

### From the Editors

We are slowly saying goodbye to the summer and holiday *dolce far niente*. We return to the gray reality and everyday toil with charged batteries and suitcases of memories. The hardships of the autumn and winter months await us, so we would like to keep in our hearts as long as possible the rays of the sun, the gentle breeze, the smell of the sea breeze, the sounds of forest paths, and those long warm evenings under the stars. Summer was an opportunity to take up more physical activity, which is good for both body and spirit and can be one of therapeutic measures. K. Cempa et al. discuss it in reference to the benefits for patients with schizophrenia. This has already been pointed out by the working group of the Polish Psychiatric Association recommending physical activity for patients with negative symptoms. According to the published position statement, physical activity is a valuable form of therapy for schizophrenia, which, as a supplement to pharmacological treatment, may contribute to reducing the severity of negative symptoms of the illness, as well as help improve the functioning of patients and their quality of life [1]. Physical exercise can also be a form of prevention and a supplementary method to pharmacotherapy and psychotherapy of depressive disorders, provided that its intensity, duration and frequency are tailored to the individual abilities and health of the trainees [2], because it is known that “too much sugar makes you sick” [3].

The current issue of *Psychiatria Polska* opens with recommendations of experts. The first recommendations concern the diagnosis and treatment of patients with early-onset schizophrenia. There are still few drugs registered in child and adolescent psychiatry. We have already discussed modern therapeutic options when presenting the position statement of the Polish Psychiatric Association on the use of partial D2/D3 agonists in special populations [4, 5]. There is a need to increase the availability of effective antipsychotic treatment in the population of children and adolescents, but at the same time this treatment must be safe due to the need to minimize side effects. Further recommendations concern people treated for migraine with comorbid depression. This is a difficult clinical problem, if only because of the risk of drug interactions.

Counteracting the stigmatization of mentally ill people is one of priorities of the Polish Psychiatric Association. The distinctness of a given individual can be a source of creativity, but it can also be a cause of stigmatization. Stigma is a multidimensional phenomenon that can occur when features distinguishing a person from the rest of society are observed and when, as a result of this observation, the person is devalued. Experiencing stigma is extremely painful and makes it much more difficult for people with a disease to recover and function efficiently on a daily basis [6]. The fact that disclosing mental health problems can still be difficult is discussed by J. Sonik-Włodarczyk et al. Moreover, the stigma of mental illness affects not only patients but also their relatives. Despite the important changes in psychiatry that have been going on for years, the reform of the treatment system being

introduced, and new forms of support being developed, the situation of family caregivers has still not received adequate attention from decision-makers in the field of the psychiatric care system [7]. In turn, Anczewska et al., analyzing data from the National Health Fund, discuss psychiatric services for people suffering from schizophrenia. The reform currently being implemented involves the introduction of comprehensive psychiatric care that allows patients to function independently in the community, with the support of their families, and periodically use community psychiatric care, such as day wards or community treatment teams. It is necessary to change the way of thinking about mentally ill individuals, their needs and rights, while ensuring access to the treatment system, as well as broadly understood presence in society [8].

We believe that in the current issue of *Psychiatria Polska* you will find many interesting articles that will make the increasingly longer autumn evenings pleasant and more attractive.

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