

From the Editor

Dear Readers,

in the rush of issues, longer and warmer days have unexpectedly arrived quickly, indicating that winter is giving way to spring. With the new year, *Psychiatria Polska* is also changing. Probably some of you, when submitting your work to our journal, may have already noticed that this process has been expanded to include new requirements from Authors. The first new element is a cover letter, the second – the requirement to indicate five potential independent Reviewers of the work, and the Editors may, but do not have to, use these suggestions. These two elements are standard in many journals and we also believe that the requirement to prepare them contributes to improving the quality of submitted manuscripts, being an opportunity to reflect on their basic message, significance for our field of professional interest and reception by Readers.

Another new feature, which will come into effect as of the next issue of *Psychiatria Polska*, is the transition to publishing only English-language versions. Of course, we will have a transitional period, concerning works submitted so far in both languages. The guidelines, recommendations and standards of the Polish Psychiatric Association will continue to be published in both language versions. We made these decisions in order to increase the international character of the journal – both the quality of the submitted English versions and the possibility of including works by foreign authors who are unable to prepare sufficiently linguistically correct versions of Polish works submitted to *Psychiatria Polska*. We encourage you to familiarize yourself with the new version of the Guidelines for Authors.

In the meantime, we invite you to familiarize yourself with this issue of our bimonthly. It opens with an extremely interesting paper by Siwek et al. on the effectiveness of prolonged-release trazodone in patients with an unsatisfactory response to SSRI treatment. We would like to remind you of earlier publications: Crapanzano et al. [1] and Wichniak et al. [2]. The issue of work methods and the importance of motor functions in patients suffering from schizophrenia was discussed by Żmudzińska et al. Interested Readers can supplement knowledge from this article with the issue of the importance of physical activity in the treatment of schizophrenia in discussed by Cempa et al. [3]. We would also like to draw your attention to two papers included in this issue: by Rogala et al. and by Ciastkowska and Zawadzki. They refer to the quality of Patients' experiences in relation with representatives/institutions of the health service and provide another opportunity to reflect on the importance of relations and remember the subjectivity of our Patients.

We wish you an informative read,

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

References

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2. Wichniak A, Wierzbicka AE, Jarema M. *Treatment of insomnia – effect of trazodone and hypnotics on sleep*. Psychiatria Polska. 2021;55(4):743-55. <https://doi.org/10.12740/PP/125650>
3. Cempa K, Jurys T, Kluczyński S, Andreew M. *Physical activity as a therapeutic method for non-pharmacological treatment of schizophrenia: A systematic literature review*. Psychiatria Polska. 2022;56(4):837-59. <https://doi.org/10.12740/PP/140053>