

From the Editors

Polish Psychiatric Association tries to support physicians in their daily work and provide tools that are helpful in clinical practice. Polish Psychiatric Association experts react to what is important at the moment by preparing articles and recommendations that respond to the most pressing problems (e.g., during the COVID-19 pandemic [1, 2]). Recommendations of the Polish Psychiatric Association appear in the context of issues that pose daily challenges for psychiatrists (e.g., schizophrenia with negative symptoms [3, 4], complications of antipsychotic treatment [5], treatment of affective disorders in women of childbearing age [6–8]). In the current issue, we present an important position of the Working Group of the Polish Psychiatric Association on the use of partial dopamine receptor agonists D2/D3 in the treatment of mental disorders. *Psychiatria Polska* also gives the opportunity to read the recommendations of the National Consultant in Psychiatry – this time on the lack of cooperation in the treatment of schizophrenia.

The standards and recommendations of the Polish Psychiatric Association and the National Consultant are of course required reading for every psychiatrist. However, in addition to these papers, as always, we publish scientific articles, many of which are interdisciplinary (in the current issue you will find an article on psychiatric consultations at the department of neurology). In this issue much attention has been paid to eating disorders. Anorexia is a severe, chronic and, unfortunately, often fatal illness [9], which implies the necessity to identify the problem as early as possible [10, 11]. The results of the research by B. Ziółkowska and J. Ocalewski on the anorexia readiness syndrome refer to this issue. Obesity is no less a health problem – a plague and epidemic of our time. Obesity is a problem not only for obesitologists and bariatrists, it is also a problem for psychiatrists [12] because it is associated with a decreased sense of self-efficacy [13] and emotional dysregulation, as discussed by A. Britek-Matera et al.

Optimal care for a psychiatric patient depends not only on the doctor's knowledge and experience but also on the nurse's commitment, wisdom and empathy. The nurse who is overworked, underappreciated, underpaid, and who takes on the emotions – including negative emotions – of the suffering person. Therefore, there is a high level of stress and risk of burnout in this occupational group [14]. In the current issue of *Psychiatria Polska*, we publish an important article by E. Sygit-Kowalkowska on the chronic fatigue of nurses, which may contribute to greater awareness of the problems they have to face.

Other articles that we present to our Readers concern affective disorders, personality disorders and social maladjustment in adolescents. We hope it will be an inspiring read for long autumn evenings.

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