

From the Editors

We begin the autumn with the work of the new Executive Board of the Polish Psychiatric Association. At the General Assembly, the previous Board presented its activity report for the years 2022-2025, which was granted a vote of approval. Particular attention was given to the development of therapeutic recommendations, designed to assist practicing physicians in their daily clinical decisions. Most of these recommendations have been published in *Psychiatria Polska* [e.g., 1-5]. Thanks to cooperation with the State Scientific Publishers (PWN), the guidelines are also accessible to all physicians via the Epsilon platform. The crowning achievement of the previous term was the 48th Congress of the Polish Psychiatric Association, which was held in Kraków and gathered over 2,200 participants. During the opening gala of the Congress, the diploma “Friend of *Psychiatria Polska*” was presented in recognition of contributions to the journal’s publishing activities and its promotion. On this occasion, the Chapter awarded the title to Professor Piotr Gałęcki.

The Congress is undoubtedly a celebration of Polish psychiatry; however, as with any celebration, it is now time to return to the prose of everyday life and work. Accordingly, we place in your hands the fall issue of *Psychiatria Polska*. It begins with two excellent articles by Professor Janusz Rybakowski: one on neurotransmitter concepts of mood disorders and another on the neurobiology of creativity (we fondly recall the outstanding lectures on this topic by Professor Jerzy Vetulani). Professor J. Rybakowski has long researched the connections between creativity, mood disorders, and schizotypy [6, 7]. For those who are interested, we refer you to his remarkable monograph “Faces of Manic-Depressive Illness” (Termedia, Poznań, 2018). The relationship between creativity and features of bipolar disorder was also studied by a Kraków-based team analyzing bipolar traits among students of art and technical fields [8].

The next set of articles addresses problems among adolescents, including alcohol use and abuse, autism spectrum symptoms, and depression. The issue of minority stress is explored in a paper on women in same-sex relationships raising children. In recent years, several important articles on minority stress have been published in *Psychiatria Polska*. For example, Grzegorz Iniewicz et al. discuss the mechanisms through which marginalization and discrimination of homosexual and bisexual individuals impact their mental health. They highlight the significance of factors such as internalized homophobia, expectation of rejection, and experiences of homophobic events [9]. Similarly, the study by Małgorzata Puchalska-Wasył and Izabela Jaroszek analyzes how internal dialogues (e.g., self-acceptance and internalized homophobia) mediate the relationship between minority stress and the psychological well-being of non-heteronormative individuals. The results suggest that constructive internal dialogues may serve a protective role, reducing the negative effects of minority stress [10]. As can be seen, our journal does not shy away from topics that are not only scientifically important but also socially relevant.

Another socially important topic is the legal aspects of psychiatry and the functioning of forensic psychiatric wards. Attention is drawn to the growing number of patients referred for psychiatric observation and the increasing overload of forensic psychiatric wards. A conflict exists between public safety and patients’ rights, especially in the context of

long-term hospitalization in a closed ward [11]. Enhancing patients' knowledge may be important from the perspective of their social adjustment, minimizing the risk of returning to the community, and improving therapeutic collaboration. This topic is addressed in an article by Joanna Fojcik et al. in the current issue of the journal.

The topics discussed do not fully reflect the richness of this issue of *Psychiatria Polska*. We wish you an enjoyable and fruitful read,

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