

Dear Readers,

summer has come unnoticed, a time to slow down the daily rush and take a holiday break, regenerate, and search for new inspirations. We mentioned various changes in the previous issue, and we are currently announcing a new IF score for scientific journals, calculated by Clarivate, this time using changed methods (among others, after combining fields and for an expanded list of indexed journals). The result is a quantitative decrease in our IF (this phenomenon also applies to many foreign titles), while at the same time we occupy a slightly higher position on the list of journals... We will continue to work on increasing the importance of Psychiatria Polska, making every effort to help you as Authors prepare the best possible versions of publications as the Editorial Board. At the same time, we would like to remind you here how important it is for you, as Readers and Authors, to also remember to share information about publications published in our journal and to include them in the works you prepare.

In this issue of Psychiatria Polska you will find, among others, the recommendations of the National Consultant regarding the use of racemic ketamine in the treatment of depression (we remind you here of earlier publications regarding the use of ketamine [1, 2]) and the recommendations of the Polish Psychiatric Association regarding the management of patients with nicotine dependence. The latter are an exceptional source of information, and considering the number of people – and potentially our patients – addicted to nicotine, we are convinced that you will use these guidelines in your daily practice.

Another inspiring article that we would like to particularly recommend here is the article by Professor Janusz Rybakowski and Professor Filip Rybakowski, concerning the phenomenon of consciousness, discussed by the Authors from the perspective of evolutionary and neurobiological aspects. We also encourage readers carried away by the Professors' considerations to read the recently published article on the evolutionary aspects of bipolar affective disorder [3].

Among the other articles in this issue, you may also be interested in the articles on legal aspects in psychiatry, authored by Kamila Kocańda and colleagues.

We wish you a pleasant reading and happy holiday,

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

References

1. Pochwat B. *Ketamine – a long way from anesthetic to a prototype antidepressant: Review of potential mechanisms of action*. *Psychiatria Polska*. 2022; 56(5):1017-32. <https://doi.org/10.12740/PP/OnlineFirst/134330>
2. Rodek P, Mędrala W, Chrobak J, Barabasz-Gembczyk A, Alli-Balogun B, Kucia K. *Around anesthesia: anesthetic aspects of electroconvulsive treatment in the light of the latest reports – review article*. *Psychiatria Polska*. 2024:1-11. <https://doi.org/10.12740/PP/OnlineFirst/174768>
3. Rybakowski J, Rybakowski F. *Evolutionary aspects of bipolar affective illness*. *Psychiatria Polska*. 2023; 57(5):941-53. <https://doi.org/10.12740/PP/159424>