

## FROM THE EDITORS

In no time, the hot summer gave way to autumn and it is time to return to intensive work. We are going to face a number of interesting scientific conferences – upcoming *Bieszczadzkie Dni Psychiatryczne (Bieszczady Days of Psychiatry)* in Arłamów, *Neuropsychiatry and Neuropsychology* in Poznań in November, *Psychiatria 2015 Medforum (Congress of Psychiatry Medforum 2015)* in Wisła in December, *Podlaskie Warsztaty Psychiatryczne (Podlasie Psychiatry Workshops)* in Białowieża in January, and *Pharmacotherapy, Psychotherapy and Rehabilitation of Affective Disorders* in Zakopane in February. We hope that the events will not only provide an opportunity to expand the knowledge, but also to joint meetings and greater integration of the psychiatrists.

Of course, we are all preparing for the biggest upcoming event – Polish Psychiatric Association Congress in Katowice and election of the new Board of Polish Psychiatric Association – in June next year. On this occasion, symbolic prize for a **Friend of Psychiatria Polska** will be awarded for the first time. This title will be awarded once every three years, at the opening of the Congress, to the person who is actively engaged in the development and promotion of Psychiatria Polska by citing and reviewing published papers and inviting internationally renowned experts to cooperation. The winner will be selected by Awarding Committee: prof. Janusz Rybakowski, prof. Przemysław Bienkowski, prof. Jerzy Aleksandrowicz and prof. Dominika Dudek. We hope it will be a token of gratitude for those supporting the development of the journal, and incentive for further action in this regard.

The current issue of Psychiatria Polska is mainly devoted to relationships between psychiatry and somatic medicine, as well as questionnaire-based research. Researchers very often refer to these issues. Reading the currently published papers, one should also return to the previous papers that appeared in our journal.

Two publications are related to multiple sclerosis: acceptance of the disease and cognitive impairment. A psychiatrist in his practice often encounters mental problems of patients with this diagnosis. Previous issues of Psychiatria Polska have already made a reference to this problem: studies of factors affecting the quality of life of people with MS [1] and studies of the attention and cognitive inhibition [2]. Further issues on the border of psychiatry and somatic medicine are: obstructive sleep apnoea, restless legs syndrome, Huntington's disease (it is worth to return to two interesting case descriptions [3, 4]) and alopecia areata. An interesting paper is devoted to the dental needs of people with eating disorders. We encourage you to read this paper in conjunction with works devoted to salivary pH changes in patients with anorexia nervosa [5] and bulimia nervosa [6]. A very current issue are psychological and psychiatric problems occurring during infertility treatment. Their clinical conditions are described in the current issue in the work written by Holka-Pokorska et al. In one of the previous issues of Psychiatria Polska, the same

author described the case of mid-stimulation psychosis in the course of in vitro fertilisation procedures with the use of clomiphene citrate and bromocriptine [7]. Another group of problems, included in the current issue of our journal, refers to patients with obesity. The new paper written by M. Pawłowska and D. Kalki refers to the cognitive processing of stimuli associated with food by obese individuals. Patients with significant overweight do not only perceive and process information about the food in dysfunctional way, but also have a very distorted self-image. It has been recently described by Bąk-Sosnowska et al. [8]. Obesity is not just a civilisation disease causing serious damage to health, but also a problem for the psychiatrist – obese people suffer from depressive disorders, anxiety, more and more studies show the relationship of obesity with other psychiatric disorders, such as bipolar disorder (paper written by Siwek et al. in this issue) or ADHD [9]. The next two papers are devoted to the coexistence of diabetes in children and adolescents with depression and eating disorders. Previously in *Psychiatria Polska*, the authors emphasised the Self-destructive behaviour in the same group [10]. A series of works in the field of psychiatry and somatic medicine is closed by the paper on the analysis of psychiatric consultation in the multidisciplinary hospital.

The second group of problems in this issue concerns the use of questionnaires in research in psychiatry, which requires the development of Polish versions of the most important tools such as questionnaire OQ 45.2, described by Simon et al., or SAD and FNE questionnaires [11]. Questionnaire data also allow the researchers to objectify the effectiveness of psychotherapy in two key areas – symptoms and personality, which was the subject of recent publications [12, 13] and reappears in our journal. On the other hand, A. Popiel and B. Zawadzki describe the psychometric properties of the Polish version of the Trauma Related Guilt Inventory. The author of this paper, Agnieszka Popiel deals with cognitive-behavioural therapy of people affected by trauma on a day-to-day basis. She described strategies of dealing with trauma-related guilt in the paper published last year [14].

We are pleased that we receive more and more letters devoted to important issues. In this issue we publish the letter written by Ewa Bałkowiec-Iskra on the safety of drugs during pregnancy, and remind you about the paper written by Costoloni et al. which refers to mood stabilizers in pregnant women [15].

At the same time we are happy to inform you that the full text of *Psychiatria Polska* has been downloaded from the site LinkOut (directly linked with well-known NLM PubMed/Medline databases) more than 4,500 times.

We hope that you will enjoy the autumn issue of *Psychiatria Polska*.

**Dominika Dudek – Editor-in-Charge**

**Jerzy Sobański**

**Katarzyna Klasa**

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