

FROM THE EDITORS

Dear Readers,

At the beginning, with great regret, we inform that associate professor Mrs. Eugenia Kwiatkowska, – a retired psychiatrist for many years cooperating with the Editors of *Psychiatria Polska* as a translator of Russian – passed away.

This year's *Psychiatria Polska* opens with issue on several important problems. We focused on the epidemiology of mental disorders and questionnaires examining various aspects of mental life or allowing for proper diagnosis of the illness. It seems to be very important to use tested and validated clinical scales and structured interviews like SCID-I in both research and clinical practice. This allows for avoiding many diagnostic mistakes and also makes the research more precise. An example of a fairly common mistake is too frequent recognition of depression in patients with PTSD, as highlighted by, inter alia, Bossini et al. [1]. In this issue we would like to draw readers' attention to the text devoted to the diagnosis of PTSD.

In our clinical practice we find more and more patients addicted to and abusing different drugs. The problem may refer not only to typical, well-known type of psychoactive substances such as benzodiazepines, opiates or barbiturates, but also drugs, which are rarely considered in terms of risk of improper or excessive use. Such a substance may be, for example, phenelzine [2], tianeptine [3] or quetiapine, which is described in the current issue.

Another subject of this issue is psychotherapy. We encourage you to read the article on the evaluation of its effectiveness. At the same time it is worth remembering that the effectiveness of intensive treatment programmes for neuroses and personality disorders may be more strongly associated with the characteristics of the therapeutic team than the used methods [4]. One of the most important indications for the use of psychotherapy are mental disorders in pregnant women. The period of waiting for a child is often associated with experiencing states of depression, anxiety, or with the risk of recurrence of bipolar disorder [5–8]. In this particular period of woman's life a doctor is obliged to especially careful therapeutic decision-making and management for the best interest of both the mother and her child. There is a number of limitations associated with the use of drugs [9-10]. In many cases psychotherapy is the treatment of choice. We encourage all psychiatrists caring for women of childbearing age to read the article written by Müldner-Nieckowski et al., which focuses on this issue.

Please note that due to the large amount of very good papers that the Editors receive, and therefore, unfortunately, a long time of waiting for the text to be printed, the possibility of publication of the paper accepted by the Editors as *Online First (e-pub ahead of print)*, on a separate basis, has been launched. At the same time we announce that now every article will have a unique doi number. In the future (hopefully near future) this will enable fast access to the full texts, also in English, directly from PubMed. Yet, from No. 5/2014 SCOPUS database has the access to our full-texts (link: *view at publisher*), from a dozen issues also DOAJ database, and – for years – Index Copernicus database. We hope that our efforts in the future will increase the chance for foreign researchers to get acquainted with the work of Polish psychiatrists and result in more citations.

Dominika Dudek – Editor-in-Charge
Jerzy Sobański
Katarzyna Klasa

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3. Dopierała E, Ferensztajn E, Rybakowski J. *Uzależnienie od tianeptyny: opis przypadku i przegląd piśmiennictwa*. *Farm.w Psych.i Neur.* 2014; 1: 37–42.
4. Styła R. *Różnice w zakresie skuteczności intensywnych programów leczenia zaburzeń osobowości i nerwic. Czy warto monitorować efektywność zespołu terapeutycznego*. *Psychiatr Pol.* 2014; 48(1): 151-171.
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8. Müldner-Nieckowski L, Cyranka K, Smiatek-Mazgaj B, Mielimaka M, Sobański JA, Rutkowski K. *Multiaxial changes in pregnancy: mental health – a review of the literature*. *Ginekol Pol.* 2014; 85(10):784-787.
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10. Rybakowski J, Dudek D, Jaracz J. *Choroby afektywne*. In: Jarema M. ed. *Standardy leczenia farmakologicznego niektórych zaburzeń psychicznych*. Gdansk: Via Medica; 2011. 47–115.