



Editorial

Importance of biopsychosocial approach in launching the BioSocial Health Journal: Why do we publish the BioSocial Health Journal?

Shahrzad Bazargan-Hejazi^{1*}

¹Charles R Drew University of Medicine and Science, Los Angeles, CA, USA

*Corresponding Author: Shahrzad Bazargan-Hejazi, Email: shahrzadbazargan@cdrewu.edu

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Why do we publish the BioSocial Health Journal? The answer to this question lies in the recognition that health and disease are complex phenomena influenced by multiple factors.¹ Despite this understanding, the health system often encounters systemic challenges and difficulties.² Conventional microscopic and one-dimensional approaches to examining health and disease have limited our ability to identify the diverse causes essential for effective treatment and prevention measures. Unfortunately, these aspects are often overlooked in various academic fields.

It is crucial for universities and scientists to responsibly align their educational curricula and research methodologies with the BioPsychoSocial approach.³ This paradigm shift reinforces the multifactorial nature of health and disease. The biopsychosocial model aids primary care physicians in comprehending the interplay between biological and psychosocial components of diseases.⁴ This understanding improves physician-patient relationships and encourages multidisciplinary approaches to patient care and health promotion.

In essence, the biopsychosocial model provides clinicians and health system staff with a comprehensive framework for enhancing care and influencing patient outcomes.⁵ It allows for the examination of various factors at both macro- and micro-level systems. Furthermore, the model acknowledges the combined impact of factors influencing treatment outcomes and offers practical guidance for improving care delivery.⁴

Considering ongoing scientific developments, the scientific community should prioritize the exploration of phenomena related to health and disease by emphasizing the biopsychosocial approach. To enhance diagnostic, therapeutic, and preventive functions and mitigate the costs, side effects, and consequences of diseases, scientists and health professionals need a precise understanding of the factors affecting health and disease. Simultaneously,

fostering a healthy lifestyle contributes to creating a healthier society and planet.

The BioSocial Health Journal seeks to transcend single-line approaches and draw the attention of scientists and experts to the importance of a multifactorial approach. It aims to guide the readers and the scientific community in assessing health and disease issues within biological, cognitive, and social contexts. Additionally, the journal endeavors to steer policies and strategies towards promoting health in these diverse contexts. Furthermore, the BioSocial Health Journal strives to assist health professionals in adopting a holistic approach to health and disease, facilitating a shift in mindset that ensures the well-being of individuals and communities alike.

Competing Interests

None.

Ethical Approval

Not applicable.

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