



JAT

Journal of
Applied Therapeutics

Advancing Evidence, Practice, & Policy



Volume 1 | Issue 1 | July 2026

Institute of Applied Therapeutics (IAT), Chennai

Editorial Board

Editor-in-Chief

Dr. Gauthamadas U., MD (Psychiatry),
PhD, Professor and Former Head,
Department of Psychiatry

Founder, [Institute of Applied Therapeutics](#) (IAT),
Chennai, India

Executive Editor

Dr. Vaibhavi P. S., MD (Psychiatry)
Assistant Professor of Psychiatry, Adichunchanagiri
Institute of Medical Sciences, India
Editor, Official Newsletter, Indian Association of
Biological Psychiatry (IABP)
Editorial Team Member, [Journal of Medical Sciences
and Health](#) (JMSH)

Managing Editor

Ms. Archana V., MPhil (Clinical Psychology)
Dean, [Institute of Applied Therapeutics](#) (IAT),
Chennai, India

Associate Editor

Dr. Sasikala S., MPhil, PhD
Head (In-charge), Department of Counselling
Psychology, University of Madras, India

Assistant Editors

Dr. Susmita Sarkar, MD (Psychiatry)
Peer Reviewer, [Journal of Psychosexual Health](#)

Dr. Kaushik Kumar, MD, AB (Internal Medicine)
Rutgers Health, USA

Editorial Board Members

Dr. K. Namitha Bhuvaneshwari, MS (Ophthalmology)
Professor & Head, Department of Ophthalmology,
Meenakshi Medical College Hospital & Research
Institute, India

Dr V. Subramanian, MRCP (Pediatrics), AB
(Pediatrics), AB (Neonatology)
Assistant Professor of Neonatology, Mizzou College of
Medicine - Columbia - USA

Ms. Ghayathri Swetha Kumari R. A., MPhil
Head, Department of Psychology, M.O.P. Vaishnav
College for Women, India

Advisory Panel

Dr. S. Geethalakshmi, MD, PhD
Vice Chancellor, Dr. M.G.R. Educational and Research
Institute (Deemed to be University), India
Former Vice Chancellor, Tamilnadu Govt, The Dr MGR
Medical University, India

Prof. T. S. S. Rao, MD (Psychiatry) PhD
Editor, [Journal of Psychosexual Health](#)
Former Editor, [Indian Journal of Psychiatry](#)

Dr. Soumitra Pathare, MD (Psychiatry)
Director, [Centre for Mental Health Law & Policy](#)
Co-Director, [SPIRIT](#) (NIMH-funded suicide
prevention research initiative)

Dr. D. Balakrishnan, MS PhD
Senior Advisor, Bioethics
Formerly Lead Head, Indian Network - UNESCO Chair
in Bioethics

Dr Pragna B Dolia, MD (Biochemistry)
Former Dean, ACS Medical College and Hospitals,
India
Director, Dr. MGR Educational and Research Institute,
India

Dr. María José Rivera Baeza, PhD
Universidad Católica de Temuco, Chile
President-Elect, Division 3 (Psychology and Societal
Development),
International Association of Applied Psychology

Journal of Applied Therapeutics (JAT)

Volume 1, Issue 1 (2026)

Table of Contents

EDITORIAL

Applied Therapeutics: Scope, Direction, and Relevance

Gauthamadas. U

ORIGINAL ARTICLE(S)

Understanding Disability and Rehabilitation Barriers Faced by Individuals with Head Injury

Archana. V and Smitha Ruckmani. V

An Integrated Neurobehavioral Outpatient Mental Health Care Pathway to Improve Treatment Acceptance: An Observational Practice Model

Dharya Easwar and Pritika E

REVIEW ARTICLE(S)

Causation in Suicide: Clinical, Legal and Policy Interfaces Insights from an Interdisciplinary Roundtable

Shivani Kalingarayar A.C

VIEW POINT

Pain Management as a Core Component of Modern Medicine: A Clinical Perspective

Sharat Narayanan

CASE REPORT(S)

Logopenic Variant Primary Progressive Aphasia Presenting with Severe Depressive Syndrome and Suicidal Behaviour: A Case Report

Sanjana Thomas and Gauthamadas. U

Applied Therapeutics: Scope, Direction, and Relevance

Gauthamadas. U

Editor-in-Chief, Journal of Applied Therapeutics

The practice of medicine has always operated at the intersection of evidence, judgment, and context. Yet contemporary health care increasingly functions within fragmented disciplinary spaces, where scientific knowledge, policy, systems, and real-world implementation often evolve independently of one another. Over time, the increasing specialization of disciplines and the fragmentation of knowledge have created a gap between what is known and what is meaningfully applied in real-world settings.

The *Journal of Applied Therapeutics (JAT)* is conceived in response to this gap. The launch of a new journal is often accompanied by declarations of scope and academic intent. Behind such efforts, however, lies a more practical and necessary question: why should another journal exist at all?

Over the past several decades, health-care scholarship has expanded at an extraordinary pace. Never before has there been greater access to scientific literature, specialized knowledge, and technical expertise. At the same time, however, there has also been a growing fragmentation of discourse.

The objective of JAT is therefore not merely to add to the volume of available literature, but to create a structured platform where these intersections can be examined more meaningfully and applied more responsibly.

The word *Applied* in the title is deliberate. Applied therapeutics, as a working concept, is not confined to any single specialty. It represents the translation of scientific evidence into practical decision-making across clinical medicine, mental health, behavioural sciences, and allied health domains. It is concerned not only with what works under controlled conditions, but with what remains relevant, effective, and sustainable in the complexity of real-world practice.

Health care ultimately unfolds not within journals, conferences, or theoretical frameworks, but within the uncertainties of real-world practice in clinics, hospitals, communities, families, institutions, and systems that must function despite limitations, contradictions, and incomplete information.

Modern health-care problems increasingly resist narrow disciplinary ownership. The management of chronic disease, mental illness, suicide prevention, behavioural disorders, neurodevelopmental conditions, rehabilitation, public-health crises, substance use, violence, caregiver burden, and health inequities all require perspectives that extend beyond traditional boundaries.

In recent years, mental health has emerged as a critical area where this gap is particularly visible. Advances in neuroscience, psychopharmacology, and psychological interventions have significantly expanded our understanding. Yet translating this knowledge into consistent, context-sensitive care remains a challenge. The variability of patient environments, the influence of social and digital ecosystems, and the evolving nature of clinical presentations demand a more integrated and applied perspective.

At the same time, similar challenges exist across broader healthcare domains. Clinical decisions are increasingly influenced by factors that extend beyond traditional biomedical frameworks, including behavioural patterns, societal influences, policy environments, and systems of care delivery. The need for an interdisciplinary approach is therefore not optional, but necessary.

Applied therapeutics extends across clinical medicine, mental health, behavioural sciences, neuroscience, rehabilitation, public health, ethics, law, and allied domains. It emphasises relevance,

integration, and applicability within real-world systems.

JAT therefore seeks to position itself as an interdisciplinary, practice-oriented journal that encourages dialogue across medicine, psychiatry, psychology, neuroscience, public health, nursing, rehabilitation sciences, ethics, law, health policy, and allied fields. The intent is not to dilute disciplinary rigor, but to encourage intellectual integration where integration becomes necessary.

The journal places particular emphasis on work that engages with practical realities, translational research, clinically grounded observations, interdisciplinary perspectives, systems-level analyses, policy interfaces, ethical dilemmas, implementation challenges, and emerging models of care.

Importantly, the journal also recognizes that meaningful advances in health care often emerge from conversations that occur outside conventional academic structures. The challenge for applied scholarship is therefore not merely to report outcomes, but to examine processes, contexts, constraints, and mechanisms with sufficient clarity that others may learn from them.

The editorial framework of the journal is structured to support this objective. A clear distinction is maintained between editorial decision-making, operational workflow, and advisory input. This ensures that academic standards are upheld, processes remain consistent, and the journal evolves with appropriate guidance while avoiding unnecessary complexity.

No journal can function sustainably through academic authority alone, nor through operational

efficiency alone. Scholarly publishing requires editorial judgment, methodological rigor, workflow discipline, reviewer engagement, ethical oversight, technical coordination, and institutional continuity. We remain deeply conscious that credibility is not declared at launch. It is earned gradually through consistency, transparency, editorial integrity, responsiveness to criticism, and sustained commitment to quality.

The inaugural issue represents the first step in this direction. It is intentionally modest in scale, focusing on establishing a clear structure and standard of publication. The aim is not to present volume, but to set a tone, one that values disciplined thinking, clinical relevance, and academic integrity.

Our aspiration is not merely to publish articles, but to foster thoughtful engagement across domains that too often remain isolated from one another despite addressing shared human problems.

As the journal develops, its strength will depend on the quality of contributions, the engagement of its reviewers and editorial members, and its ability to remain grounded in real-world applicability. If JAT can contribute even modestly toward that conversation, it will have justified its existence.

We welcome clinicians, researchers, educators, policy-makers, legal scholars, behavioural scientists, rehabilitation professionals, and allied health practitioners to participate in this evolving dialogue.

The Journal of Applied Therapeutics is therefore not defined by a single discipline, but by an approach, one that recognises that effective therapeutics must ultimately be judged not only by evidence, but by its application in the complexity of human contexts.

Address for correspondence: Dr. Gauthamadas. U
Editor-in-Chief, Journal of Applied Therapeutics
Email: journal@appliedtherapeutics.in

Submitted: 04.04.2026

Accepted: 18.04.2026

JOURNAL OF APPLIED THERAPEUTICS (JAT)
Call for Papers and Author Submission Information
Institute of Applied Therapeutics (IAT), Chennai
Volume 1 | Issue 1 | June 2026

JAT invites submissions from researchers, clinicians, academicians, healthcare professionals, and interdisciplinary scholars whose work advances therapeutic science and practice.

Submission Process

Authors may submit manuscripts through the Journal's online submission system by following the steps below:

- Step 1:** Create/Register an author account through the journal submission portal.
- Step 2:** Log in with your registered credentials, then select New Submission.
- Step 3:** Complete the submission checklist and provide all required manuscript details, including title, authorship information, abstract, keywords, and declarations.
- Step 4:** Upload the manuscript and any supplementary files, figures, tables, or ethical approval documents where applicable.
- Step 5:** Review all entered information carefully and complete the submission process.
- Step 6:** Authors will receive confirmation upon successful submission and may track manuscript progress through the online system.

Editorial and Peer Review Process

All submitted manuscripts undergo an initial editorial assessment followed by a double-blind peer review process to evaluate scientific quality, methodological rigor, originality, and relevance to the journal scope.

Editorial Process

Initial Submission → Editorial Screening → Peer Review → Editorial Decision → Copyediting and Publication

Manuscript Submission

Authors are encouraged to review the journal guidelines and complete manuscript submissions through the online journal management system:

<https://journal.appliedtherapeutics.in/index.php/jat/index>

For detailed author guidelines, publication policies, and submission instructions, please visit the journal website.



Journal of Applied Therapeutics (JAT)

Volume 1, Issue 1 (2026)

Published by: Institute of Applied Therapeutics (IAT), Chennai



The **Journal of Applied Therapeutics (JAT)** is an interdisciplinary, practice-oriented journal that focuses on translating scientific knowledge into meaningful, real-world healthcare applications. The inaugural issue reflects this philosophy through articles exploring the multidimensional impact of head injury and barriers to rehabilitation, an integrated neurobehavioral outpatient model aimed at improving treatment acceptance, the complexity of suicide and its legal, social, and clinical determinants, the importance of multidisciplinary pain management as a core component of modern medicine, and a case report highlighting atypical Alzheimer-spectrum disease presenting with language impairment, depression, and suicidal behaviour. Collectively, these articles emphasize that effective healthcare requires the integration of biological, psychological, social, ethical, and practical factors to address complex human problems in real-world settings.