

FROM EDITORS

Dear Reader,

take a look outside your window: the snow is starting to fall and winter is just around the corner, with the holidays, gifts and the New Year not far behind. In turn, the authors across the globe, in the beautiful Dominican Republic are entering an entirely different season, inviting us to join them in their investigation of a bifactor model applied on emotional disposition measures emphasizing the specification of a general factor through the identification of specific responses or indicators that can account for the commonality between depression, anxiety and anger.

Their findings have important implications for preventive interventions. Although some aspects of early life, such as early life education, cannot be modified, later life conditions such as depression-, anxiety-, or anger symptoms might be modifiable.

The topic has been mentioned in previous articles regarding the influence of covid-19 on anxiety depression [1,2] but also anxiety in somatic serious diseases [3].

The next paper refers to the relationship between the sense of coherence, general self-efficacy and health behaviors in women after mastectomy, indicating significant links between the three phenomena in this patient cohort. This is in line with previous article published by this authors [4].

Social media platforms like Instagram have gained popularity for healthcare professionals to reach potential clients and patients. The next study aims to reveal the nature of Instagram use of psychiatrists in Turkey.

The following text describes a study aimed to determine the relationship of stigma with treatment adherence and spiritual well-being in patients with mental illnesses in Iran in 2019.

Treatment nonadherence in patients with mental illnesses recurs and exacerbates complications and disrupts the treatment process. Experienced stigma may aggravate treatment nonadherence while spiritual well-being may improve stigma and treatment adherence.

Postnatal depression – the role of attachment and mentalization was the subject of the next very interesting paper. The conducted research shows a relationship between mentalization, attachment style and postpartum depression. Reflectiveness, a secure attachment style and a good relationship with a partner can prevent postnatal depression.

Parenting and psychotherapy, which are commonly considered to be entirely divergent phenomena, are the focus of the following paper. By comparing the two processes in the search for points of contiguity, the performed literature review suggests the existence of at least three: (1) dominant parenting style and its role in the development of future psychopathology, (2) psychotherapy as a process of reversing the adverse effect of parental failures and (3) psychotherapy as a method of supporting parental competence.

Finally, the last paper in this issue reveals the challenges and difficulties students face during COVID-19 pandemic at Jagiellonian University in Cracow, Poland. About 20% participants reported the need of assistance or help, 49% disclosed that the situation contributed to worsening of their studying conditions, 57% requested more interest from University administration, while 5% reported be-

ing deprived of social support. According to the acquired data, students faced anxiety and stress provoking situations that required undertaking special measures.

Have a great read!

**On behalf of the Editorial Committee,
Jerzy Samochowiec
Katarzyna Cyranka**

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