

FROM THE EDITORS

Ladies and Gentlemen, Dear Readers,

surely we all already know that this year's impact factor (IF) of *Psychiatria Polska* has increased to 0.884 points. This fact is even more pleasing considering that in 2015 we published a larger number of papers, which results in an increase in the so-called denominator in the formula used to calculate IF. On behalf of the Editors we would like to thank all those who contributed to this success by citing the papers published in our journal in their works, submitting their works, which are at increasing high professional level, reviewing and promoting *Psychiatria Polska*. We hope that thanks to your commitment this trend will be preserved.

We have just participated in the Polish Psychiatric Association Congress in Katowice. It was a very fruitful and important scientific event which showed that despite various conflicts and difficulties, Polish psychiatry develops and the Polish Psychiatric Association strengthens its position also in Europe, which is reflected by the appreciation from the European Psychiatric Association (EPA). Polish version of selected EPA guidelines for diagnosis, treatment and organization of medical care and teaching of psychiatry, published by the Polish Psychiatric Association Editorial/Publishing Committee, was very well received by prof. Gaebel (President of the EPA) and prof. Wasserman (former President of the EPA) during the Congress.

During the opening ceremony, a symbolic prize "Friend of *Psychiatria Polska*" was awarded to Professor Jerzy Samochowicz.

The Polish Psychiatric Association Congress – a kind of feast of Polish psychiatrists – has come to an end, and we got back to the prose of life and our daily work. We are pleased to present another issue of *Psychiatria Polska*. It begins with a paper by Ulrich W. Preuss, Jessica Wei Mooi Wong and Gabriele Koller, discussing in details the current state of knowledge on the treatment of behavioral and psychological symptoms of dementia. We hope that its unique content and a large volume, reflecting the importance of the subject, will be interesting for you. It is worth to take this opportunity to remind an interesting paper by Mariola Bidzan and Leszek Bidzan devoted to neurobehavioral symptoms in the early forms of dementia [1] as well as a recent work by Jeannie D. Lochhead, Michele A. Nelson and Gerald A. Maguire on issues related to the treatment of behavioral disturbances and psychoses associated with dementia [2].

The next few papers in the current issue of *Psychiatria Polska* concern schizophrenia. We would like to draw your attention to a paper by Paweł Wójciak et al. on the concept of "staging". An increasing cognitive and practical importance of the studies on stages of mental illnesses is noteworthy. One of the most important creators of this concept – Flavio Kapczinski – co-authored a paper about "staging" in bipolar disorder [3]. In the sixth issue of *Psychiatria Polska* from 2014, the Reader will find a description of the stages of the course of unipolar disorder [4].

In the treatment of severe chronic illness as schizophrenia, good therapeutic relationship based on dialogue plays a key role. It is affected not only by characteristics associated with the patient, but also with those associated with the therapist. In this issue, A. Bielańska, A. Cechnicki and I. Hanuszkiewicz discuss this subject. Reading this important paper, it is worth to remind two previously published papers by M. Sawicka and K. Charzyńska on the importance of psychiatrists'

personal variables in the treatment of patients with schizophrenia [5] and the role of a psychiatrist in the process of treatment and recovery [6].

A patient's family – often left alone, struggling with the burden of an illness, confused and helpless in the face of symptoms and problems of a loved one – can also play a therapeutic role in the recovery process. Experiences of parents of children and young people with mental disorders are particularly dramatic. Tabak et al. write about a possibility of strengthening families, presenting CAMILLE training program developed under the European Union project. Kordas et al. has recently written about experiences of psychoeducation, presenting results of a pilot program for families of patients with schizophrenia [7].

Several papers in this issue of *Psychiatria Polska* concern depressive disorders. One of them is epidemiologic sub-analysis of the RACER study focused on the prevalence of depression in professional drivers. RACER is a nationwide study on the prevalence of risk factors for cardiovascular diseases in the group of professional drivers which is representative both for the country and geographical region. The program aims to draw attention to the health situation of professional drivers in Poland, as well as to develop a specific prevention program for cardiovascular diseases. It is important that an aspect of mental state of this professional group has not been omitted, which allows for a comprehensive view of the risk factors for heart disease and drawing cardiologists' attention to the role of emotional disorders [8, 9].

We hope that the papers included in the current issue of *Psychiatria Polska* will be interesting and inspiring. We suggest, however, taking breaks from time to time from this fascinating reading, to enjoy the charms of summer and devote oneself to doing nothing which is equally enjoyable.

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

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