

## EDITOR'S NOTE

*Beginning with Volume 15, one of the two annual issues of the journal Psychological Topics is thematic. The first special issue was dedicated to evolutionary psychology and this issue is devoted to the biopsychosocial approach to health and illness, which stresses the importance of applying an integrated approach in understanding disease processes.*

*Since 1977, when George Engel published his paper in the journal Science entitled "The Need for a New Medical Model: A Challenge for Biomedicine" and wrote that "the actions at the biological, psychological, and social level are dynamically interrelated and these relationships affect both the process and outcomes of care", a biopsychosocial approach to health and illness "means a paradigmatic shift". This perspective involves an appreciation that disease and illness may simultaneously affect many different levels of functioning, from the cellular and the organ system, to the person, family and society. It means communication, interaction and integration on all levels of the human experience.*

*This issue presents a broad range of research reports and theoretical contributions from an integrative evolutionary framework for understanding biopsychosocial research on health and illness; a model of neurovisceral integration – a connection among stress-related cognitive deficits, high negative affect, and negative health consequences via the common mechanism of autonomic imbalance and low parasympathetic activity; the dispositional expressivity and physiological changes and their possible consequences on health outcome; the relationship between crying, well-being and health; the medically unexplained neurological symptoms such as headaches; a leisure sickness; alexithymia measures; the subjective quality of life to the consequences of chronic stress caused by transforming society and those processes where psychology meets physiology. The wide variety of studies will undoubtedly contribute to a better understanding of the importance and complexity of biopsychosocial research on health and illness.*

*I would like to express our thanks to all the authors for their contribution in this issue of Psychological Topics.*

*Mladenka Tkalčić*