

Dear Readers

We are pleased to present you another issue of *Psychiatria Polska*. We strongly recommend the article written by the President of the European Psychiatric Association (EPA) – Professor Silvana Galderisi on the proposal for a new definition of mental health. We realize that mental health is more than the absence of a disorder, but the concept of identifying it with well-being raises many objections – difficult and unpleasant emotions are part of the spectrum of normal and healthy human experiences (e.g., sadness in a mourner). Reflection on the demarcation between mental health and illness (or better: lack of health) is extremely important in the practice of a psychiatrist.

With the ICD and DSM classification systems, it is easier for us to define specific disorders than to describe mental health. However, the advancement of knowledge raises the need to update diagnostic criteria – hence new versions of the guidelines are emerging from time to time. In May 2013, the American Psychiatric Association published the fifth edition of the DSM (it is worth recalling papers concerning this issue published in *Psychiatria Polska* several years ago: [1–3]). New, eleventh version of the ICD is currently being developed. In the previous issue of our journal, this subject was discussed by Gaebel et al. [4] and now we present a report on the draft diagnostic guidelines for WPA Members. On this occasion, it is worth recalling a paper written by Łoży on the opinion of Polish psychiatrists concerning the ICD-11 project [5]. We hope that papers published in *Psychiatria Polska* will help Readers to accustom with new solutions in the classification of mental disorders in the near future.

In the current issue, there are a lot of papers dealing with affective disorders. An important direction of research is the search for a variety of markers of affective disorder. This role may be played, e.g., by microelements – the role of magnesium in bipolar [6] and unipolar disorder [7] have been recently discussed in *Psychiatria Polska*, and the current issue includes studies on copper.

Two articles written by Rodziński et al. are devoted to suicide. They complete a series of studies on this problem carried out at the Department of Psychotherapy, Jagiellonian University Medical College [8–12].

History lovers will be interested in articles devoted to the commemoration of Doctor Karol de Beaurain – a psychiatrist and psychoanalyst living in the late nineteenth and early twentieth century, who conducted a psychoanalysis of Witkacy, when he struggled with “emotional distress” and depressive symptoms, recognizing the “embryo complex”. Rutkowski and Dembińska decided to give a broad outline of this colorful and interesting figure recalling Zakopane, which will certainly make the holiday reading of *Psychiatria Polska* more pleasant.

Dominika Dudek – Editor-in-Charge
Jerzy A. Sobański
Katarzyna Klasa

References

1. Klasa K, Sobański JA, Müldner-Nieckowski Ł, Rutkowski K. *Discussion regarding classification of sexual disorders in DSM-5 and research trends within the area of sexual disorders in Poland.* Psychiatr. Pol. 2013; 47(6): 1133–1142.
2. Łojko D, Suwalska A, Rybakowski J. *Bipolar and related disorders and depressive disorders in DSM-5.* Psychiatr. Pol. 2014; 48(2): 245–260.
3. Murawiec S. *Letter to Editor: Psychiatry; there and back again. Comment to the paper: Jacek Prusak "Differential diagnosis of 'religious or spiritual problems' possibilities and limitations of V code 62.89 in DSM-5".* Psychiatr. Pol. 2016; 50(1): 283–287.
4. Gaebel W, Zielasek J, Reed GM. *Mental and behavioural disorders in the ICD-11: concepts, methodologies, and current status.* Psychiatr. Pol. 2017; 51(2): 169–195.
5. Łoza B, Heitzman J, Kosmowski W. *W kierunku nowej klasyfikacji zaburzeń psychicznych – opinie polskich psychiatrów dotyczące projektu ICD-11.* Psychiatr. Pol. 2011; 45(6): 785–798.
6. Siwek M, Styczeń K, Sowa-Kućma M, Dudek D, Reczyński W, Szewczyk B. et al. *The serum concentration of magnesium as a potential state marker in patients with diagnosis of bipolar disorder.* Psychiatr. Pol. 2015; 49(6): 1277–1287.
7. Styczeń K, Siwek M, Sowa-Kućma M, Dudek D, Reczyński W, Szewczyk B. et al. *The serum magnesium concentration as a potential state marker in patients with unipolar affective disorder.* Psychiatr. Pol. 2015; 49(6): 1265–1276.
8. Rodziński P, Sobański JA, Rutkowski K, Cyranka K, Murzyn A, Dembińska E. et al. *Effectiveness of therapy in terms of reduction of intensity and elimination of suicidal ideation in day hospital for the treatment of neurotic and behavioral disorders.* Psychiatr. Pol. 2015; 49(3): 489–502.
9. Rodziński P, Rutkowski K, Sobański JA, Murzyn A, Cyranka K, Grządziel K. et al. *Reduction of suicidal ideation in patients undergoing psychotherapy in the day hospital for the treatment of neurotic and behavioral disorders and neurotic symptoms reported by them before the hospitalization.* Psychiatr. Pol. 2015; 49(4): 847–864.
10. Rodziński P, Rutkowski K, Sobański JA, Murzyn A, Mielimąka M, Smiatek-Mazgaj B. et al. *Reduction of suicidal ideation in patients undergoing psychotherapy in the day hospital for the treatment of neurotic and behavioral disorders and their neurotic personality traits measured before the hospitalization.* Psychiatr. Pol. 2015; 49(6): 1303–1321.
11. Rodziński P, Rutkowski K, Sobański JA, Mielimąka M, Murzyn A, Cyranka K. et al. *Changes in neurotic personality profile associated with reduction of suicidal ideation in patients who underwent psychotherapy in the day hospital for the treatment of neurotic and behavioral disorders.* Psychiatr. Pol. 2015; 49(6): 1323–1341.
12. Sobański JA, Cyranka K, Rodziński P, Klasa K, Rutkowski K, Dembińska E. et al. *Are neurotic personality traits and neurotic symptoms intensity associated with suicidal thoughts reported by patients of a day hospital for neurotic disorders?* Psychiatr. Pol. 2015; 49(6): 1343–1358.