

From the editors

Dear Readers,

we invite you to read the current, fully autumnal and almost winter issue of *Psychiatria Polska*. It opens with another fascinating work by Professor Janusz Rybakowski, this time summarizing the history and conclusions from 40 years of research on seasonal affective disorder. We hope that the knowledge and inspirations from this work will be difficult to underestimate for you, not only in the context of the approaching winter.

Among the articles that make up this issue of our journal, you will find, among others, a collection of works relating to the issues of mental health of children and adolescents, directing attention, among others, to the importance of cognitive behavioral therapy.

An important issue to which we would also like to draw your attention is the sexual health of overweight and obese women, discussed by Anna Fuksiewicz et al. The issues related to the satisfactory experience of sexuality, the causes and significance of excessive body weight for the emotional state and functioning in relationships, as well as the function of eating as a way of regulating emotions are topics that require constant attention from clinicians. We would like to remind you here about the letter to the editor, in which Professor Magdalena Olszanecka-Glinianowicz et al. [1] drew attention to the importance of these issues.

We hope that the upcoming scientific conferences will bring, among others, a number of new reports in the above-mentioned areas, resulting also in publications available to a wide range of interested parties. We would like to remind you that the deadline for submitting session proposals for next year's Congress of Polish Psychiatrists is coming up soon, and we are eagerly awaiting the final scientific program of this event. Meanwhile, we wish you fruitful reading,

**Dominika Dudek – Editor-in-Chief,
Jerzy A. Sobański,
Katarzyna Klasa**

References

1. Olszanecka-Glinianowicz M, Dudek D, Filipiak KJ, Krzystanek M, Markuszewski L, Ruchała M et al. *Letter to Editor. Treatment of overweight and obesity during and after a pandemic. Let's not wait for the development of complications – new guidelines for doctors.* *Psychiatria Polska.* 2020;54(6):1263-8. <https://doi.org/10.12740/PP/130768>.

