

Editorial

THE JOURNAL – THE JOURNEY THUS FAR AND AHEAD

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When the new office-bearers of Indian Psychiatric Society – Kerala State Branch took charge in August 2022, I took over as the Editor of Kerala Journal of Psychiatry. This prompted me to search the history of Kerala Journal of Psychiatry online. The earliest proof of the journal was found to be documented as 1971 in the Brown University Library Catalog, BruKnow; the Creator was Kerala Psychiatric Society and the Publisher Trivandrum, India, Santhakumar. On enquiry with senior psychiatrists in the state, it was clarified that this was an initial effort which could not be sustained, and the Kerala Journal of Psychiatry was first published as the official journal of the Kerala Chapter of Indian Psychiatric Society in 1985, with Kumar KA as the editor. It was published on a quarterly basis initially and later biannually. Further, the journal evolved under the able editorial skills of many luminaries.

It was in 2015 that the journal started its own website, got published online for the first time and acquired E-ISSN. This facilitated the submission of manuscripts online. A workshop for peer reviewers was conducted and peer reviewers were recruited for the journal. From then on, all the articles published in the journal were peer-reviewed. There was an increase in the number of original research reports and case reports getting published. Soon the journal was indexed in DOAJ, Index Copernicus and Google Scholar. Further, the journal started including columns on “New in psychopharmacology,” “Tips on research and publication” and “Research methods in

Psychiatry”. Movie and book reviews are also being published regularly.

As we move ahead, the targets are to be set high. Our goal should be to obtain indexing in Scopus and PubMed. For this, the number of publications as well as the quality of the articles being published in the journal has to be maintained high. High standards of peer reviewing have to be ensured. With this aim, another workshop was conducted for peer reviewers in December 2022 and new peer reviewers have been recruited. Given the fact that the number of manuscripts being submitted from within and outside the state is increasing and the quality benchmark is being set high, there might be an increase in the rejection rate.

In the current issue, the presidential address and the first Ernakulam Psychiatric Society oration delivered at the 38th Annual National Conference of Indian Psychiatric Society – Kerala State Branch (SIPSCON) 2022 are included. The viewpoint article presents the issues related to disability certification in traumatic brain injury. We present original research reports ranging from factors influencing relapse in schizophrenia to the use of innovative methods in teaching Psychiatry. COVID-19 pandemic-related studies involving qualitative methodology are also included. The case report throws light on the problems associated with newer psychoactive substance use. The column on “Tips on research and publications” emphasizes the relevance of the Acknowledgement section in an article, while

Access the article online:

<https://kiponline.com/index.php/kjp/article/view/383>

DOI: <https://doi.org/10.30834/KJP.35.2.2023.383>

Web publication: 20/02/2023

QR code:



Please cite this article as: Indu PV. The journal – the journey thus far and ahead. Kerala Journal of Psychiatry 2022;35(2):83-84.

the column on “Research methods in Psychiatry” focuses on randomized controlled trials. We are also starting a new section on “The Arts and Psychiatry”. In this section, the works of art and literature of patients or psychiatrists shall be included. It could be personal experiences, stories, poems, pictures or reviews of books or movies; but it should be relevant to Psychiatry. If patients are contributing to this section, their anonymity shall be preserved, if they desire so. This time we are including the self-portrait made by a

patient while on treatment for obsessive compulsive disorder.

As Lao Tzu, an ancient Chinese philosopher, put it, “The journey of a thousand miles begins with one step.” Let us remember with gratitude all those predecessors who were thoughtful enough to have taken that first step decades ago to embark on this journey that is the Kerala Journal of Psychiatry. As we move ahead along the course set by them, let us also keep in mind that “Success is a journey, not a destination” (Arthur Ashe).