

From the Editors

Our entire community is living and breathing the fate of the mental health reform. What will be the future of Mental Health Centres and how will they be funded? Will it be possible to introduce specialized programmes? How will money for psychiatry be distributed? We believe that the mental condition of society will indeed become the government's priority, and the employees of the Ministry of Health, headed by the Minister, have in their hearts and minds the famous slogan "there is no health without mental health".

We often refer to this in *Psychiatria Polska* by publishing interdisciplinary works in almost every issue, showing the impact of mental disorders on the somatic condition of patients and the relationship between somatic medicine and psychiatry. Also in this issue, we encourage you to read the article by I. Jaworska et al. – this time from the borderline of psychiatry and heart diseases.

The issue opens with an excellent article by Professor J. Rybakowski on the history of prevention of recurrence of affective disorders. Once again, the author, with extraordinary eloquence and light style, shares his knowledge and experience acquired during many years of work as both a clinician and an outstanding researcher [1–5].

The goal of *Psychiatria Polska* is not only to present you the results of scientific research in the field of psychiatry, but also to educate you about the latest achievements in psychotherapy and pharmacotherapy. This goal is met by the article by P. Bieńkowski and A. Wichniak on brexpiprazole. In this context, it is worth recalling the recommendations of PTP experts regarding the use of antipsychotic drugs from the group of partial agonists of D2/D3 receptors [6, 7].

Modern psychiatry also includes increasingly better methods of non-pharmacological biological treatment (such as TMS, VMS, DBS) [8–10]. While welcoming this undoubtedly technological progress with hope, let us not forget about the good old ECT, which is undoubtedly the most effective treatment method for many indications [11]. J. Chrobak et al. refer to this method of treatment in an interesting case report.

Technological progress also allows the use of virtual reality for therapeutic purposes. It has been used extensively in psychiatry for at least two decades, allowing for a strong sense of presence, which is the feeling of being inside a virtual environment. Owing to this, the experiences in VR are so authentic and real that they can cause lasting changes in people, just like experiences in the real world [12]. With regard to psychotic patients, this issue is dealt with by a team led by Professor A. Cechnicki and Professor M. Siwek from Krakow, whose pilot study we are currently presenting to our readers.

Progress and modernity of the approach also apply to psychotherapeutic methods. J. Kowalski et al. present an overview of psychotherapeutic methods used in PTSD – a disorder that is particularly difficult to treat. Unfortunately, skills in professional coping with trauma are increasingly needed, especially in the context of the ongoing war in Ukraine [13, 14]. The working group of experts of the Polish Psychiatric Association recently addressed both diagnostic and therapeutic difficulties when presenting its recommendations [15, 16].

The above very short review does not exhaust the rich content of the current issue of *Psychiatria Polska*. We encourage you to read it and ask researchers publishing in other journals to cite articles from our Journal,

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

References

1. Rybakowski J. *The fiftieth anniversary of the article that shook up psychiatry*. *Psychiatria Polska*. 2023;57(1):7-18. <https://doi.org/10.12740/PP/155398>
2. Rybakowski J. *A half-century of participant observation in psychiatry. Part I. Schizophrenia*. *Psychiatria Polska*. 2020;54(3):405-19. <https://doi.org/10.12740/PP/119379>
3. Rybakowski J. *A half-century of participant observation in psychiatry. Part II: Affective disorders*. *Psychiatria Polska*. 2020;54(4):641-59. <https://doi.org/10.12740/PP/123167>
4. Rybakowski J. *A half-century of participant observation in psychiatry. Part III: psychopharmacology*. *Psychiatria Polska*. 2020;54(5):845-64. <https://doi.org/10.12740/PP/126249>
5. Rybakowski J. *Etiopathogenesis of bipolar affective disorder – the state of the art for 2021*. *Psychiatria Polska*. 2021;55(3):481-96. <https://doi.org/10.12740/PP/132961>
6. Wichniak A, Siwek M, Rymaszevska J, Janas-Kozik M, Wolańczyk T, Bieńkowski P et al. *The position statement of the Working Group of the Polish Psychiatric Association on the use of D2/D3 dopamine receptor partial agonists in special populations*. *Psychiatria Polska*. 2021;55(5):967-87. <https://doi.org/10.12740/PP/140287>
7. Wichniak A, Samochovec J, Szulc A, Dudek D, Heitzman J, Janas-Kozik M et al. *The position statement of the Working Group of the Polish Psychiatric Association on the use of D2/D3 dopamine receptor partial agonists in the treatment of mental disorders*. *Psychiatria Polska*. 2021;55(5):941-66. <https://doi.org/10.12740/PP/138177>
8. Wiczorek T, Kobyłko A, Stramecki F, Fila-Witecka K, Beszlej J, Jakubczyk M et al. *Transcranial magnetic stimulation (TMS) in treatment of psychiatric disorders – review of current studies*. *Psychiatria Polska*. 2021;55(3):565-83. <https://doi.org/10.12740/PP/OnlineFirst/115556>
9. Antczak JM, Dębowska W, Poleszczyk A, Kaźmierski J, Rymaszevska J, Waszkiewicz N et al. *Principles of patients selection and safety of repetitive transcranial magnetic stimulation – position statement of the Section of Biological Psychiatry of the Polish Psychiatric Association*. *Psychiatria Polska*. 2022;56(6):1165-84. <https://doi.org/10.12740/PP/144110>
10. Zhai W, Li M, Su Z, Ji Q, Xiong Z, Zhao Y et al. *The effect of repetitive transcranial magnetic stimulation on the negative symptoms of chronic schizophrenia and serum brain-derived neurotrophic factor*. *Psychiatria Polska*. 2023;57(6):1293-303. <https://doi.org/10.12740/PP/153375>
11. Antosik-Wójcińska A, Dominiak M, Goetz Z, Gędek A, Braniecka A, Świącicki Ł et al. *Analysis of the efficacy and safety of electroconvulsive therapy in elderly patients: a retrospective study in the Polish population*. *Psychiatria Polska*. 2022;56(4):767-85. <https://doi.org/10.12740/PP/OnlineFirst/132213>
12. Kruk D, Plencler I, Walecki P, Daren A, Stankiewicz P, Proniewska K et al. *Application of 360° virtual reality videos in the assessment of paranoia in schizophrenia patients: a pilot study*. *Psychiatria Polska*. 2023;57(2):325-38. <https://doi.org/10.12740/PP/OnlineFirst/142992>
13. Zabłocka-Żytka L, Lavdas M. *The stress of war. Recommendations for the protection of mental health and wellbeing for both Ukrainian refugees as well as Poles supporting them*. *Psychiatria Polska*. 2023;57(4):729-46. <https://doi.org/10.12740/PP/156157>
14. Pinchuk I, Solonskyi A, Yachnik Y, Kopchak O, Klasa K, Sobański J A et al. *Psychological well-being of Ukrainian students three months after the emerge of full-scale war*. *Psychiatria Polska*. 2024;58(1):121-51. <https://doi.org/10.12740/PP/177073>
15. Koweszko T, de Barbaro B, Izydorczyk B, Mastalerz-Migas A, Samochovec J, Szulc A et al. *The position statement of the Working Group on the diagnosis of the post-traumatic stress disorders in adults*. *Psychiatria Polska*. 2023;57(4):681-704. <https://doi.org/10.12740/PP/158042>
16. Koweszko T, de Barbaro B, Izydorczyk B, Mastalerz-Migas A, Samochovec J, Szulc A et al. *The position statement of the Working Group on the treatment of post-traumatic stress disorders in adults*. *Psychiatria Polska*. 2023;57(4):705-27. <https://doi.org/10.12740/PP/166172>