

From the Editors

We are entering the year 2021. Another year of our life, another year of our work, our hopes and dreams. For the time being, hope is called “vaccine” and is associated with a return to normalcy, whatever this normalcy may mean. Nevertheless, it is not possible to step into the same river twice, and we will never be the same as before the ill-fated 2020. Let us become wiser, more sensitive, and more appreciative of simple pleasures and gestures, like having a cup of coffee at a favorite cafe or cordially hugging a friend. Let us learn – as the illustrious poet Adam Zagajewski has written – to “praise the wounded world” with humility, tranquility and affirmation. After all, we are not here as a punishment, we have our tasks to fulfill, and our profession makes life meaningful and gives us a sense that we can do so much for others, who are sick, suffering and wounded. Our work is not only a daily toil of meeting this suffering, offering consolation, and restoring health, but also broadening our knowledge so that we can treat more and more effectively and safely, so that we can understand our patients with mental disorders better and better, and so that we can effectively reform psychiatry and meet the challenges of our specialization. Psychiatria Polska wants to contribute its piece to this magnificent structure, which is progress in psychiatry and medicine.

In this issue, we will find many interesting articles. It starts with another exceptionally inspiring article by a distinguished specialist, Professor Janusz Rybakowski. This time, the author introduces the readers into the world of lithium: a drug – element, which is “obvious” for psychiatrists but also worth of reminding. All interested and inspired by this work can also reach for a more extensive elaboration on this subject [1].

Once again, in the pages of our journal, one can find a publication by Paul Andrews, whose co-author is Jay D. Amsterdam – one of the most distinguished American scientists, who for a number of years has been a world leader in research on affective disorders and pharmacotherapy, and who is not afraid to present innovative concepts and controversial topics [2]. In this instance, the authors return to the issue that deals with developing tolerance to anti-depressant medication [3].

The subject of depression rolls through the following pages of the journal. We are acquainting ourselves with research on the co-existence of depression and anxiety in primary hyperparathyroidism, postpartum depression in fathers, and new evidence on the significance of selenium deficiency. Earlier on, researchers were already pondering on the role of microelements in affective disorders. Published on the pages of our journal is a study that explored the significance of copper and zinc [4]. Depression is closely related to the subject of suicidal behavior. The estimation of the risk of suicidal behavior is of primary significance in clinical practice [5], and a lot points to a partial biological predilection [6]. This time, in the article by Karolina Wincewicz – Cichecka and Tadeusz Nasierowski, the readers will find information on the topic of electrodermal activity and its role in the risk assessment of suicide in persons with affective disorders.

During the difficult times of the pandemic, we can expect that one of the most common consequences for mental health will be post-traumatic stress disorders [7]. The representatives that are subjected to the negative consequences of stress belong to groups of professional first-responders (paramedics, firefighters) [8, 9] as well as inmates of penitentiary institutions [10, 11]. In the current issue, Anna Aftyka et al. focus on the mothers of children treated in the Neonatal Intensive Care Unit, while Dorota Merecz-Kot et al. concentrate on PTSD in sentenced perpetrators of motor vehicle accidents.

The stress related to the pandemic has a strong impact on healthcare workers. It is worthwhile to note the experiences of nurses and the role of psychological support, which is covered in the letter by Dorota Ozga to the editors. We encourage you to recollect the article by Maciej Pilecki et al. that outlines the creation of a psychiatric COVID ward during the first wave of

the pandemic. In that article, attention was paid to the importance of mental well-being of the medical personnel [12].

Focusing on the threats related to coronavirus, we should not forget about other epidemics of the 21st century, including obesity. Should a psychiatrist concern himself with this illness? The answer is unequivocally positive. Every day, we encounter psychological problems present in morbidly obese patients [13], and patients with psychiatric illness treated by ourselves struggle with metabolic syndrome, which significantly shortens their life [14]. Therefore, it is worthwhile to acquaint ourselves with the new guidelines for doctors on how to treat patients who are overweight and obese during and after the pandemic, which are covered by Magdalena Olszanecka-Glinianowicz et al.

The interesting articles do not end here. We are convinced that the readers will undertake a journey in time with great pleasure and will read about the history of psychiatry in Poland, including the history of psychoanalysis, recalling earlier submissions [15].

To conclude, once more we wish that you enter this year with optimism and a smile. To quote Desiderata: “With all its sham, drudgery and broken dreams, it is still a beautiful world.”

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