

Letter

Personalized Psychiatry and Neurology: Step by Step

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Dear colleagues!

I would like to express the warmest words of gratitude to the members of the editorial board, the editorial team, and the authors for their active collaboration in creating such an innovative journal as "Personalized Psychiatry and Neurology."

The journal has gathered a team of like-minded enthusiasts united by a holistic approach to understanding the connection between genomics and the clinic of diseases, considering both genetic and clinical data, including the study of individual character traits, environmental influences, lifestyle, and much more.

Thanks to advanced scientific research in this field, we can move away from the mechanical perception of mental disorders as a collection of symptoms and syndromes, where therapy is based on an averaged, though statistically reliable, clinical algorithm that is insensitive to the individual characteristics of the patient. The journal "Personalized Psychiatry and Neurology" will allow us to explore a new, exciting world of modern psychiatry, where mental health is regarded as a fundamental aspect of personal well-being, based on the idea that there is no single mental health strategy suitable for everyone. On the other hand, personalized psychiatry is focused on the unique needs and goals of each patient.

Thanks to the development of research and its publication in accessible journals in the field of personalized psychiatry, we will increasingly come to understand the influence of a person's genetic structure on the prevention and treatment of mental disorders. New treatment approaches will be introduced into clinical practice, taking into account a person's unique set of genes, bridging the gap between research and clinical practice.

I believe that the journal "Personalized Psychiatry and Neurology" will gain interdisciplinary significance and become attractive to various groups of readers who study not only mental and neurological disorders but are also interested in the social, ethical, and biological factors affecting the well-being and quality of life of individuals with mental disorders.

Thank you for the wonderful opportunity to be part of this amazing process of highlighting the latest research in the field of personalized psychiatry and neurology!

**President of the Kyrgyz Psychiatric Association
Consultant on Mental Health at the WHO Country Office
in the Republic of Kyrgyzstan**

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PhD, Associate Professor