

FROM THE EDITORS

Dear Readers,

another year has passed unnoticed ... In a hurry, always busy, preoccupied by day-to-day concerns and before we knew all the leaves had fallen and Christmas decorations had appeared in shops. It was time to buy Christmas trees, Christmas baubles, lights, gifts, carp – in a nutshell, the whole Christmas fuss which we hate and love at the same time. Maybe at this time we manage to stop for a moment to think about people who are important for us, think about ourselves and our priorities ... the Magic of Christmas ... After all, this is not the laughing angels, tinsel and table laden with food, but the Presence, Closeness and Love. It is also the awareness that we are not alone, that someone thinks about us, someone cares about us. It might be worth to send a warm thought to our patients for a brief moment – to those who are the most lonely, rejected and abandoned, to let them know that we are and we do our best to treat and help them, and as it is not always possible to heal the life, let us support and do not forget about them.

The past year was a time of changes in the Polish Psychiatric Association, a time of fighting for a reform of psychiatry, and also a time of hard work for the editors of *Psychiatria Polska*. We hope that you will be satisfied with the results of this work in the form of successive issues and that you will not be disappointed with this issue of the journal.

It begins with an article co-authored by Professor Jules Angst. The publication of this text in December 2016 has been conceived as a kind of gift to honor his 90th birthday. Professor Angst is an icon of modern psychiatry; it is difficult to imagine what our knowledge, especially about affective disorders, would be without his fifty years of tireless research. He has educated generations of psychiatrists: researchers and practitioners, he always offered his knowledge and advice. He repeatedly visited Poland and undertook scientific cooperation with Polish psychiatrists. He approaches the achievements of our psychiatrists and the journal *Psychiatria Polska* with kindness and attention. Last year, he published an important text on the classification of mood disorders in our journal [1]. On the occasion of this jubilee, the Polish Psychiatric Association prepared a laudation which he received together with the printed article on the use of the HCL-33, developed by him, in Polish patients with bipolar disorder.

The current issue of the journal also includes the text written by Professor Danuta Waserman of the National Centre for Suicide Research and Prevention of Mental Ill-Health (NASP), Karolinska Institute in Stockholm. The paper is a summary of the major European project whose aim is to promote a lifestyle that allows improvement of the mental health and to prevent psychopathology and suicidal behavior among adolescents. In recent years, the issue of self-harm and suicidal behavior in the adult population [2–7] as well as in children and adolescents [8, 9] is the subject of the research interests of many Polish psychiatrists. We recommend the Readers to read the guidelines of the European Psychiatric Association (EPA)

regarding the treatment and prevention of suicide – they were published this year in a series of Biblioteka Psychiatrii Polskiej (Library of Polish Psychiatry) [10].

Among interesting papers published in the current issue of *Psychiatria Polska* one should pay attention to a paper on the relationship between patients' diet, depression and the risk of cardiovascular diseases written by Ewa Stefańska et al. The relationship between depression and cardiac disease has been widely explored both in the psychiatric and cardiology literature. We particularly welcome the fact that non-psychiatrists doctors are interested in this subject and that papers on relationships between psyche and cardiac diseases have been published in recent years in journals dedicated to somatic medicine [11–14]. The authors of this publication pay attention to an important aspect of co-occurrence of depression and cardiovascular diseases, which is the way of nutrition. We also recommend previous papers concerning this subject to all interested Readers [15–17].

Mental disorders, especially depressive ones, are interrelated not only with cardiac diseases. In general, mental state can affect the course and prognosis of all serious, chronic somatic diseases as well as these diseases may determine the occurrence of mental disorders. Therefore, it is not surprising that many papers published in *Psychiatria Polska* are devoted to these relationships. In this issue you will find a paper on mental disorders in inflammatory bowel disease, a paper on personality traits and anxiety in patients with asthma (here we would like to remind you of an interesting publication on the importance of personality and psychopathological variables in the course of asthma written by Piotr Czyż and co-workers [18]). The next two publications in line with this trend are related to urological symptoms in patients treated for neuroses. In this year's second issue we published a review article in which the authors summed up the state of knowledge concerning the relationships between symptoms of lower urinary tract and depressive and anxiety disorders [19].

An important issue, which appear in our journal quite often, is postpartum depression. It is worth to write about it, both in the context of prevention and risk factors [20], which include the quality of couple relationship. Aleksandra Małus et al. referred to this subject. At this point it is worth to notice that mood disorders in the postpartum period also affect the fathers [21], and this phenomenon is undoubtedly influenced by the relationship with the partner.

Finally, we would like to leave you with heartfelt words for Christmas and the coming New Year. "Let your head be free from pain, put an end to all your sorrows, enough worries, enough tears – peace to men of good will. Start a new path here (...)" says a beautiful carol entitled "Snow was falling all night long", composed by Zbigniew Preisner to words by Marian Hemar. We wish you, dear Readers, paths free from sorrows and fears, leading to a good end, and that following them make our lives simply happy.

Dominika Dudek – Editor-in-Charge
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