

From the Editors

Our structured, predictable world has crumbled. Along with the pandemic, we had to revise our plans, hopes, dreams, and reevaluate our life priorities. Like a truth serum, the coronavirus showed what we really are, revealed our weaknesses and fears but also strength, the ability to sacrifice, mutual help and solidarity. In a pandemic, care for mental health is as important as care for somatic health. We are all more than usually susceptible to depression, anxiety, insomnia, and tension. But our patients are now particularly burdened. The situation is very difficult for the sick, as well as the old and the lonely. Isolation and forced limitation of activity are not conducive to recovery. Access to medical care is hindered. The availability of psychiatrists and psychologists, maintaining contact with patients by phone or Skype as well as teleconsultations is extremely important. Patients need to be sure that they are not left on their own and that continuity of treatment is ensured. This is referred to in the Letter to Editors written by Colleagues from Silesia.

We are inundated with a huge amount of mostly bad news, we are looking for reliable scientific data on COVID-19. Materials prepared and made available by the Polish Psychiatric Association on the website and FB can be helpful here. In *Psychiatria Polska*, we also publish important texts related to the current situation. Professor Janusz Heitzman writes about the impact of the pandemic on mental health. His words that it may turn out that the symptomatic spectrum of mental disorders varies and the possibilities of effective therapy are very limited, are forceful. We cannot rule out that a new diagnostic category for specific mental disorders resulting from the COVID-19 pandemic will appear in the near future. We also know that healthcare workers, including paramedics [1] and other people who provide help in emergency situations, are the group particularly vulnerable to PTSD symptoms [2]. We can expect that many of these people will need our support and professional help in the near future.

The use of psychoactive substances, including alcohol, is certainly an counter-effective method of dealing with trauma [3]. The problem also applies to medical students, as reported by Nadia Bryl et al.

Of course, COVID-19 did not make other conditions disappear. Most of the victims of the pandemic will be those who are fortunate enough to avoid infection but whose diagnosis and treatment of other health problems will be delayed or neglected. Such patients will also struggle with all sorts of mental problems. In our journal, we repeatedly return to interdisciplinary issues related to mental health in somatic diseases (e.g., [4–10]). You will also find these topics in the current issue.

Several important articles in this issue deal with eating disorders. Reading them, it is worth to pay attention to articles describing the methods of therapeutic work with patients with anorexia [11–13].

Hyperactivity syndrome is a phenomenon intensively studied by the medical community. The scope of ADHD diagnosis is being expanded [14]. Pisula et al. describe the effects of using the program “Workshops for Parents of Hyperactive Children” on the severity of symptoms. Last year, we published an article on the impact of participating in these workshops on parents’ health and coping with stress [15].

Selective mutism is mired in diagnostic controversy [16]. An interesting article by Rozenek et al. refers to this issue.

The highlighted articles do not exhaust this very current and interesting issue of *Psychiatria Polska*. We hope that in difficult and subversive times, when love for close ones is expressed

by not visiting them, and contact with spring nature becomes a serious offense, reading will somehow make life more pleasant and give inspiration for our own thoughts and research.

Finally, we kindly ask you to pay attention to the changes in the Regulations on the papers accepted for publication.

Dominika Dudek – Editor-in-Chief

Jerzy A. Sobański,

Katarzyna Klasa

References

1. Kucmin T, Kucmin A, Turska D, Turski A, Nogalski A. *Coping styles and dispositional optimism as predictors of post-traumatic stress disorder (PTSD) symptoms intensity in paramedics*. Psychiatr. Pol. 2018; 52(3): 557–571.
2. Witt M, Stelcer B, Czarnecka-Iwańczuk M. *Stress coping styles in firemen exposed to severe stress*. Psychiatr. Pol. 2018; 52(3): 543–555.
3. Skotnicka J. *Exposure to traumatic experiences among people addicted to alcohol*. Psychiatr. Pol. 2018; 52(3): 487–497.
4. Łabuz-Roszak B, Niewiadomska E, Kubicka-Bączek K, Skrzypek M, Tyrpień-Golder K, Majewska A et al. *Prevalence of pain in patients with multiple sclerosis and its association with anxiety, depressive symptoms and quality of life*. Psychiatr. Pol. 2019; 53(2): 475–486.
5. Rodriguez-Paris D, Remlinger-Molenda A, Kurzawa R, Głowińska A, Spaczyński R, Rybakowski F et al. *Psychiatric disorders in women with polycystic ovary syndrome*. Psychiatr. Pol. 2019; 53(4): 955–966.
6. Brodziński S, Nasierowski T. *Psychosis in Borrelia burgdorferi infection – part I: epidemiology, pathogenesis, diagnosis and treatment of neuroborreliosis*. Psychiatr. Pol. 2019; 53(3): 629–640.
7. Kostyla M, Stecz P, Wrześcińska M. *Location of lesions versus intensity of psychopathological symptoms in patients with skin diseases*. Psychiatr. Pol. 2018; 52(6): 1101–1112.
8. Kalka D. *Depressive symptoms, sexual satisfaction and satisfaction with a relationship in individuals with type 2 diabetes and sexual dysfunctions*. Psychiatr. Pol. 2018; 52(6): 1087–1099.
9. Jabłoński MJ, Streb J, Mirucka B, Słowik AJ, Jach R. *The relationship between surgical treatment (mastectomy vs. breast conserving treatment) and body acceptance, manifesting femininity and experiencing an intimate relation with a partner in breast cancer patients*. Psychiatr. Pol. 2018; 52(5): 859–872.
10. Religioni U, Czerw A, Deptała A. *Patient mental adjustment to selected types of cancer*. Psychiatr. Pol. 2018; 52(1): 129–141.
11. Starzomska M, Wilkos E, Kucharska K. *Modern approaches to the treatment of anorexia nervosa. “The third wave” of cognitive behavioral therapy*. Psychiatr. Pol. 2018; 52(4): 651–662.
12. Starzomska M, Wilkos E, Kucharska K. *Contemporary psychotherapeutic interventions in patients with anorexia nervosa – a review*. Psychiatr. Pol. 2018; 52(4): 663–672.
13. Tokarska U, Ryżanowska D. *Letters to anorexia. Narrative tools for working with anorectic patients in a Dialogical Self context*. Psychiatr. Pol. 2018; 52(4): 673–683.
14. Gaidamowicz R, Deksnyte A, Palinauskaitė K, Aranauskas R, Kasiulevičius V, Šapoka V et al. *ADHD – the scourge of the 21st century?* Psychiatr. Pol. 2018; 52(2): 287–307.
15. Pisula A, Bryńska A, Wójtowicz S, Srebniński T, Wolańczyk T. *General health, sense of coherence and coping styles in parents participating in Workshops for Parents of Hyperactive Children*. Psychiatr. Pol. 2019; 53(2): 419–432.
16. Rozenek EB, Nowicka ZM, Wilczyńska K, Waszkiewicz N. *Letter to Editor: The importance of anxiety component in the etiopathogenesis of selective mutism, classified as an “anxiety and fear-related disorder” in the upcoming 11th Revision of the International Classification of Diseases. Substantive comments. Comment on the article The controversy around the diagnosis of selective mutism – a critical analysis of three cases in the light of modern research and diagnostic criteria by Justyna Holka-Pokorska et al*. Psychiatr. Pol. 2019; 53(3): 709–712.