

From the Editors

We are entering another year with the hope of continuing the reform of the psychiatric health care system. During the implementation of the pilot program, the number of mental health clinics, community mental health teams (CMHTs), psychiatric wards at general hospitals and day wards increased, and community social support centers for the mentally ill were established as part of social assistance [1]. However, as indicated by Anczewska et al., problems and barriers to psychiatric treatment can be found in many different areas: organization and financing of the health care system, legislation and policies, as well as social awareness and axiology. In this context, the quantification of mental health services provided to the ill and their analysis over several years may help identify those elements of psychiatric care that require further reorganization [2]. This need is reflected in the scientific interests of Polish psychiatrists. The current issue includes an article by Professor Andrzej Kiejna et al. on challenges for psychiatric health care in Lower Silesia and a study of satisfaction with care in patients with schizophrenia in various treatment models by Marta Hat et al.

We must not forget the aforementioned need to change social awareness. Schizophrenia, despite its relatively low prevalence in the population, is one of the most serious challenges for public health. The stigmatization of the ill is a source of chronic stress for these people. It contributes to their isolation, a sense of loneliness and has a negative impact on the quality of life [2]. This stigmatization also applies to the relatives of the patient. The experiences of caregivers are similar to the experiences of the ill: disappointment, shame, the feeling of being rejected, devalued. Stigma is associated with an objective and subjective burden, in family members it generates a tendency to hide difficulties or isolate themselves, which in turn may delay the initiation of treatment by a relative, seeking support by family carers or weaken the support resources for the ill [3]. Various activities and forms of care proposed by community psychiatry may affect the burden of carers, which you can read about in the article by Professor Andrzej Cechnicki et al.

Efficient psychiatric patient care must take into account the aspect of somatic health care. This care means ensuring, if necessary, multi-specialist care (hence the undoubted advantage of creating new, small psychiatric inpatient wards in general hospitals), psychoeducation [4] and modern pharmacotherapy. Obesity and metabolic disorders induced by antipsychotic treatment are among the most common and clinically significant complications associated with pharmacological treatment of schizophrenia. Physicians introducing pharmacological treatment of the first episode of schizophrenia should follow the general rules of conduct that reduce the risk of metabolic disorders [5]. Metabolic parameters are related to the course of the first episode of schizophrenia [6]. In the current issue of *Psychiatria Polska*, you will find a discussion of risk factors for weight gain in patients with the first episode of psychosis.

In turn, Krzysztof Kwapis et al. studied parental attitudes and their relationship with the severity of borderline personality traits. It is known that the experience of physical and sexual abuse in childhood, witnessing domestic violence and early separation are very important in the development of this disorder, and the level of negative experiences in childhood is a predictor of self-destructive behavior and suicidal tendencies [7]. Expanding knowledge about the symptoms, determinants and correlates of borderline personality disorders seems very important, taking into account the high prevalence and serious consequences of this problem [8]. The highlighted topics do not exhaust this very rich issue of *Psychiatria Polska*, which we strongly encourage you to read

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