

From the Editors

Dear Readers, the end of the year is always a time of reflection and summaries. Autumn of 2018 was especially difficult and painful for the Editors – Professor Jerzy Aleksandrowicz passed away: our mentor and friend who was engaged in the activities of the Editorial and Publishing Committee till the end of his life. We owe the growing rank of *Psychiatria Polska*, which Impact Factor was calculated in June to be 1.196, due to his efforts. He was able to take care of financial liquidity and make it possible to continue publishing activities of the Editorial and Publishing Committee despite various difficulties and changing market conditions. Although it is difficult for us to accept his absence, we have to continue our work to meet your expectations and support the development of Polish Psychiatry and its international significance.

There are great challenges ahead of us next year. We will observe whether and what changes will be brought by the new evaluation of journals and new provisions related to the Act 2.0. For the time being, the new list of journals has initially assigned *Psychiatria Polska* to the following fields: biomedical engineering; pharmaceutical sciences; medical sciences; physical culture studies; health sciences; zootechnics and fishing; psychology.

The Polish Psychiatric Association will also have to face some challenges. First of all, we are preparing for the EPA Congress, which is held in April in Warsaw. We strongly encourage our Colleagues to participate in this extremely important and prestigious event. In turn, the General Meeting of the PPA, a summary of the last three years of work of the Association and the election of a new Management Board, is to be held in September.

However, for the time being, we are focused on the current issue of *Psychiatria Polska*, largely devoted to pharmacology and biological research as well as sexological problems. The issue opens with a paper on the use of antidepressants in bipolar II disorder written by J. Amsterdam and L. Lorenzo-Luaces. Professor Jay Amsterdam is one of the most prominent American scholars and psychiatrists, whose main area of professional interest includes affective disorders. We would like to remind you that last year we published his very interesting and controversial unmasking paper devoted to the phenomenon of corruption in scientific research in the field of psychiatry [1]. Another interesting article concerns cariprazine – a new antipsychotic drug with therapeutic effect regarding negative symptoms of schizophrenia. At this point, we would like to announce that the PAA Recommendations for the treatment of schizophrenia with negative symptoms will appear soon in *Psychiatria Polska*. We also encourage you to read a paper written by J. Woroń and M. Siwek on interactions of psychotropic drugs with supplements containing plant extracts. This is a very important clinical problem which still receives too little attention from physicians, while patients are not aware of potential risks. This paper opens a series devoted to drug interactions – further publications will appear next year.

Recent years have brought a great interest in microbiota and the gut–brain axis. It has been shown that the microbiological imbalance in the intestine plays a role, among others, in the pathogenesis of allergic and autoimmune diseases, obesity, as well as affects the clinical course of neurodevelopmental (autism) and emotional disorders (depression, schizophrenia), and neurodegenerative diseases (Parkinson's disease and Alzheimer's disease). An article written by E. Gulas et al. is devoted to the association between the intestinal bacterial flora and mental disorders. Here, we recommend a return to several papers on similar topic published in the journals of the Editorial and Publishing Committee [2–5].

Several papers deal with issues related to sexuality. B. Grabski et al. discuss sexual functioning of women who have sex with women. In the previous issues of *Psychiatria Polska*, the authors focused

on non-heterosexual men [6, 7], and now we present a valuable supplement. It is worth taking into consideration whether sexual orientation of the patient influences the approach of psychiatrists [8]. Undoubtedly, somatic diseases, including diabetes, affect human sexuality. This issue is discussed by D. Kalka, while Klocek et al. have already noticed this issue [9]. Self-esteem, self-acceptance and the body image are particularly affected by dermatological diseases. Hence the large prevalence of depression and various emotional problems in this group of patients [10]. Kostyła et al. point out that the location of skin lesions plays an important role here.

The above indicated papers do not exhaust the content of the current issue of *Psychiatria Polska*. We are convinced that other articles will also be interesting for the Readers.

We are also pleased to announce that lek. Anna Krupa has joined the editorial team, taking the position of Social Media Editor.

Presenting another issue of *Psychiatria Polska*, we wish you a Merry Christmas and a Happy New Year!

May 2019 be a good year for everyone!

Dominika Dudek – Editor-in-Charge
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