

## **From the Editors**

Dear Readers,

Next year, between 06.04.2019 and 09.04.2019, there will be an extraordinary event: Congress of the European Psychiatric Association in Warsaw. For the first time, the EPA Board decided to hold the most important meeting of European psychiatrists in Poland. Appointing our country as its location is undoubtedly a great success of the Polish Psychiatric Association, and especially Professor Jerzy Samochowiec, who, while being a member of the EPA Board, tirelessly fights for strengthening the position of Polish psychiatry in Europe. We – Polish psychiatrists – have the opportunity to be not only good hosts for the Conference participants, but also to present our scientific and organizational achievements as well as activities aimed at improving the image of psychiatry and at eliminating discrimination and exclusion of the mentally ill. We strongly encourage our Readers to participate in this event. We would also like to remind that in 2016 the Editorial and Publishing Committee published, as part of a series Biblioteka Psychiatrii Polskiej (Library of Polish Psychiatry), the EPA guidelines “Diagnosis, treatment, organization” edited by Jerzy Samochowiec and Przemysław Bienkowski [1].

In the current issue of *Psychiatria Polska*, we focus on problems related to schizophrenia and ADHD. The first article by Paweł Wójciak and Janusz Rybakowski concerns the negative symptoms of schizophrenia. In this context it is worth to remind the paper on the relationship between negative symptoms and emotional and social deficits [2]. The next article describes schizophrenia as a disorder of embodied self. We know that our patients often experience themselves in relation to their bodies in a way altered by the illness, with a sense of unreality or even strangeness of the body [3]. The experience of own corporality is extremely important for proper regulation of emotions and behaviors, deficits in this may lead to self-destructive behaviors. People who self-mutilate have a problem in interpreting their own experiences in terms of emotions and physical needs, negatively assess their appearance and manifest disturbances of their physical identity [4]. On the other hand, among patient suffering from schizophrenia there is a huge problem with somatic comorbidity, lack of proper medical care and health negligence, resulting in our patients living shorter than it is expected in the general population. One of the most important problems is primary and secondary prevention. The case described by Aneta Tylec et al. refers to this issue.

Schizophrenia brings about suffering to patients but also to their relatives. The family plays an important role in the therapy and recovery process, however, it often requires support itself. Aleksandra Skotnik and Agnieszka Samochowiec discuss this issue. Relatives taking care of the patient may experience emotional problems and mental disorders [5]; not

only parents and siblings of ill people but in many cases also their children. The project aimed at empowering families with the experience of mental illness is described in one of the previous issues of *Psychiatria Polska* [6].

We hope that you will also be interested in the paper on the problems of child and adolescent psychiatry – a field that is both a research and clinical challenge as well as an area of growing demand. Out of the two papers devoted to the issue of ADHD, one also refers to the problem of obesity, which is a separate factor affecting well-being and mental functioning. It is worth reminding an earlier work on self-assessment of boys with ADHD [7]. An interesting problem from the borderline of psychiatry and somatic medicine was also presented by Michalina Zimoń et al., who dealt with stress in children treated conservatively due to idiopathic scoliosis. The innovative work of Witold Pawliczuk et al., devoted to the prevalence of mental disorders among children and youth in Polish care and educational institutions, is very interesting from the perspective of social problems. For those who are interested in the issue of alcohol use by children and adolescents, described by Halla Kamińska et al., it may also be interesting to read a work on prevention of adolescent alcoholism [8].

We wish you an inspiring reading and a joyful and sunny spring!

**Dominika Dudek – Editor-in-Charge**  
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