

## From the Editors

Dear Readers,

The Polish Ministry of Science and Higher Education has updated the list of journals and their ranking. Unfortunately, *Psychiatria Polska* – even though it is found on the Philadelphia List and has a decent impact factor (as the only Polish psychiatric journal), and the published articles have an increasingly higher substantive level and are quoted by foreign authors – has been ranked unchanged at 40 points. Well, we stayed behind such giants of Polish science as “*Biuletyn Stowarzyszenia Absolwentów i Przyjaciół Wydziału Prawa KUL*” (Bulletin of the Association of Alumni and Friends of the Faculty of Law of the Catholic University of Lublin – 70 points), “*Archiwa Biblioteki i Muzea Kościelne*” (Church Archives, Libraries and Museums – 100 points), “*Ethos. Kwartalnik Instytutu JP II KUL Lublin*” (Ethos. Quarterly of the JP II Institute at the Catholic University of Lublin” – 70 points) or the Ministry of Justice “*Kwartalnik Nieruchomości@*” (Real Estate Quarterly – 70 points).

Nevertheless, we are not giving up and we are holding on to the principle of the late Wojciech Młynarski: “let’s do our job,” continually kindly asking Readers to quote papers published in *Psychiatria Polska* in their own articles.

The current issue of the journal is opened by important recommendations of the National Consultant on the subject of treatment-resistant depression. This topic is gaining significance over the last few years. Although electroconvulsive therapy remains one of the most effective treatment methods [1], other modern pharmacological and non-pharmacological methods are appearing. Our knowledge is increasing regarding the effectiveness of esketamine, and reports are emerging about the therapeutic potential of buprenorphine which, by interacting with the endogenous opioid system, can show rapid antidepressant activity, similarly to ketamine [2]. The recommendations published in the current issue are an excellent summary of the state of knowledge on the methods of treating drug-resistant depression.

The subsequent few articles are dedicated to the issue related to sexuality, both in adolescents and adults. W. Oronowicz-Jaśkowski and M. Lew-Starowicz have developed a Polish version of the tool to assess pedophile preferences. Pedophilic behavior is currently a “hot” topic. Public opinion polls indicate that sexual predators toward juveniles are perceived as a homogenous group (“pedophiles”) and are treated with particular hostility [3]. However, paraphilias must be distinguished from paraphilic disorders. A well-developed diagnostic tool may constitute an invaluable aid in the diagnosis and reliable assessment of the problem.

Individuals interested in child and adolescent psychiatry will find two interesting epidemiological articles concerning health problems of Polish youth. It is worthwhile to return to the article of R. Modrzejewska et al. in which the authors describe a long-term

follow-up study of depressive symptoms among adolescents [4] and to the article on anorexia readiness in school youth [5]. Child and adolescent psychiatrists know perfectly well that the basic method of treatment of mental disorders is psychotherapy. In illnesses with a “biological” etiology, such as bipolar disorder, various methods of psychotherapy combined with medication are considered helpful, though neither has a well-established position [6]. Bipolar patients struggle with various psychological and interpersonal problems, elementary sense of continuity and cohesion, and self-image [7]. In this context, psychotherapy should be an obvious component of the treatment process; however, its use still raises a number of controversies, for instance, regarding the mode of action. Reading *Psychiatria Polska*, one will find the answer to the question whether bipolar disorder can be treated with psychodynamic psychotherapy.

The first issue of the year of our journal concludes with two articles dedicated to the thought of Professor Antoni Kępiński. Several generations of Polish psychiatrists were brought up on his books, and he himself remains a model of the doctor-patient relationship. Nowadays, when the academic values have been dominated by the competition for the best bibliometric results, the place of in-depth learning about the world of the mentally ill patient has been replaced by meticulous compilation of numerous medical documents, and the accompanying of the patient and meeting with the individual has been substituted with Televisits, it is worthwhile to return to our bygone renowned experts, contemplate for a moment and ask ourselves the question: *quo vadis, psychiatry?*

**Dominika Dudek – Editor-in-Chief,  
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## References

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