

## **From the Editors**

### **Dear Readers**

We would like to present you the autumn issue of *Psychiatria Polska*. We hope that despite the fact that the upcoming months are replete with many events, meetings and conferences, you will find time to read important and interesting papers.

The first two texts contain the latest standards for the treatment of circadian rhythm sleep-wake disorders developed by the Polish Sleep Research Society and the Section of Biological Psychiatry of the Polish Psychiatric Association. This problem is extremely important in clinical practice – subsequent articles are also devoted to the quality of sleep, while insomnia problems in both adults [1, 2] and in children and adolescents [3, 4] were also highlighted in previous issues. Despite that sleep disorders are widespread, their diagnosis and therapy are still problematic. Moreover, frequent and long-term use of hypnotics may lead to deterioration of the patient's health and addiction. That is why it is important to be familiar with the current guidelines and follow the diagnostic and treatment standards adopted by experts.

Several subsequent articles are devoted to women – specific risk of mental disorders and decreased quality of life in different contexts of health and illness. Among others, K. Maliszewska et al. refer to the problem of postpartum depression, the occurrence of which is related to social support and personality traits. Other authors have already pointed it out, describing the relationship between postpartum mood disorders and the quality of relationships with a partner [5]. We also encourage you to read an interesting text about symptoms of postpartum posttraumatic stress disorder observed in women in Iran [6].

Further part of the current issue of *Psychiatria Polska* is devoted to relationships between mental disorders and somatics. Among neurological disorders, multiple sclerosis has long been attracting the interests of psychiatrists. In previous issues of our journal we published papers on cognitive disorders in MS [7], acceptance of this disease [8] and now we are publishing work on the quality of life and social support. It is also worth to read an article on the influence of psychotherapy on the quality of life and the level of hope in patients with MS, which was published in another journal of the Polish Psychiatric Association Editorial/Publishing Committee [9].

The last text, devoted to the extent to which psychiatrists pay attention to urological symptoms from lower urinary tract (so-called LUTS), is a continuation of the cycle of research carried out in cooperation between Krakow urologists and psychiatrists. These research showed that LUTS, nocturia and overactive bladder often accompany depression [10] and neurotic disorders [11, 12].

We would like to thank all our loyal readers, reviewers, authors and people who, while publishing their work, do not forget to quote articles from *Psychiatria Polska*, for their support!

**Dominika Dudek – Editor-in-Charge**  
**Jerzy A. Sobański**  
**Katarzyna Klasa**

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