

From the Editors

The beginning of a new year is not only a change of date in the calendar – it is a symbolic moment that encourages reflection, recapitulations and resolutions; it is a time when, with fear, but also hope, we ask ourselves what awaits us, what the coming weeks and months will be like.

For Psychiatria Polska, the past year was as busy as ever – we published 89 scientific articles, including four on the recommendations and guidelines of the Polish Psychiatric Association, experts and consultants, as well as three letters to the editor. We reached IF = 1.596 (we would like to remind you that the impact factor depends on all of us, and above all on whether Colleagues, when sending publications to other journals, quote articles published in Psychiatria Polska). We can be proud of the high scientific value of the submitted articles. We also owe it to our reviewers, whom we would like to thank for their great effort to ensure that the articles published in Psychiatria Polska are of the highest possible standard. As you may have noticed, we have a new website. We are convinced that it will prove helpful and user-friendly.

We hope that the last issue of the journal in 2022 will fully satisfy the Readers. It is exceptionally rich (contains 17 articles) and thematically diverse. It opens with reflections by Professor Marek Jarema on whether it is possible to diagnose schizophrenia and personality disorders at the same time. A new approach to personality disorders is brought by the ICD-11 classification system. The classification of personality disorders presented in ICD-11 differs significantly from ICD-10 and the classification presented in DSM-5. The authors of ICD-11 decided to use a multidimensional model for personality disorders, and not the existing model based on specific and clearly defined nosological categories [1]. The authors of the Polish adaptation of the Personality Inventory for ICD-11 discuss the diagnostic possibilities.

Section of Biological Psychiatry of the Polish Psychiatric Association presents the principles of patients selection and safety of repetitive transcranial magnetic stimulation. TMS is a relatively new method of treatment used in psychiatry and neurology, still widely researched and finding increasing clinical use in the world. The availability of TMS in Poland is still limited, however, the number of centers with appropriate equipment and trained personnel is increasing [2], therefore the recommendations of the Section of Biological Psychiatry are of great importance for practitioners seeking help for patients with various mental disorders which are difficult to treat pharmacologically.

The next few interesting articles are devoted to human sexuality – sexual disorders, therapy of sex offenders (it is becoming increasingly common to know that women also fall into this category [3]) and the expectations of patients with gender dysphoria. The latter issue is currently stirring up a lot of emotions, controversies and discussions, which is why we recommend reading reliable scientific articles published in our Journal [4, 5] and the recommendations of the Polish Sexological Society on medical care in transgender adults [6].

Although 2022 brought the lifting of restrictions related to the COVID-19 pandemic and we returned to our usual lifestyle, its effects will be felt for a long time, especially in

the area of mental health [7]. According to Professor Janusz Heitzman: “The psychological and psychiatric consequences of the epidemic in our times, with the unprecedented acceleration of virus transmission worldwide as a result of globalization, climate change and the speed of population movement, draw attention to the dominant, subjectively perceived, real or perceived sense of threat coming from the other people, fear, uncertainty and anxiety, and also to those individual symptoms that are included in the scope of reactions to traumatic stress” [8]. The population particularly exposed to mental deterioration during the pandemic are healthcare workers [9]. We return to this topic in the current issue of *Psychiatria Polska*. In this rich issue of our journal, you will also find articles on nutrition, diet and vitamin deficiencies, anxiety disorders during pregnancy, encephalitis, extended suicide, long-term detention, emotional disorders in children of prisoners or the use of yoga in psychiatric treatment.

Encouraging you to read the current issue, we wish you a successful year 2023!

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