

## FROM THE EDITORS

The spring issue of *Psychiatria Polska* directs our attention to the upcoming 45th Congress of Polish Psychiatrists on 16–18.06.2016 in Katowice. On the eve of the Congress the General Meeting of Delegates will summarise three years of work of Polish Psychiatric Association and elect a new PPA Management Board. Earlier, delegates representing our community will be elected in the individual Branches of PPA. Remember that our presence, our activity and our voice is important! PPA is guided by the principles of democracy, and this presupposes freedom of choice, freedom of speech and freedom not to participate in what is important to the public. Remember, however, that in many cases, indifference, lack of interest and lack of commitment means silent consent to something that we do not agree with, we do not want, and what will be uncomfortable and objectionable in the next three years. Each of us – members of PPA – has the ability to create the image of the Association, entrust the Management Board to wise, ethical and honest men deserving to represent all of us, take care of the interests of psychiatry and our Association. And vice versa – we can and we must oppose those unworthy of our trust. Let's use this opportunity!

We have just received a very good message – a journal published by the Polish Psychiatric Association Editorial/Publishing Committee: *Archives of Psychiatry and Psychotherapy* was included in the Thomson Reuters Journal Master List in “candidate journals” database – Emerging Sources Citation Index! This does not mean, of course, receiving the impact factor, however, maintaining high level of publications and citation in other journals included in the so-called Philadelphia list gives hope for IF in the coming years. We congratulate the Editor of *Archives of Psychiatry and Psychotherapy* and wish good luck for further successful development. We also encourage all Colleagues to read, cite and publish.

In the current issue of *Psychiatria Polska* you will find the usual set of interesting publications. Much space was devoted to the relationship between mental disorders and other health problems (e.g. urological, diabetes and neurological problems). As usually, we encourage you to recall other recently published texts on similar subjects. In recent years, several articles have been devoted to obesity: its relation with bipolar spectrum [1], cognitive-motivational model of obesity [2], or coping with excess body weight [3]. In the current issue Urszula Łopuszańska et al. focused on the relationship of obesity and cognitive functions in the mentally ill. Diabetes is a frequent complication associated with excessive body weight. Relationships of diabetes, both in adults [4] and in children [5], and depression were described in the previous issues. Currently Piotr Dziemidok et al. point out the complications of depression in patients with diabetic neuropathy. Neuropathic pain can be extremely difficult to treat and can be associated with considerable suffering and distress of the patient. Andrzej Daszkiewicz et al. describe such a case of pharmacotherapy-resistant pain after spinal cord injury. They point to the potential benefits of hypnotic techniques. Looking forward to pain may be associated with severe anxiety

states. This sometimes happens in pregnant women in which fear of natural childbirth leads to the decision to perform caesarean section (vide: paper written by Justyna Holka-Pokorska et al.). In this context, we need to remember that the experience of pregnancy, childbirth and postpartum in women with mental disorders is associated with their proper pharmacological treatment [6, 7] as well as psychotherapy [8]. Other activities such as physical activity or participation in antenatal classes can play a considerable beneficial role [8]. Location of psychiatric wards in multidisciplinary hospitals promotes comprehensive care of psychiatric patients, taking into consideration the somatic context. Maria Załuska describes the opinions of doctors on this subject, highlighting the benefits resulting from the possibility to contact doctors of other specialties easily. On the other hand, patients of other wards have the opportunity to consult with a psychiatrist [9]. As Maria Załuska concludes, “there is a need to develop organisational and financing standards for the departments of psychiatry in general hospitals providing them with a stable place in the healthcare system in Poland”.

We wish you an interesting and fruitful reading!

**Dominika Dudek – Editor-in-Charge**  
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