

EDITORIAL COMMENT

Redaksionele kommentaar

Hierdie uitgawe beklemtoon weereens die belang van 'n multi-dissiplinêre asook 'n holistiese benadering tot gesondheidsprobleme.

Die dae van ivoortoring-navorsing is verby. Navorsing is eenvoudig te koste -en arbeidsintensief hiervoor. Dit is belangrik dat dissiplines op prioriteits en relevante probleme fokus, en binne die fokus van hierdie tydskrif, op gesondheidsprobleme.

Die navorsingsartikels in die uitgawe van Health SA Gesondheid reflekteer die belang van beide basiese en toegepaste navorsing om gesondheidsprobleme in 'n multi-kulturele konteks aan te spreek.

Die interdissiplinêre samewerkingsmoontlikhede wat hieruit voortspruit is legio. Lees gerus die inleiding tot die artikels in hierdie uitgawe.

Editorial comment

This edition once again emphasises the importance of a multi-disciplinary and holistic approach to health problems.

The days of ivory towered research are over. Research is simply too cost and labour intensive. It is important for disciplines to focus on priority and relevant problems, and within the context of this journal, on health problems.

The research articles in this edition of Health SA Gesondheid reflect the importance of both basic and applied research to address health problems in a multi-cultural context.

The possibility of interdisciplinary cooperation that comes from this is vast. We encourage you to read the introduction to the articles in this edition.

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INTRODUCTION: STUDIES ON IRRITABLE BOWEL SYNDROME



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The Counselling and Research Centre for Psychogastroenterology was established during 1996 at the Rand Afrikaans University, Johannesburg, with the broad intent of contributing towards current international efforts in understanding the role of psychosocial factors in the etiology, development and treatment of the functional GI disorders.

The Centre advocates a holistic, multidisciplinary orientation, and aims to offer a useful service to the medical profession and IBS sufferers through its diverse roles of psychoeducation, research and counselling. Basic research is at present addressing the contributions of personality, stress, abuse and psychopathology, whilst therapeutic research is investigating the effects of various holistic interventions with both individuals and groups.

The following research articles are some examples of the work currently being done at the Centre, specifically on Irritable Bowel Syndrome. A broad range of aspects is covered, in line with the current trend towards holism in understanding this complex disorder.