

A Bibliometric Analysis on Mental Health Research Over the Past Two Decades

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Abstract

The research examined mental health publications through a comprehensive bibliometric analysis from 2000 to 2024, encompassing 483 documents published in 279 outlets that had an annual growth rate of 9.5%. The research explored publication trends; leading journals; key authors; key affiliations; collaboration networks of authors, institutions and countries; co-occurrence networks and identified major trending topics and themes. Research has shown that mental health article output experienced a significant growth after 2018 because of new policies and worldwide mental health concerns. Three prominent journals, Psychiatric Services, BMC Psychiatry and The Lancet lead the field because they demonstrate the critical nature of psychiatric and public health research. This analysis highlighted the leading researchers as well as prominent scholarly works while demonstrating that Harvard University and the University of Toronto made significant research contributions. The co-occurrence analysis and thematic map revealed four principal subjects: mental health services, depression, public health policy research and socioeconomic influences. The research investigated international research collaborations where the USA had a leading position in global collaboration. The effect of COVID-19 on mental health and cognitive behavioural therapy were the emerging topics in this field of research. The findings provide essential information about ongoing research trends as well as about influential publications and collaborations that direct future studies.

Keywords: Mental disorders, Mental health, Mental health policy, Mental health service, Mental health management, Socioeconomic factors.

Introduction

Mental health is a crucial aspect of human well-being, affecting emotional, psychological and social aspects that determine how people think, feel and behave in their daily activities [1]. An individual depends on this factor to navigate stress, sustain personal relationships and form good choices. Public health considers mental health an essential foundation because it is a fundamental factor determining economic stability, social cohesion and overall quality of life [2]. Mental disorders create substantial difficulties for human populations alongside societies because psychiatric conditions and depression and anxiety levels are increasing internationally.

The expanding consciousness about mental health problems continues to face obstacles regarding literacy knowledge policy execution and research development. The special initiative for mental health pushes for universal healthcare integration of mental health services, but countries with global populations show minimal awareness about mental disorders [3,4]. The results from mental health policy evaluations demonstrate the need for a strong research infrastructure because they expose deficiencies in government funding and inter-sectoral partnerships as well as budgetary gaps [5].

Bibliographic analysis serves as an effective method for evaluating research patterns across different fields. This research technique allows experts to track subject evolution by evaluating essential factors including publication patterns with important authors and most cited documents, institutional teamwork and thematic changes [6]. Health policy researchers have used bibliometric analysis to investigate co-production in healthcare management as well as COVID-19 policy responses and aging policies according to [7,8]. Despite the growing body of scientific work, the number of bibliometric assessments studying mental health research is limited. The research community needs to address this gap because it enables the identification of important work along with thematic changes and future research and policy guidance.

The study performs an extensive bibliometric analysis of mental health research to analyse major research indicators including publication trends and most relevant authors, leading journals and globally cited documents as well as key institutional affiliations and co-occurrence networks of keywords, themes, trending topics and collaboration networks. The analysis of these structural elements allows this research to reveal patterns that exist within mental health research over time. The analysis of publication trends supports

researchers and policymakers in detecting new subject areas along with literature gaps in the field as the investigation of collaboration networks enables researchers to identify potential multidisciplinary research opportunities across national boundaries.

Empirical contributions from this study about scholarly mental health development help expand the current discussion in the mental health research literature. The research outcomes will benefit academic researchers', health professionals and governmental officials who need evidence-based strategies for mental health service research funding and international research partnerships. Global mental health expansion requires bibliometric insights to become a fundamental instrument that will direct its long-term development.

Objectives of the Study

1. To identify key publication trends and determine the globally cited documents related to mental health research.
2. To identify the key authors and most relevant affiliations.
3. To explore mental health studies by analysing the co-occurrence network of keywords and thematic analysis.
4. To assess research collaborations among authors, institutions and countries.

Criteria for data and material selection

For this bibliometric research, we extracted literature related to mental health from the Scopus and Web of Science (WoS) databases. The databases met the criteria for high-quality academic publications while providing suitable functionality for bibliometric analysis; therefore, we chose them for this research. The search period was spanned from 2000 to 2024 to include relevant and recent articles. Our research approach included filtering the search results using structured search strings that included keywords such as "Mental Health", "Mental Disorders", "Mental Health Policy", "Mental Health Service", "Socioeconomic" and "Management."

The Web of Science search initially yielded 118 academic articles, which were filtered by limiting the publication years to 2000-2024 resulting in 114 papers. The document type filter included articles, review papers and proceeding papers. The filter of the subject area was restricted to Medicine, Social Sciences, Psychology and Nursing, Neuroscience, Environmental Science, Arts, Health Professions, Multidisciplinary and Business which reduced the number of articles to 87. The analysis utilized papers in the English language exclusively for consistency purposes. The search performed in the Scopus database utilized the same keywords from the Web of Science search to achieve consistency in the data collection. The initial query yielded 542 results. The search result in Scopus was reduced to 532 when the database was restricted to records published between 2000 and 2024. The search process within the Scopus database started with 542 results but was later restricted to 530 studies through subject area filters which included medicine, social sciences, psychology, nursing, environmental science, neuroscience, arts and humanities, health professions, multidisciplinary, business, management and accounting. The dataset was reduced to 409 records through the selection of article review papers and conference papers as document types. The final stage of analysis included English language restriction resulting in 404 articles which served as the basis for bibliometric evaluation.

R programming was used for merging datasets extracted from Scopus and the Web of Science. Duplicate entries were identified and

eliminated, which led to 483 remaining papers suitable for bibliometric analysis. The methodical selection procedure maintained high-quality standards to select appropriate studies which enhanced the reliability of the research findings.

Bibliometric analysis and visualisation

Biblioshiny functions as a unique bibliometric software that produces diverse insights by delivering graphical outputs and tabular data analysis [9]. Biblioshiny employs its data import ability to transform input data into visual displays that represent author collaboration, globally cited publications, annual publication trends and other essential bibliometric metrics. Through its functionality biblioshiny allows users to analyze significant research domains by displaying thematic maps, word clouds, trending topics, co-occurrence and collaboration networks [10].

Through its R installation tool integration, biblioshiny has additional capabilities that enable users to perform data analysis, network analysis, knowledge mapping and statistical literature evaluation [9]. This study exclusively utilized biblioshiny for performing bibliometric analysis which included main information extraction, publication trend analysis, core author identification, most relevant sources, globally cited documents and key affiliation evaluation. The system involved thematic analysis and collaborative network data which resulted in complete bibliometric evaluation without requiring additional software.

Results

The table 1 shows that the bibliometric analysis covered studies conducted between 2000 and 2024, amounting to 483 documents obtained from 279 outlets at a yearly growth rate of 9.5%. The scholarly impact of each document is high, based on the 74.52 average citations recorded. Research data showed that 4,258 authors contributed to the studies; each article had 11.8 co-authors on average and international co-authorship accounted for 5.37% of the total authorship. The analysed documents mainly consisted of articles (396) and reviews (82).

Description	Results
Main information about data	
Timespan	2000 - 2024
Sources (Journals, Books, etc)	279
Documents	483
Annual growth rate %	9.5
Document average age	8.78
Average citations per doc	74.52
References	4651
Document contents	
Keywords plus (ID)	2439
Author's keywords (DE)	1137

Authors	
Authors	4258
Authors of single-authored docs	33
Authors collaboration	
Single-authored docs	33
Co-authors per Doc	11.8
International co-authorships %	5.372
Document types	
article	396
article; proceedings paper	3
conference paper	2
review	82

Table 1: Main information about the data.

Publication trend

Research output showed a stable pattern of growth according to the annual scientific production trend although it displayed specific periodic fluctuations. The academic interest in this field increased steadily from 2000 to 2010 based on the number of published articles. The trend after 2010 displayed dynamic behaviour through periodic variations that followed an upward direction (Figure 1). The research output experienced its largest expansion after 2018 when the number of publications increased because of probable policy changes, global concerns and heightened awareness about the subject. The scientific output reached its maximum level in 2024 and this marked the highest number of recorded publications which represented both an expanding and strong research domain. This evolving scholarly pattern has led to significant growth of field interest thus making it essential for future research investigations.

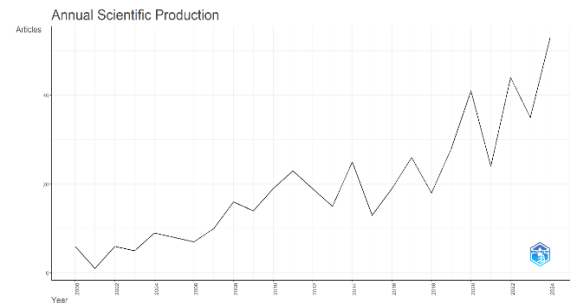


Figure 1: Publication trend.

Top journals according to source impact

Table 2 reveals that a research evaluation of highly influential mental health and psychiatric journals established leading venue publications among the authors during the period studied. The Psychiatric Services journal achieved the highest total citations (TC = 1096) since it began publishing in 2000. BMC Psychiatry showed strong relevance to the field with TC = 1106 even though it had a lower h-index (7) and began publication in 2014, indicating the rapid development of its impact. The American Journal of Public Health demonstrated a strong impact on public health-related mental health research through its total citations of 1014 along with an h-index of 5. The International Journal of Environmental Research and Public Health and the Journal of Mental Health Policy and Economics demonstrated substantial contributions to their field through their 18 publications (NP = 18) and g-index of 18. Total citation counts indicated that the first journal had fewer citations with a total of 493 citations, while the second journal had 497 citations. Another two prominent journals in the field were Administration and Policy in Mental Health and Mental Health Services Research with TC = 270 and h-index = 6 and BMJ Open, with TC = 285 and h-index = 7. Both publications concentrated on policy implementation and healthcare service research.

Journals	h index	g index	TC	NP	PY start
International Journal of Environmental Research and Public Health	13	18	493	18	2014
Journal Of Mental Health Policy and Economics	12	18	497	18	2003
Psychiatric Services	12	13	1096	13	2000
BMC Psychiatry	7	8	1106	8	2014
BMJ Open	7	10	285	10	2012
Administration And Policy in Mental Health and Mental Health Services Research	6	11	270	11	2009
International Journal of Social Psychiatry	6	9	91	9	2010
Journal Of Affective Disorders	6	9	199	9	2004
Social Psychiatry and Psychiatric Epidemiology	6	7	126	7	2004
American Journal of Public Health	5	5	1014	5	2000

Table 2: Top 10 journals (source impact).

Research data showed that psychiatric services, along with BMC Psychiatry and the American Journal of Public Health dominated the mental health field yet BMJ Open and the International Journal of Environmental Research and Public Health demonstrated emerging influence. Mental health research dissemination depends heavily on journals from both established and new publications as indicated by their h-index, g-index and total citation distribution.

Publication trends in the most popular sources

Figure 2 shows how often key sources have occurred over time highlighting their role in mental health and public health research. The consistent growth of the International Journal of Environmental Research and Public Health indicated a rising interest in environmental health junctures. The publication of BMJ Open

continued to grow steadily because of its commitment to open-access literature. The publication frequency of the Journal of Mental Health Policy and Economics and Psychiatric Services has increased rapidly since 2015 because of heightened interest in mental health policy and services. The relatively steady contributions from administration and policy in mental health highlighted its enduring relevance. Research directions across different fields have changed according to the data distribution pattern.

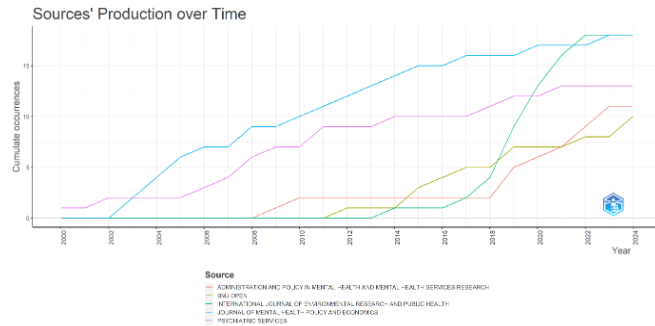


Figure 2: Publication trend in most popular sources.

Core authors

Figure 3 depicts that the bibliometric study revealed which authors published the most important documents in this field. The research field is primarily driven by Alonso J who published 11 documents while Haro J followed with 10 published documents. 8 documents emerged from Salvador-Carulla L, Saxena S, Whiteford H, Kessler R, Lund C, Stein D and Wang Y sharing seven documents each to demonstrate their substantial research influence. The author De G G concludes the list with 6 documents. The research field included an influential core group of researchers who led discourse production yet exhibited diverse publication rates. Research activities in this field operate through collaborative and focused investigations as shown by these findings.

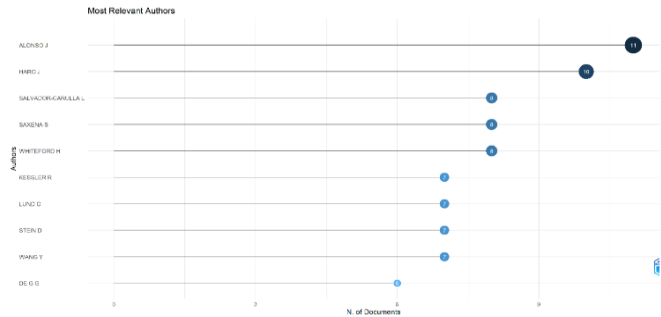


Figure 3: Most relevant authors.

Most globally cited documents

Table 3 shows that the document exhibited globally significant research papers by showcasing three key citation metrics, which included Total Citations (TC) per Year (average annual citations). The paper by Murray CJ, et al., is the most cited publication with 7,461 citations indicating its extensive reach in the global health domain [11]. The research paper by Patel, et al., stands out because health-related studies dominate research fields [12]. The mental health studies by Kessler, et al., and Auerbach, et al., were among the papers that frequently appeared in the research [13,14]. Medical research and psychological research have had significant impacts on the Lancet, The Journal of the American Medical Association and Psychological Medicine journals. Recent research (2020) has demonstrated strong annual citation patterns because researchers have used these studies to address contemporary issues such as COVID-19 and public health emergencies. Moreover, older studies published in 2005 and 2007 continued to receive consistent citations because they maintained their enduring influence. This research highlights the growing importance of health studies in the fields of epidemiology and mental health as well as the worldwide impact of diseases. It also highlighted the patterns of how research had an influence on different areas over time.

Author	Year	Source	Title	Total Citation	Total citation per year
(Murray CJ, 2020) [11]	2020	Lancet	Global burden of 87 risk factors in 204 countries and territories, 1990–2019: A systematic analysis for the Global Burden of Disease Study 2019	7461	1,243.50
(Murray CJ, 2020) [15]	2020	Lancet	Global burden of 369 diseases and injuries in 204 countries and territories, 1990–2019: A systematic analysis for the Global Burden of Disease Study 2019	2814	469
(Patel, et al., 2018) [16]	2018	Lancet	The Lancet Commission on global mental health and sustainable development.	1688	211
(Anders, et al., 2011) [17]	2011	European Neuropsychopharmacology	Cost of disorders of the brain in Europe 2010	1284	85.6
(Kessler, et al., 2005) [13]	2005	The Journal of the American Medical Association	Trends in Suicide Ideation, Plans, Gestures, and Attempts in the United States, 1990–1992 to 2001–2003	907	43.19
(Auerbach, et al., 2016) [14]	2016	Psychological Medicine	Mental disorders among college students in the World Health Organization World Mental Health Surveys	839	83.9
(Alegria, et al., 2018) [18]	2014	International Review of Psychiatry	Social determinants of mental health	748	62.33
(Patel, et al., 2007) [12]	2007	Lancet	Treatment and prevention of mental disorders in low-income and middle-income countries	646	34
(Eisenberg, et al., 2007) [19]	2007	Medical Care	Help-Seeking and Access to Mental Health Care in a University Student Population	631	33.21
(Katzman, et al., 2014) [20]	2014	BMC Psychiatry	Canadian clinical practice guidelines for the management of anxiety, posttraumatic stress and obsessive-compulsive disorders	612	51

Table 3: Most globally cited documents.

Most relevant affiliations

Figure 4 reveals that the academic research has demonstrated its leading institutions through the visualization of the most relevant affiliations. The University of Toronto is the most influential institution according to its large number of published articles, which demonstrated its effective research production and academic involvement. Two leading research institutions, the Tehran University of Medical Sciences and the University of London, published 109 articles. Research networks from the United States maintained a strong position through institutions such as Harvard University (45 articles), the University of California System (44 articles) and Johns Hopkins University (34 articles). Additionally, medical and health science institutions such as Iran University of Medical Sciences, Kermanshah University of Medical Sciences and Harvard Medical School emphasised healthcare-related research. This showed how academic contributions came from all over the world, with both Western and non-Western affiliations driving the spread of knowledge. These universities highlighted how they play a key role in setting research trends and shaping scholarly deliberations in the field.

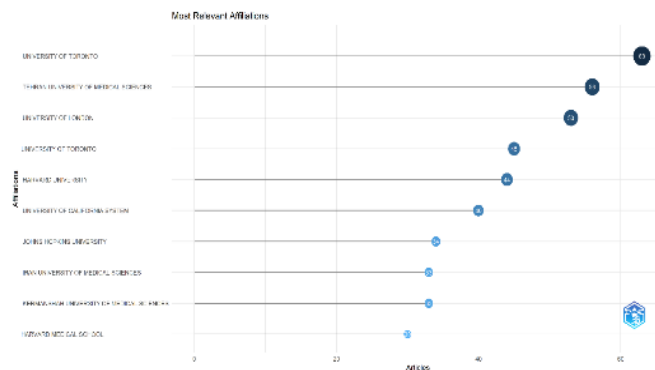


Figure 4: Relevant affiliations.

Word cloud

Figure 5 shows that the word cloud featured the main themes in mental health research and demonstrated that mental health research has primarily concentrated on healthcare delivery through terms such as “mental health,” “mental disorders,” “mental disease,” and “mental health service.” Demographic terms such as “male,” “female,” “adult,” “adolescent,” and “middle-aged” suggested research covering various age groups and genders. The occurrence of “depression” and “schizophrenia” is defined as two commonly researched disorders. The healthcare-related terms “mental health care,” “health care policy” and “health services accessibility” focused on delivery services and policy issues yet the terms “socioeconomics,” “poverty,” “quality of life” and “social support” focused on social determinants. The research methodologies included major clinical studies, controlled studies, cross-sectional studies and questionnaires which utilised diverse research methods. The term “United States” stands out prominently because researchers have dedicated extensive attention to studies in this location. The bibliometric analysis demonstrated a detailed mental health investigation that combined studies about clinical care with social analysis and policy research.



Figure 5: Wordcloud.

Trending topics

Figure 6 depicts that a time-based evaluation of research subjects demonstrated substantial shifts in mental health-related research across different periods. The initial research period from 2003 to 2010 concentrated on data analysis, medical research, health programs and Medicaid analysis, which demonstrated an interest in policy development, healthcare system structure and research methods. Research interest in socioeconomic factors, mental disease, mental health and demographic characteristics of male, female, child, aged and human subjects increased substantially starting from 2010 to suggest a heightened focus on social determinants of mental well-being. Research in the field of mental health has adopted a worldwide approach since 2015 through the examination of health determinants and Chinese and American contexts. The emergence of coronavirus disease 2019 (COVID-19) as a major topic after 2020 highlighted the profound influence of the pandemic on mental health studies. Studies about evidence-based psychological interventions have increased interest in cognitive behavioural therapy as a major term in recent years. Overall, this trend analysis showcased a shift from policy and healthcare systems toward a more holistic, global and intervention-focused approach to mental health research.

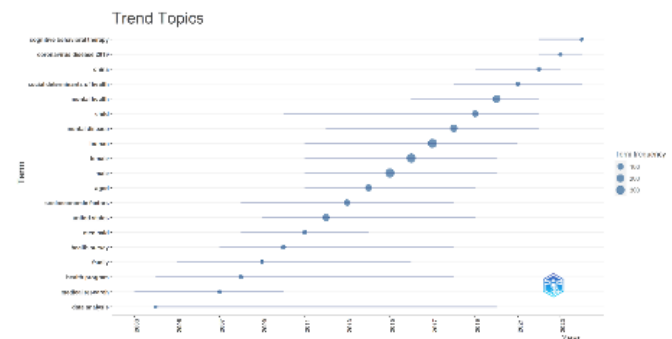


Figure 6: Trending topics.

Thematic map

Figure 7 shows that the thematic map sorted mental health research fields through the combination of their (relevance) centrality and density (development degree) revealing different research patterns. The core driving topics of the research field were represented by motor themes (top-right quadrant) which included mental health services and humans because they demonstrated high relevance and well-developed content. The basic themes (bottom-right quadrant), which included health, depression, prevalence and care, represent widely studied fundamental concepts that need additional conceptual development. Research themes (top-left

quadrant), such as major clinical studies and cross-sectional studies as well as young adults, fell into the niche category as specialized fields with minimal interdisciplinary connections. The research significance of socioeconomic status and adult status showed signs of underdevelopment or decline based on the (bottom-left quadrant) analysis. Health care policy and reviews, together with health care delivery exist at the centre of the map, which shows the ability of health care providers to connect different research domains. The results indicated that mental health services according to human-centred studies occupy primary positions in research, while socioeconomic aspects which include several demographic characteristics require additional investigation.

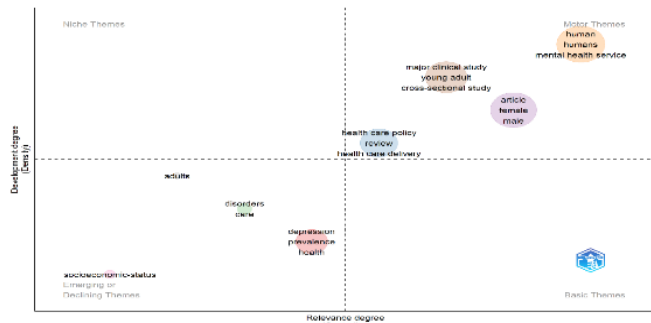


Figure 7: Thematic map.

Co-occurrence network

Figure 8 depicts that the author's keyword co-occurrence network created a visual layout to display the most commonly used terms in the examined research domain while showing their connected relationships. "Mental health" stands as the central theme of the network because it emerged as the main keyword thus demonstrating its fundamental position in research. "Depression" is a major concept that has established strong associations with anxiety and suicide while also connecting to mental health services and intervention in research studies.

Keywords grouped into separate domains of mental health study. The orange cluster consisted of "mental disorders" combined with "public health", "risk factors" and "primary health care" terms that stressed public health epidemiological research approaches. The red cluster represents research into psychosocial stressors and mental health vulnerabilities through its examination of stress, stigma, suicide and HIV. The blue cluster signifies a group of keywords that centres on "schizophrenia" alongside "bipolar disorder" and "Medicaid" specific research. The terms "prevalence", "common mental disorders" and "Brazil" were combined in the green cluster to indicate geographic and epidemiological research.

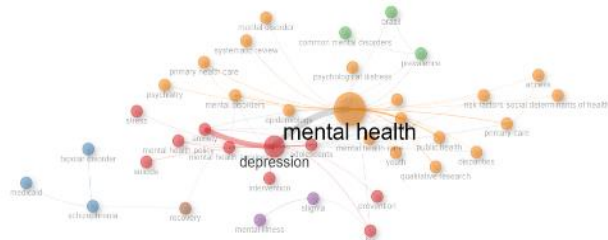


Figure 8: Co-occurrence network.

The network presentation revealed that mental health studies exist across various disciplines because psychiatric conditions strongly connect to healthcare access, public health policy frameworks and social environment factors. This visualization method enables researchers to detect major research developments and unexplored areas that determine upcoming directions in this developing field.

Collaboration network (authors)

Figure 9 shows that the bibliometric collaboration network displayed co-authorship relationships by using author influence as node size and collaboration strength through edge thickness. The extensive co-authorship activity of Alonso J, Haro J, Lee S and Stein D resulted in their high position within the network. The network displayed separate clusters where Alonso J and Haro J led the red cluster while Borges G and Saxena S belonged to the green cluster. Strong co-authorship ties appeared thicker between authors and peripheral authors maintained thinner connections. The authors Scott K and Kessler R. demonstrated strong betweenness centrality because they connected research groups from different areas. The network maintained an average connectivity level which demonstrated both intense author collaboration and independent research relationships.

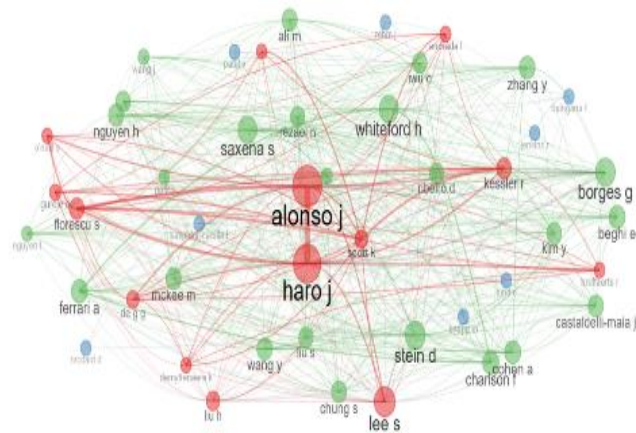


Figure 9: Collaboration network (authors).

Collaboration network (institutions)

Figure 10 shows that the research domain collaboration network illustrated academic partnerships by showing institutional co-authorship in publications. Harvard Medical School together with Harvard University, the University of Toronto, the University of California System and Columbia University established dense research collaboration networks, serving as dominant research hubs. The research cluster under Harvard Medical School and Harvard University demonstrated maximum prominence yet additional institutions including the University of Cape Town and University College London with Johns Hopkins University operated as essential regional or global partners. The thickness of the connecting lines between institutions indicates the level of collaboration strength in their partnerships. Along with Toronto, Harvard University maintained many connections due to its high degree centrality, but Johns Hopkins University and Cape Town serve as crucial bridge institutions through their high betweenness centrality. The network displayed excellent connectivity while maintaining institutions that collaborated less frequently.

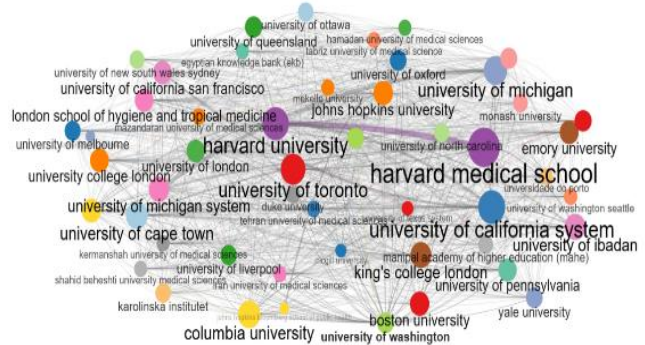


Figure 10: Collaboration network (institutions).

Collaboration network (countries)

Figure 11 shows that the image shows a collaboration network between authors which displayed country partnerships through nodes representing each nation and edges depicting co-authored publications. Academic research collaborations revealed the United States as the leading centre because its node size is the largest among all countries. Research exchange between the USA, France, the United Kingdom, Canada, China and Brazil is shown by their strong network connections. The network included major contributors, such as the United Kingdom, China Canada, the Netherlands and Australia, who demonstrated strong connections, which indicated their substantial role in worldwide research activities. The visualization lacked a prominent display of collaboration links between research areas in Spain, India and Germany despite their established research accomplishments. The research partnerships between the USA and France and between the USA and the UK are indicated by thick edges representing particularly strong academic connections. According to its network structure, international academic research has high connectivity across the globe; however, developed nations maintain control of collaborative networks, while emerging nations including Brazil and India as well as South Africa actively participate in global academic activities.

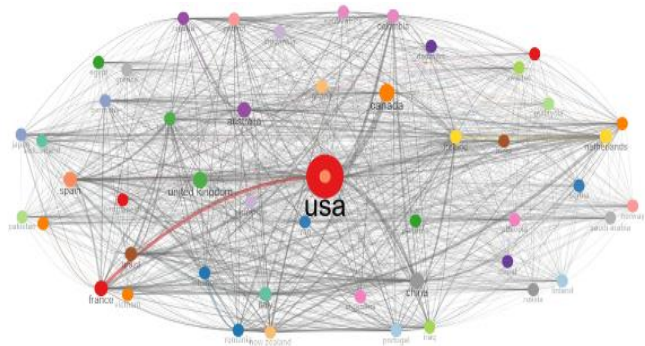


Figure 11: Collaboration network (countries).

Discussion

According to these findings, publications related to mental health have shown continuous growth. Global awareness and policy interest have surged at an annual growth rate of 9.5% and significant research expansion since 2018 has demonstrated this trend. Mental health research has an interdisciplinary nature because psychiatric and public health journals maintain their leading status. Epidemiological

research and mental health burden assessments are highly important because of the highly cited works that appear in journals like The Lancet and The Journal of the American Medical Association.

The author collaboration network demonstrated a growing trend of interdisciplinary and international research, with co-authorship levels averaging 11.8 authors per paper. International research collaboration stands at a low level of 5.37% although this signified scope for expanding international research connections. The leading research hubs exist in the USA, Canada and the UK with emerging research from Brazil and China indicating knowledge production expansion.

The research trends showed progression according to thematic and co-occurrence analysis findings. This research has shifted from initial healthcare policy examinations to current investigations about social determinants, mental health intervention methods and COVID-19-oriented mental health studies. Cognitive behavioural therapy has become popular in research because it represents an evidence-based treatment method. The analysis of research collaboration networks demonstrated that leading institutions drive research activities but additional interdisciplinary connections should be fostered between these institutions and regions that receive limited attention.

Findings

This research revealed continuous mental health research development with a notable surge beginning in 2018 because of enhanced international policy focus. Three major journals, Psychiatric Services, BMC Psychiatry and The Lancet led the development of mental health discourse. Strong collaborative work by Alonso J and Haro J led to major developments in the field. Three primary institutions dominated mental health research through their knowledge hub positions at Harvard University, the University of Toronto and Johns Hopkins University. The present research identified major research subjects that focused on mental health services, depression, socioeconomic influences and healthcare availability but displayed an increasing interest in COVID-19 and cognitive behavioural treatment. Although researchers have demonstrated active engagement in study collaboration, international research partnerships have remained relatively low, indicating the need for global research partnerships.

Implications

The findings revealed crucial knowledge for policymakers, academicians and funding agencies. Knowledge of research trends, influential studies and knowledge gaps will enable authorities to create successful mental health policies. Better innovations and knowledge sharing become possible through increased international networks and interdisciplinary cooperation. The identification of both notable research institutions and major impact journals enables funding agencies to distribute their resources with maximum efficiency. The research findings provide useful information that healthcare providers and policymakers need to create evidence-based mental health service designs. The current literature requires additional studies of emerging mental health research areas that include evaluations of social determinants of mental health, cognitive behavioural therapy and post-pandemic mental health assessment. Future research will benefit from this work as a solid foundation through which researchers can focus on mental health research with government policies and worldwide academic partnerships.

Conclusion

According to our bibliometric analysis, this research about mental health has evolved rapidly, demonstrating both increasing academic significance and a growing interdisciplinary nature. Research output grew significantly after 2018 due to the recognition of mental health as a critical issue globally. Research in mental health has been advanced by major academic publications and influential authors along with prestigious research organizations from both Europe and North America. Research has shown that scientific interest is moving toward evidence-based intervention research while focusing on worldwide health emergencies, including COVID-19.

Despite these advancements, challenges remain. The current level of international research cooperation is minimal and low-income and middle-income countries demonstrated insufficient research influence in the field. This research points toward the necessity of enhancing mental health research inclusivity by developing expanded partnerships across different regions. Research into modern mental health problems should combine different viewpoints while developing stronger cross-disciplinary action to optimize the field's effectiveness.

Data Availability Statement

All data supporting the findings of this study are included within the manuscript and its supplementary information files. No additional datasets were generated or analyzed beyond those presented in this study. The supplementary files provide comprehensive details of the data utilized, ensuring full transparency and reproducibility.

Competing Interests

The authors report no conflicts of interest in this work.

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