

Review of: "Considering Cultural Diversity in Disaster Mental Health Planning and Crisis Management"

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The title is very catchy and grabbed my attention fast! This topic has been the center of discussion for the past few years, especially after the pandemic. Exposure to traumatic events does not equate to mental health decline. Although there are factors that increase the risk of mental ill-health on an individual level (i.e., genetic, psychological, psychosocial, and personality components), risk factors are predictive - not deterministic - and can be ameliorated by protective factors at the individual, community, and societal levels. The acute stress response can enhance signaling in cortical regions that allow quick thinking and heightened memory. This short-term biological advantage is valuable post-disaster both individually and within communities when problem-solving solutions are required for rapidly changing needs. Conversely, chronic stress is damaging to the brain and, when coupled with adverse life events that reduce individuals' coping capacity, can cause an allostatic overload, thus adversely affecting physical and mental health. These biological changes demonstrate the brain's plasticity, whereby positive changes to mental health can also be made. I just wish the paper collected data to support the argument,, but great effort overall!