

FROM THE EDITORS

Dear Readers,

We are happy and proud to announce that we managed to achieve intention announced in the last issue: for the first time in PubMed there is a possibility of direct and free access to the full texts published in Polish Psychiatry (Polish and English language versions are available)!!! For the issue 6/2014 they have been downloaded by Medline users already 500 times. Owing to this, papers by Polish scientists-psychiatrists are more readily available to colleagues from around the world interested in them, and Polish Psychiatry actually becomes journal of international scope. We hope that it will result in a marked improvement in the bibliometric indicators (which, however, is unrealistic to expect in the current or next year) in the following years.

Spring issue of Polish Psychiatry touches several important problems. We pay attention to the texts on addiction – behavioural (Internet addiction) and alcohol. Two papers by prof. M. Wojnar's team summarize the issues related to the coexistence of alcohol dependence with other psychiatric disorders. The issue of dual diagnosis has already appeared in our magazine (for example [1]). This is an extremely difficult problem, and patients are a real challenge, both therapeutic and diagnostic. They often require a comprehensive approach: pharmacotherapy of comorbid mental illness, psychoeducation, addiction treatment programmes. For these patients the maintenance of abstinence is particularly difficult, especially in a situation of exacerbation of psychopathological symptoms. An important direction is searching for additional pharmacotherapeutic methods which help to reduce the degree of alcohol abuse and the resulting damage. These include: acamprosate, drugs which are opioid receptor antagonists [2], and in the current issue the authors from the University of Cagliari focused on baclofen.

Doctors who every day deal with clinical psychiatry will certainly read with interest the paper on atypical antipsychotic drugs with prolonged action – the text contains useful guidance on the use of different medications. This form of neuroleptics administration is extremely important in the treatment of patients who do not comply with the recommendations, and it is known that the difficulties in cooperation occur in a significant percentage of people with schizophrenia [3]. It is worth mentioning that there was also another innovative form of administration of antipsychotic drug for agitated patients – a form of inhalation, what was mentioned in a recent issue of Polish Psychiatry [4]. In contrast, currently we encourage you to focus not on the new form, but on a new mechanism of action – many expectations are associated with lurasidone and its effects on 5-HT₇ receptor. This substance, being fully antipsychotic drug, in its receptor action is similar to the action of antidepressant vortioxetine [5], thus creating a new opportunity for patients with psychosis accompanied by depressive symptoms and cognitive functions impairment. Unfortunately, we were disappointed when we were recently informed that the drug will not be soon available in Poland.

Cognitive dysfunctions are more often described dimension of various psychiatric disorders. With respect to depression, this problem has been described in the last issue of previous year [5]. Today, we pay attention to the papers on this issue in people exposed to manganese

compounds and in patients with schizophrenia. In recent issues of Polish Psychiatry the impact of cognitive impairment on the effects of treatment [6] and the possibility of cognitive rehabilitation [7] has been already pointed out.

The last problem to which we would like to pay special attention is a paper on the role of the person of psychiatrist in the treatment process. What kind of human beings we are, how we experience our work, how satisfying is our live affects the way we help our patients [8]. This implies a somewhat broader issue – the image of a psychiatrist in a society, the media, and even among colleagues from other medical specialties. Not only our patients are burdened with stigma, which is one of the obstacles on the way to health [9]. Also, psychiatrists and psychiatry itself become the subject of negative stereotypes and prejudicial opinions. This is such an important issue that the European Psychiatric Association has developed guidelines on how to improve the image of psychiatry and psychiatrist [10]. The authors point to the need for extensive cooperation with patients and caregivers, with the media and health care professionals. One of the important ways to improve the image is our professionalism, our knowledge, our attitudes. We hope that Polish Psychiatry is at least a small brick in building a good image of our work and that, to which we devote our lives – helping people suffering from mental illnesses and the science, which is to serve this purpose.

We wish you joy of the long-awaited spring sunshine and pleasant reading of Polish Psychiatry.

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