

Dear Readers,

Time flies almost unnoticed, though one might assume that most of us could not help but notice the shortening days and the increasing rush around Christmas and New Year's Eve... but how did the New Year arrive?

The past year brought many scientific events worth remembering, many interesting discussions and publications, and many events significant for psychiatry and psychotherapy taking place on the socio-political scene.

In *Psychiatria Polska*, we also introduced changes to our regulations to expand the international reach of our journal, expanded our team of thematic editors, and acquired a number of reviewers, to whom we would like to express our sincere gratitude.

The last issue of our journal this year is largely devoted to the health and treatment of children and adolescents. This topic remains extremely important; the growing demand for specialist services in child and adolescent psychiatry, both in treatment and prevention, has been tirelessly emphasized in various forums by the national consultant in the field of child and adolescent psychiatry, Dr. Aleksandra Lewandowska.

We would like to draw your attention to, among others, the works of Ewa Hrycyna, which address an issue that has not yet been covered in our journal: speech therapy in mental health care of children, as well as the work of Michał Górska on pica disorder in adolescents. We would also like to mention two extremely interesting publications, although it is hard to believe they are already 10 years old... on trichophagia and trichotillomania [1, 2].

The second theme of this issue is intimacy and sexuality. It was addressed by Joanna Dudek et al. and Krystian Wdowiak et al. The first article concerns the validation of the Polish version of the Functional Analytic Psychotherapy Intimacy Scale (FAPIS), a tool that assesses the ability to build and maintain intimacy in relationships, a skill associated with, among others, satisfaction with romantic relationships, the quality of social support and a greater sense of security. The second team of authors introduces us to the world of women's sexuality during pregnancy and the postpartum period. While reading this work, it is also worth considering the article by Krupa-Kotara et al. on the importance of body image in postpartum women and its links to eating disorders [3], and by Mikolajkow and Małyszczak [4] which describes the role of a number of biological factors and the effects of pregnancy-specific anxiety disorders. Of course, we also remind you of the recommendations of the Polish Psychiatric Association regarding the care of women of childbearing age [5–7].

Thank you for being with us, we invite you to read and publish, and we wish you a successful and fruitful year 2026 in every respect.

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