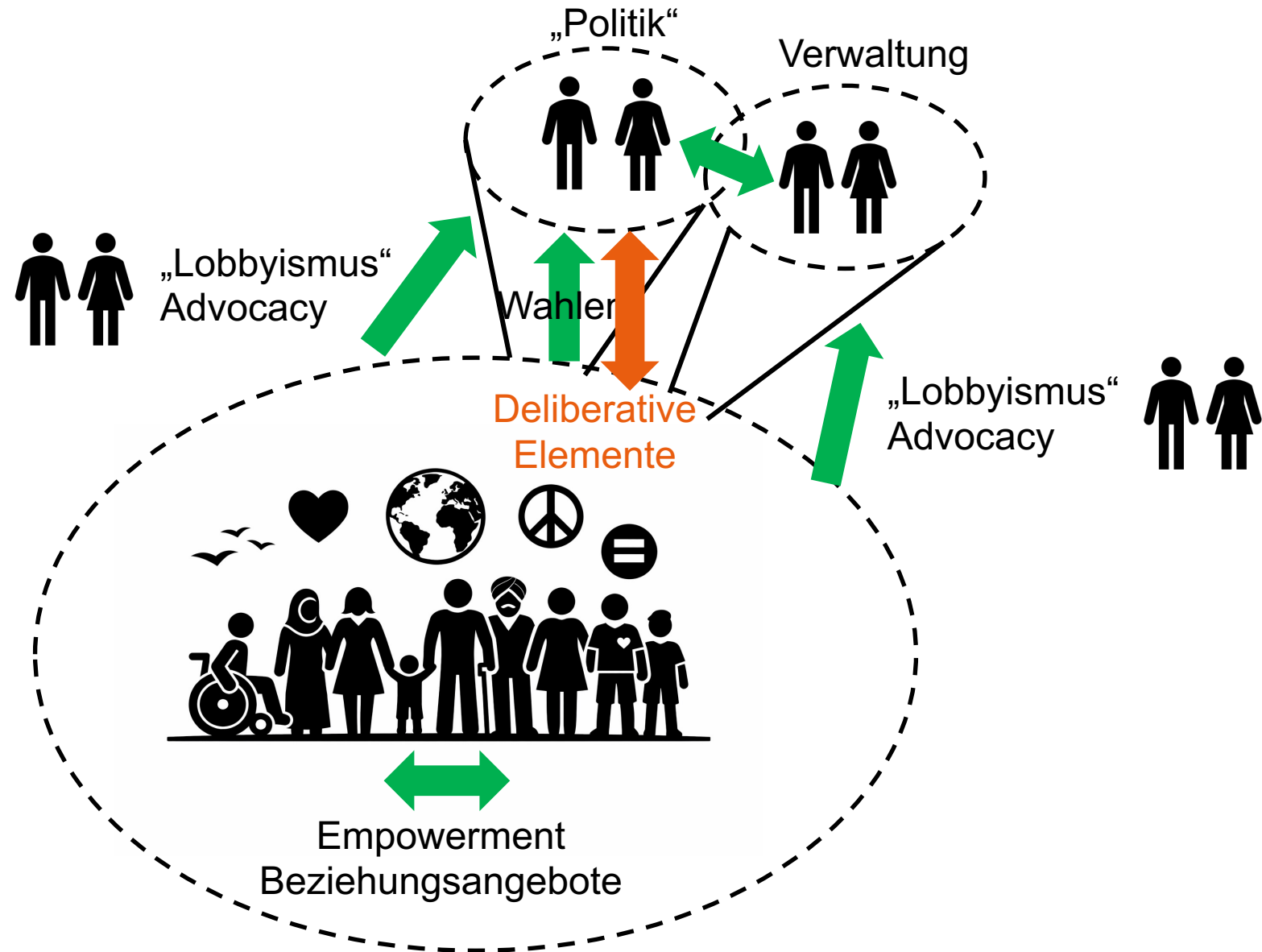
Beziehungen ermöglichen & gestalten



Holt-Lunstad 2022 Social Connection as a Public Health Issue: The Evidence and a Systemic Framework for Prioritizing the “Social” in Social Determinants of Health

Population (macro)	<p>What are the shared and distinct epidemiological factors of EL and SL?</p> <p>What are the population trends of EL and SL, including prevalence and impact?</p> <p>How do global events, policies and societal norms affect EL and SL?</p> <p>How can public health initiatives reduce specific societal burdens of EL and SL?</p>	Public health and policy Psychology Social work/sociology/education Psychiatry/medicine
Group (meso)	<p>What subgroups (e.g., cultural, economic, diagnostic) are at elevated risk for EL and SL?</p> <p>What is the role of community factors (e.g., workplace, social networks, schools) in development and maintenance of EL and SL?</p> <p>How can existing and novel community outreach programs be utilized to target at-risk subgroups?</p>	
Individual (micro)	<p>What are the precise subjective experiences of EL and SL, and their long- and short-term consequences for individual functioning and well-being?</p> <p>How can we strengthen operationalizations of EL and SL in empirical research?</p> <p>How are EL and SL interrelated, including stability and temporarily over time?</p> <p>What are core mechanisms of change in interventions targeting EL and SL?</p>	

Walsh et al. 2025 Why loneliness requires a multidimensional approach: a critical narrative review



Resiliente Demokratie – Mega(behaviorale) Studien

Polity

(Selbst)Verwaltung



PNAS Nexus, 2026, 5, pgaf400

<https://doi.org/10.1093/pnasnexus/pgaf400>
Advance access publication 27 January 2026

Research Report

A megastudy of behavioral interventions to catalyze public, political, and financial climate advocacy

Danielle Goldwert ^{ID a,*}, Sara M. Constantino ^{ID b}, Yash Patel ^{ID b}, Anandita Sabherwal ^{ID c}, Christoph Semken ^{ID b,d}, Cameron Brick ^{ID e}, Anna Castiglione ^f, Ramit Debnath ^{ID g}, Kimberly C. Doell ^{ID h}, Rachit Dubey ^{ID i}, Ke Fang ^j, Matthew H. Goldberg ^{ID k}, Wei Ji Ma ^{ID l}, Kristian S. Nielsen ^{ID m}, Steve Rathje ⁿ, Claudia R. Schneider ^{ID o}, Michael Sheldrick ^{p,q}, Ganga Shreedhar ^{ID r}, Sander van der Linden ^{ID s}, Janquel Acevedo ^{ID t}, Raihan Alam ^{ID u}, Mélusine Boon-Falleur ^{ID v}, Ondrej Buchel ^{ID w}, Xinghui Chen ^{ID x}, Patricia W. Cheng ^{ID y}, Adrien Fabre ^{ID z}, Matthew Feinberg ^{ID aa}, Joris Frese ^{ID ab}, Kylie Fuller ^{ID ac}, Marvin Helferich ^{ID ad}, Jaroslaw Kantorowicz ^{ID ae}, Elena Kantorowicz-Reznichenko ^{ID af}, Allen Kim ^{ag}, Joan J. H. Kim ^{ah}, Junho Lee ^{ID ah}, Artur Marchewka ^{ID ai}, Matto Mildenerger ^{ID aj}, Adam Pearson ^{ID ak}, John-Henry Pezzuto ^{al}, Veronica Pizziol ^{ID al}, Marjorie Prokosch ^{ID am}, John Protzko ^{ID an}, Guilherme A. Ramos ^{ID ao,ap}, Willow Rose ^{ID am}, David K. Sherman ^{ID aq}, Emma Swanson ^{ar}, Stylianos Syropoulos ^{ID as}, Alessandro Tavoni ^{ID al}, Maximilian H. Thiel ^{at}, Leaf Van Boven ^{ID au}, Robb Willer ^{ID av}, Tao Yang ^{ID aw}, Dominika Zaremba ^{ID ai} and Madalina Vlasceanu ^{ID b,*}

RESEARCH

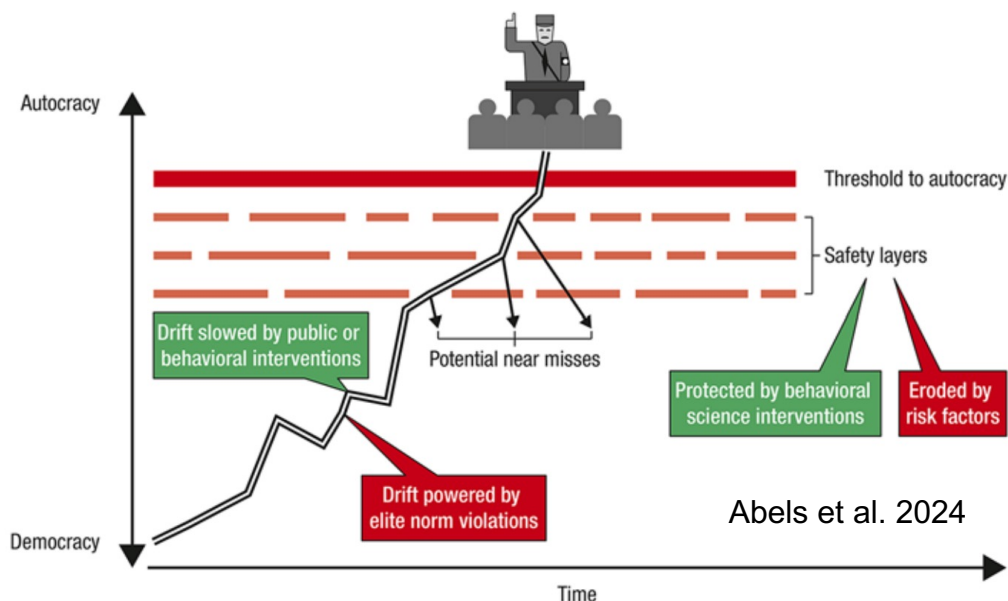
RESEARCH ARTICLE SUMMARY

INTERVENTIONS

Megastudy testing 25 treatments to reduce antidemocratic attitudes and partisan animosity

Jan G. Voelkel[†], Michael N. Stagnaro[†], James Y. Chu[†], *et al.*

2024



Soziales

Etc.

Was tun? Individuell (I) – Systemisch (S), oder A (Agency)?

The i-frame and the s-frame: How focusing on individual-level solutions has led behavioral public policy astray

Published online by Cambridge University Press: 05 September 2022

Nick Chater  and George Loewenstein 

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Article Related commentaries Metrics

The a-frame in action					
	What roles do individuals in the target population occupy?	What high-impact behaviour could be targeted?	What structures constrain this behaviour for whom?	Agency-aware intervention design	
				Leverage agency	Expand agency
Citizen	Community activist	→ Organizing community campaigns to push for low-carbon infrastructure such as bike lanes	→ Legal/political risks for marginalized groups	→ Target civic groups with high perceived legitimacy	→ Establish formal participatory governance mechanisms
Professional	Hospital procurement officer	→ Select renewable energy provider for the workplace	→ Under-resourced institutions have low budgets	→ Nudge senior procurement officers with defaults	→ Mandate sustainability criteria in procurement policy
Investor	Pension fund manager	→ Shift capital allocation towards low-carbon investments and away from high-emitting assets	→ Limited divestment options in employer pension plans	→ Provide low-carbon investments as defaults	→ Establish climate-risk education and certification for fund managers
Consumer	Urban resident	→ Rent an electric cargo bike when needed instead of buying a car	→ Electric bike rental schemes are preferentially rolled out in majority white neighbourhoods	→ Target higher-income individuals using identity-congruent framing	→ Outreach and incentive campaigns for low-income groups using rental schemes
Role model	Film actor	→ Modelling low-carbon travel choices in high-visibility context	→ Risk of backlash or accusations of hypocrisy	→ Enable actors to join coalitions that offer collective support and visibility	→ Institutionalize sustainability requirements across the entertainment industry

Fig. 1 | The a-frame includes roles, high-impact behaviours, constraints and intervention pathways. The a-frame informs intervention design by identifying target populations' roles and context-specific, high-impact behaviours. For each role-behaviour pairing, structural constraints (for example, institutional

barriers) are made explicit. These mappings inform interventions that either leverage existing agency (for example, targeting high-legitimacy populations) or expand agency (for example, creating supportive infrastructures).

Kukowski et al. 2026

Comment

<https://doi.org/10.1038/s41558-026-02644-7>

Leveraging agency for climate change mitigation

Charlotte A. Kukowski, Kristian S. Nielsen, Søren J. Kühn, Clover Hogan, Sander van der Linden, Lorraine Whitmarsh, Grit Zwingenberger, Felix Creutzig & Kimberly A. Nicholas

[Check for updates](#)

Climate debates often frame individual behaviour and systems change as distinct pathways to action. We suggest that social change arises from individuals' agency within their roles in societal systems, and that this agency should be actively leveraged to achieve meaningful climate change mitigation.

BOX 1 Agency in social systems

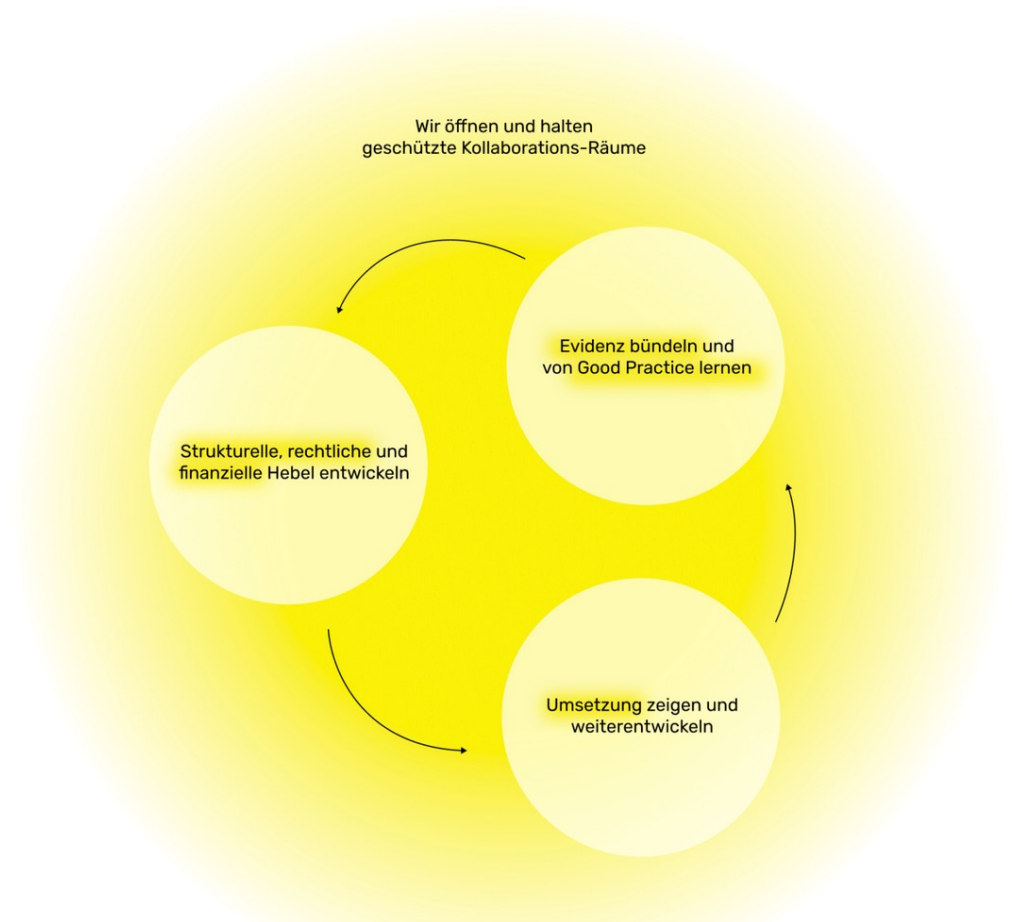
Agency is commonly understood as the capacity of individuals to act within the social, institutional and material contexts that shape behaviour. In the social sciences, agency and structure were traditionally viewed as incompatible frameworks for understanding

Was ist die Mental Health Alliance?

Für ein System der mentalen Gesundheit, das stärkt, bevor es behandelt

Unsere Vision ist eine Gesellschaft, in der Wohlbefinden und psychische Gesundheit als selbstverständlicher Bestandteil eines resilienten und zukunftsfähigen Gemeinwesens gelten – als Querschnittsaufgabe in allen Politik- und Lebensbereichen („Mental Health in All Policies“). Eine Gesellschaft, in der gesunde Rahmenbedingungen und frühe Unterstützung dafür sorgen, dass Menschen – insbesondere Kinder und Jugendliche – unabhängig von Herkunft oder Lebenslage gestärkt aufwachsen, lernen und leben können.

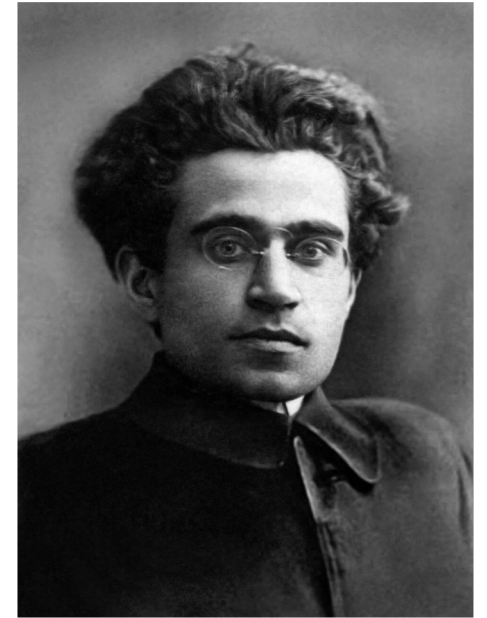
- Partizipation
- Breites Bündnis mit vielen Perspektiven auf einen Fokus
- Leitbild: Mental Health in/for All Policies
- Evidenz-basiert
- Vernetzend - Vernetzt
- Brücke zwischen bundesweiten Systemrahmen und mentalen Gesundheitsregionen
- Plattform, Spielfeld und „Durchlauferhitzer“



www.mental-health-alliance.org

Zusammenfassung (1)

- **Demokratie und psychische Gesundheit stehen unter Stress**
 - Affektive Polarisierung
 - Politische Myopie in Verbindung mit fehlendem, glaubhaftem Zukunftsnarrativ
 - Auswirkungen von KI, Desinformation
 - Zunahme von psychischen Belastungen & Erkrankungen mit negativen Auswirkungen auf Lebensbereiche, Beziehungen und Interaktionen
- **Demokratie, psychische Gesundheit und Wohlbefinden stehen in komplexen Wechselbeziehungen**
- **Demokratie** stellt durch Möglichkeit der **Selbstwirksamkeit** und **Handlungsfähigkeit** ein **Bindeglied** zwischen **individuellen** und **systemischen Bedarfen** dar
- Psychische **Gesundheit** ist dafür eine wichtige **Voraussetzung** (und **Folge**)
- Ziel muss sein, diese **Kompetenzen** zu **gewährleisten** und zu **verstärken**, u.a. durch **Förderung psychischer Gesundheit**
- **Keine Scheu vor Komplexität** („wicked problems“), **Trans- und Interdisziplinarität**



Antonio Gramsci (1891-1937), Q: Wikipedia

„Man muss nüchterne, geduldige Menschen schaffen, die nicht verzweifeln angesichts der schlimmsten Schrecken und sich nicht an jeder Dummheit begeistern. Pessimismus des Verstandes, Optimismus des Willens“ – Gefängnishefte, H. 28, § 11, 2232

Zusammenfassung (2)

- **Multiple Interventionen** möglich, u.a.
 - Futures Literacy fördern
 - Mehr deliberative Demokratieelemente
 - Ungewissheit kommunizieren und aushalten
 - Resonanzräume schaffen
 - Mental Health in all Policies
 - Förderung psychischer Gesundheit, Prävention und Frühintervention bei psychischen Erkrankungen und Brain Capital Ansatz
- **Evidenz schaffen** und im Sinne von **Evidenz-informierter Politik** nutzen



Vielen Dank fürs Zuhören!



thomas.goetz@posteo.de