

Medical Progress from Bio-Psycho-Social Points of View Associated with Happiness of People

Hiroshi Bando^{1,2*}

¹Tokushima University / Medical Research, Tokushima, Japan

²Shikoku Island Division of Integrative Medicine Japan (IMJ), Japan

***Corresponding author:**

Dr. Hiroshi Bando, MD, PhD, Tokushima University, Nakashowa 1-61, Tokushima 770-0943, Japan, **E-mail:** pianomed@bronze.ocn.ne.jp

Received: 8 May 2020

Accepted: 13 May 2020

Published: 18 May 2020

Citation:

Bando H. Medical Progress from Bio-Psycho-Social Points of View Associated with Happiness of People. *Biomed Sci J.* 2020;1:101

Copyright:

Bando H. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC-BY) license

Abstract

For the inaugural issue of “Biomedical Science Journal (BSJ)” in Ciencia Scientific Publisher group, Ciencia in Spanish means science, learning and knowledge. BSJ covers wider fields of biomedical science. Medical practice has bio-psycho-social aspects. This is characteristic for primary care (PC), integrative medicine (IM) and psychosomatic medicine (PSM). Among them, important concepts include ACCCC of PC, Hinohara-ism and New Elderly Association (NEA) by Dr. Shigeaki Hinohara, patient-oriented medicine, evidence-based medicine (EBM), narrative-based medicine (NBM). The goal of the medicine would be the health of body and soul with happiness. Subjective well-being can be evaluated by Subjective Happiness Scale (SHS). Significant and meaningful reports in BSJ would be expected to contribute much for the happiness of people across the world.

Keywords: Integrative Medicine Japan (IMJ), Hinohara-ism, New Elderly Association (NEA), bio-psycho-social, Subjective Happiness Scale (SHS)

Introduction

Congratulations for the inaugural issue of “Biomedical Science Journal (BSJ)” in Ciencia Scientific Publisher group (1). The word “Ciencia” in Spanish means science, learning and knowledge in English. Science has always sincere attitude and developed medicine for long years.

When looking back the history of human being, one of the ancestors had the role of shaman, who was the leader of the people’s settlement. The person became the medicine man to put his hand on the abdomen of the patient suffering from abdominal pain. It was the origin of the practice of medicine. After long continuation of actual practice, the medicine including research and evidence has been developed until now (2).

Biomedical Science Journal (BSJ) covers wider fields of biomedical science. It includes all fundamental aspects of medical and clinical sciences, from molecular studies to developed biomedical problems and treatment.

In other words, these specialties would mainly belong to biological region. In general, medical practice in actual clinical circumstance has three aspects, which are biological, psychological and social points of view (3). They are important and characteristic for some medical specialties, including primary care (PC), integrative medicine (IM) and psychosomatic medicine (PSM).

The author has majored in these areas, and hosted annual Congress of Japanese Primary Care Association (JPCA) in 2017 with 4500 attendees. PC were introduced from United States to Japan by supreme doctor Shigeaki Hinohara, who had been called the father of PC in Japan (4). Formerly, the basic concept of PC was shown by ACCCA, which stands for Accessibility, Comprehensiveness, Coordination, Continuity Accountability (5). After that, recent concept has been described by Prof. Saultz, which are Access to Care, Comprehensive Care, Coordination of Care, Continuity of Care, Contextual Care (ACCCC) (6)

On the other hand, IM has become one of the indispensable and necessary medicine across the world including developed countries and developing countries (7). IM consists of two combined parts of patient-oriented aspects, which are usual Western Medicine (WM) and complementary and alternative medicine (CAM). Author and collaborators have managed Shikoku Island division of Integrative Medicine Japan (IMJ) and held annual meeting for more than 10 years. Among them, we have made progress in IM research with lots of investigators (7).

Furthermore, we have continued the research of PSM in the combination of psychology, education and medicine. Some studies of ego-gram for university students and graduates showed specific tendency along the social changes with internet development (8). In relation to these activities, we have developed the social movement of Hinohara-ism through the social movement of New Elderly Association (NEA) (9,10).

From three fields mentioned above, there are important concept of bio-psycho-social point of view. It is indeed that evidence-based medicine (EBM) has fundamental factor for medical research and development, but narrative-based medicine (NBM) from patient-oriented medicine should be considered in the actual process of clinical practice (11). EBM usually deals with countable factors, which can be compared and discussed. On the other hand, NBM deals with uncountable factors, which cannot be compared so easily. Both axes are needed for understanding the complex situation and providing the adequate management (12). When we observe various social, medical and economic situations in the world, the application of these fundamental concepts would be recommended and expected to bring beneficial results.

A major problem that is currently progressing worldwide is the ongoing Covid-19 pandemic (13). It is a threat to public health around the world, and a severe challenge for the health care delivery systems and its related all organizations (14). We must deal with actionable information and experience, which are vital to controlling and combating the outbreak (15). This crucial situation has been involved in three elements, which are bio-psycho-social aspects (16). In such critical condition, medical journals have extreme valuable role from bio-psycho-social points of view (17). Especially, Ciencia world has at present 3 journals, Biomedical Science Journal, Journal of Clinical Case Reports and Medical Research and Journal of Clinical Virology Research. Then, total contribution for scientific progress would be expected.

What has been the goal of the medical practice and medical research? It may be the health of body and soul and the happiness for long period, associated with satisfactory situation from bio-psycho-social points of view (18). For psychological perspective, there has been a useful inventory. Subjective well-being for people can be evaluated. It is Subjective Happiness Scale (SHS) presenting the degree of happiness, its validity and reliability (19). It consists of 4 item scales as follows: i) the happiness degree of the individuals, ii) happiness based on the interaction with related person, iii) a sense of happiness associated with positive self-evaluation, iv) a feeling of happiness from the interaction with society. Thus, happiness can be felt by personal satisfaction and surrounding people and society. The SHS score has been not influenced by short-term entertainment or other opportunities but has been sustained the level for some period (20).

When a person can feel rather healthy state in each bio-psycho-social aspect, one maybe recognizes rather stable and happy life, leading to feeling of the happiness to some extent. There is a well-known word “happy people live longer”, that was from Dr. Frey (21). From meta-analysis study of 24 reports, happy person tends to have 14% longer life in comparison with those feeling not happy (22). Further results showed that happiness can show beneficial relationships with the control of disease or symptom ($r=0.13$), health outcomes ($r=0.14$) and short to long term health outcomes ($r=0.11-0.15$) (22).

In summary, progress and development of medical research and clinical practice can provide people healthy status from bio-psycho-social points of view. Significant and meaningful reports in Biomedical Science Journal (BSJ) would be expected to contribute much for the happiness of many people across the world.

Conflicts of interest: None

References

1. <https://cienciamworld.com/>
2. Hinohara S, Doba N. The future profile of health promotion and disease prevention in Japan based on the study of seniors over age 75. *Method Inform Med* 2005;44:342-347.
3. Lehman BJ, David DM, Gruber JA. Rethinking the biopsychosocial model of health: Understanding health as a dynamic system. *Social and Personality Psychology Compass* 2017;11:e12328. doi:10.1111/spc3.12328
4. Bando H, Yoshioka A, Iwashimizu Y, et al. Development of Primary Care, Lifestyle Disease and New Elderly Association (NEA) in Japan – Common Philosophy With Hinohara-ism. *Prim Health Care* 2017;7:281. doi: 10.4172/2167-1079.1000281
5. Institute of Medicine. *A Manpower Policy for Primary Health Care: Report of a Study*, Washington,DC: The National Academies Press, 1978, pp. 120
6. Saultz JW (2001) *Textbook of family medicine*, McGraw-Hill, Medical Professions Division, 2001, pp 830.
7. Bando H, Yoshioka A, Nishikiori Y. Various Care Option of Integrative Medicine from the Viewpoint of Patient-Oriented Medicine. *Int J Conf Proc* 2020;2 ICP. 000529.2020.
8. Yokoyama T and Bando H (2019) Characteristic egogram state of younger generation. *Edelweiss Psyi Open Access* 2019;3:25-28.
9. Doba N, Hinohara H, Yanai H, et al. (2011) The new elder citizen movement in Japan. In: *Faces of Aging, the Lived Experience of the Elderly in Japan*. Matsumoto Y, Ed. Stanford University Press, pp. 36-59.
10. Bando H (2019) Fundamental Philosophy of Health and Medical Care would be Hinoharaism. *J Health Care and Research* 2019;1:1-3.
11. Allan GM, McCormack JP, Korownyk C, et al. The future of guidelines: Primary care focused, patient oriented, evidence based and simplified. *Maturitas* 2017;95:61–62. doi:10.1016/j.maturitas.2016.08.015
12. Marini MG. *Evidence-Based Medicine and Narrative Medicine: A Harmonic Couple*. In: *Narrative Medicine*. Springer, Cham. 2016:doi.org/10.1007/978-3-319-22090-1_1. Print ISBN 978-3-319-22089-5. Online ISBN 978-3-319-22090-1.
13. Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/>
14. World Health Organization (WHO): <https://www.who.int/docs/default-source/coronaviruse/>
15. Yan Y, Shin WI, Pang YX, et al. The First 75 Days of Novel Coronavirus (SARS-CoV-2) Outbreak: Recent Advances, Prevention, and Treatment. *Int J Environ Res Public Health* 2020;17:2323. doi: 10.3390/ijerph17072323.
16. Hussain YH, Baderkhan B, Hamid M, et al. Mortalities and Morbidities Trends of COVID-19 Infection, From Explosiveness to Aggressiveness, Understanding Gaps in System Response and Transmission Chain Events. *J Health Care and Research* 2020;1:22-27. doi.org/10.36502/2020/hcr.6157
17. Stephen P. How Can We Develop Immunity against COVID-19 and Defeat It. *Diab Res Open Access* 2020;2:9-11. doi.org/10.36502/2020/droa.6162



18. Gan Y Happy People Live Longer and Better: Advances in Research on Subjective Well-Being. *Applied Psychology: Health and Well-Being* 2020. doi:10.1111/aphw.12192
19. Lyubomirsky S, Lepper HS. *Social Indicators Research* 1999;46:137–155. doi:10.1023/a:1006824100041
20. Parackal MA (2015) Global Happiness Scale for measuring wellbeing: A test of immunity against hedonism. *J. Happ. Stud* 2015;17:1529–1545.
21. Frey BS. *Psychology*. Happy people live longer. *Science* 2011;331:542-543. DOI: 10.1126/science.1201060
22. Howell RT, Kern ML, Lyubomirsky S (2007) Health benefits: Meta-analytically determining the impact of well-being on objective health outcomes. *Health Psychology Review* 2007;1:83–136. doi:10.1080/17437190701492486