

# Editor's Letter

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Dear Authors, Readers,

It is a great honor and responsibility to introduce myself as the new Editor-in-Chief of the Journal of Complexity in Health Sciences. I am deeply grateful for the opportunity to contribute to the journal's continued development and to help shape its future at a time when complexity-based and integrative approaches are becoming increasingly essential in health sciences.

First and foremost, I would like to express my sincere appreciation to Professor Alfonsas Vainoras, the founding and long-standing Editor-in-Chief, for his visionary leadership, dedication, and outstanding contribution to establishing and nurturing the journal. Under his guidance, the Journal of Complexity in Health Sciences has evolved into a respected scientific platform with a strong interdisciplinary identity. The contribution of prof. Alfonsas Vainoras provides a solid foundation upon which we will build the journal's next stage of development.

Moving forward, the Journal of Complexity in Health Sciences will focus on advancing the understanding of health-related phenomena through the lens of complex systems theory, multidisciplinary integration, and modern analytical methodologies. We will prioritize system-oriented, data-driven, and computational approaches capable of capturing the dynamic, nonlinear, and multilevel nature of health, disease, human performance, and rehabilitation.

We will actively encourage the submission of both theoretical and applied research employing artificial intelligence and machine learning, advanced measurement and sensing technologies, biomedical engineering solutions, and integrative analytical frameworks. The journal will continue to expand its scope across complexity-informed and multidisciplinary domains, including health sciences, physiology, sports medicine and rehabilitation, biomedical engineering, health-related measurement, and scientifically grounded complementary and alternative medicine.

By integrating perspectives and methods from medicine, data science, physiology, and related disciplines, we aim to strengthen the journal as a platform for advancing understanding, prediction, and intervention in health conceptualized as a complex, adaptive system. In particular, we will seek contributions that not only generate new knowledge but also foster meaningful connections between disciplines, methodologies, and real-world applications.

As a working scientist, I am committed to promoting a publication process that is fair, transparent, and constructive, and that supports high-quality research grounded in multidisciplinary thinking and a complex systems perspective.

I look forward to working closely with our Editorial Board, reviewers, and the broader scientific community. The journal's future depends on active engagement, collaboration, and shared responsibility, and I warmly invite researchers—from established scientists to early-career investigators—to contribute as authors, reviewers, and partners in shaping the journal's direction.

I am excited about this new chapter and confident that, together, we will further strengthen the Journal of Complexity in Health Sciences as a dynamic, interdisciplinary, and forward-looking platform for scientific exchange.

Editor in Chief  
Prof. Kristina Berškienė