

# Review of: "[Commentary] Balancing the bio in a biopsychosocial model of hazardous drinking and alcohol use disorders"

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**Potential competing interests:** No potential competing interests to declare.

The commentary by James Morris, Cassandra L. Boness, Robyn Burton et al. points to a delicate aspect of deciphering and measurement of human behavior. I fully agree with the authors that a balanced approach to human behavior, including alcohol use, results in a more comprehensive understanding of risk, predisposing, and precipitating factors of certain behavior.

Apparently, however, there are pivotal reasons that lead to the precedence of identifying biological factors over psychological and social elements of behavior. From a Popperian approach to knowledge, and based on the current state of maturity of the science of behavior, biological parameters are far more explicitly measurable and replicable. Therefore, it might be more likely to see behavior researchers and scientists leaning toward biological factors. Compared to psychological and social variables, for biological parameters research methods have abundantly evolved to rule out the possibility of coincidence and randomness. Therefore, an emphasis on, and inclination to, biological factors in explaining behavioral determinants is understandable.

The current predominant discipline of knowledge production through systemic research methods and common sense judgment through peer reviews has widely expanded the pitfall of augmenting already available knowledge at the expense of overlooking and ignoring less frequently studied, and methodologically underdeveloped patterns. Therefore, perhaps a more insightful approach to advocating the comprehensive and balanced bio-psycho-social approach to behavioral elements would flourish through the production of more and more scientifically measurable evidence regarding psychological and social aspects of behavior.