

From the Editors

In 2015, Ewa Lipska prophetically wrote:

*“The world is headed for a breakdown. But it is still slumbering,
lazy in the bushes (...)
The sky is already disarmed. Lightning
pretends to be a bedside lamp. The thunder is still far away. (...)”*

The day we write these words, the thunder sounded frighteningly close. The war in Europe began. In the morning, Putin’s criminal regime unleashed its demons, condemning millions of innocent people to fear and suffering, showing the entire civilized world the illusiveness and fragility of the sense of security and stability. We, Poles, know well from history what lost freedom, a conquered country and the dark time of occupation is. We know that we need to support Ukraine as much as possible: materially and spiritually. How to live on? How to talk about donuts’ filling on Fat Thursday – the day of the invasion – when next to us Ukrainians living in Poland tremble for the lives of their loved ones? How to go shopping, go to work, play with children, worry about a leaking tap or a broken car when – to paraphrase Ewa Lipska again – history has not turned off the iron again? How to ease the fears and sorrows of our patients when we are overwhelmed by disbelief and anxiety. The criminal and the madman set the world on fire, and we are even more helpless than in the face of the pandemic.

Despite our fear, we must try to live and do what we are supposed to do, i.e., work, treat the sick and develop psychiatry. Therefore, despite everything, it is worth to read *Psychiatria Polska* where, as always, the Reader will find many interesting articles.

As if to order, the issue opens with the article written by Doctor Jaworska-Andryszewska and Professor Janusz Rybakowski on early childhood trauma in people diagnosed with borderline personality disorder. A painful reflection comes to mind: how will the trauma of war affect innocent Ukrainian children who, instead of playing with their friends, flee to shelters? Or those living safely in Poland, but uncertain about the fate of their grandparents, aunts and friends. We can help at least some of them as part of a crisis intervention or by organizing trainings for, e.g., teachers having students from Ukraine in their classes. Maybe early intervention will prevent future mental disorders.

Other articles concern long-term follow-up of people who were diagnosed with depressive symptoms (article by R. Modrzejewska et al.) and schizophrenia (two articles by M. Ślosarczyk et al.) in adolescence. It is worth recalling the article by A. Cechnicki et al. [1] on the 20-year observation of the course of schizophrenia depending on premorbid social relationships.

Psychiatria Polska always pays much attention to eating disorders, especially anorexia – a potentially fatal disease. In the current issue, researchers focus on factors influencing the length of hospitalization and the risk of death. In order to prevent such dramatic consequences, the so-called anorexic readiness syndrome was identified. This was primarily for psychoprophylactic reasons, serving the early diagnosis of anorectic tendencies in children and adolescents in the first phase of adolescence in order to anticipate the possible development of the disorder – B. Ziółkowska and J. Ocalewski discussed this issue last year [2].

Important articles related to the pandemic could not be missing. M. Górski et al. dealt with the mental health of residents of a long-term care center, while A. Herman et al. dealt with the management of psychiatrically hospitalized adolescent patients with COVID-19. Transformation of psychiatric wards into covid wards was a huge challenge for all of us [3], and the psychological effects of the pandemic will be with us long after the pandemic is over [4].

Interdisciplinary works are always very popular – this time the Reader will find an article from the border of psychiatry, psychology and diabetology. We encourage you to recall the article by K. Cyranka et al. on the emotional problems of patients with type I diabetes during the pandemic [5].

A. Wdowiak et al. dealt with anxiety and depression in women treated for infertility. It is a very important issue and the Polish Psychiatric Association has devoted a lot of attention to this problem by developing recommendations for the management of mood disorders in women of childbearing age [6–8].

Sexual crimes among clergy remain a hot topic. J. Prusak discussed paraphilias in priests [9], and in the current issue A. Więcek-Durańska analyzes the cases of clergy-perpetrated sexual abuse of minors.

These are only some of the issues that the Reader will encounter in *Psychiatria Polska*. We hope that this reading will help, at least for a moment, to get away from the grim reality that surrounds us.

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