

From the Editors

In no time, the golden Polish autumn that has spoiled us so far has slipped away somewhere far away, giving way to foul weather. Short days and the steel-gray sky are a favorable time for work and study – perhaps that is why autumn is a season full of conferences and trainings, including those under the auspices of the Polish Psychiatric Association. For the Management Board of the Polish Psychiatric Association, autumn is a time of many activities – creating recommendations, establishing cooperation with other scientific societies in order to jointly develop standards of conduct and organizational activities regarding the next Congress. We seem to have a lot of time, but the undertaking is also quite large. And now we can officially announce (with great joy and pride for those writing these words) that the 48th Scientific Congress of the Polish Psychiatric Association will be held on September 3–6, 2025 in Krakow. Therefore, we invite you to a city that is always beautiful – both during the day and at night, in the sun and in the rain.

But before we all meet in the city of Polish kings, there are still many issues of *Psychiatria Polska* and many interesting articles ahead of us. And here we have this year's fifth issue of the journal. We begin with two parts of the recommendations of the Polish Psychiatric Association regarding the use of SSRIs in children and adolescents. Experts comment on clinical indications, effectiveness and safety, referring to pharmacological differences and the specificity of therapy in this age group. These are very important articles that should become a guide for people treating mental disorders in the youngest patients.

The next article is an extremely interesting work of Professors Janusz Rybakowski and Filip Rybakowski on the evolutionary aspects of bipolar disorder. We know that the modern etiopathogenetic paradigm of bipolar disorder assumes the manifestation of the illness as a result of the interaction of genetic and epigenetic factors with environmental influences [1], however, one may ask why the genes of the illness persist in the population and whether the symptoms of mood disorders could have had an adaptive significance for the organism from an evolutionary perspective? You will find the answer to these fascinating questions in *Psychiatria Polska*.

Several articles are devoted to various aspects of suffering from schizophrenia. One of them drew attention to the risk of pulmonary embolism, which is a life-threatening condition. We know that our patients live 15–20 years shorter than the general population. Increased mortality in hospitalized patients with mental disorders is well documented in many European research studies [2]. Hence, in practice, it is very important to pay attention to the often neglected somatic health of patients with psychoses.

Although we have already “tamed” COVID-19 and the burdensome restrictions from the pandemic are only an unpleasant memory, we still see the consequences of the disease. As Babicki and Mastalerz-Migas wrote in 2021: “Changes introduced in a short period of time through restrictions, isolation of many people in their homes, limitation of civil

liberties as well as direct encounter with an ‘enemy’ against whom there is no effective method of defense may lead to significant changes in human psyche” [3]. People with comorbid somatic diseases and elderly patients were particularly at risk [4, 5]. As predicted, the “psychiatric” consequences of COVID-19 are still with us, which you can read about in the current issue.

Readers will also find very interesting articles on sexological issues, including an intriguing case study of malignant consequences of masturbation.

We wish you a fruitful reading!

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References

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