

Letter

Improving Technologies to Preventive Approaches in Psychiatry

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Dear colleagues!

Every time we open the pages of a new issue of our journal, we have the opportunity to discover the world that, until recently, was a source of pretentious remarks regarding psychiatry as a field of knowledge lacking sufficient evidentiary precision. The journey towards individualized therapy for mental and behavioral disorders undoubtedly brings our specialty closer to the exact sciences. However, the extrapolation of their findings into the realm of medicine, and psychiatry in particular, has certain caveats. The clinical competence of the specialist in evaluating the psychiatric phenomenology of a specific patient, considering the probability of modifying contributions from dysontogenetic features, environmental influences, and more, are fundamental components of a holistic worldview that molecular-genetic meth-

ods elegantly complement psychiatric practice.

Today, the discovery of molecular-genetic mechanisms of patient reactivity and resistance to therapy in mental disorders equips the specialist with important tools to achieve therapeutic effects. The journal's publications help bridge the gap between psychiatric knowledge and somatic medicine, particularly by implementing an approach that carefully considers the patient's metabolic status. This leads to improved compliance in therapy, better health-related quality of life for the patient, and ultimately, contributes to increasing their lifespan.

The uniqueness of the knowledge area covered in the journal also lies in the ability to glimpse into the future. Predictive pharmacogenetic testing technologies, along with therapeutic drug monitoring, provide specialists with the ability to foresee the results of their work in the context of pharmacotherapy. There is reason to hope that the assessment of molecular-genetic mechanisms of resilience will allow these technologies to be used to improve preventive approaches in psychiatry.

We wish the publication continued success in bringing timely fundamental knowledge, at the forefront of modern science, to the practitioner-reader!

President of the Belarusian Psychiatric Association,

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Professor, MD, PhD