FROM EDITORS

Dear Readers,

In the current issue, which we pass on to you for reading and reflection, we continue the topical themes of the threats that we have come to experience. Thanks to researchers who undertake research related to pandemics, the plight of refugees, or climate change, we have an opportunity to be better prepared to face their consequences, including in the area of mental health care for both individuals and entire populations.

Ronald M. Hernández and colleagues from Lima University and Tumbes University in Perú have just done a retrospective analysis of the number of studies that have included the Latin American population. They found that there was a lack of research on the prevalence of anxiety symptoms and disorders in this population in a number of Central and South American countries. Colleagues on the other side of the globe, from Jordan, found by assessing the personality traits of counselors supporting refugees that the big five personality factors explained (48.3%) as a statistically significant predictor of counselor's psychological hardiness. As one might guess, neuroticism was among these traits at the lowest level.

The third publication, this time by Polish authors, concerns the significance of climate change in the context of the occurrence of psychopathological symptoms, especially anxiety and depression. Psychologists and psychotherapists were asked to share their clinical experience in diagnosing and treating patients reporting climate change-related mental symptoms.

Returning to the letter to the editor, which is traditionally placed at the beginning of the issue, Prof. Hüseyin Çaksen of Turkey's Necmettin Erbakan University shares his thoughts on the Relationship between epileptic seizures and spiritual distress as one of the triggers of seizures.

An interdisciplinary approach accompanies the findings of an original research study by a team from India, who evaluated High sensitive C-reactive Protein (Hs CRP) and neutrophil lymphocyte ratio (NLR) levels in patients with depression and to compare HsCRP and NLR in Major Depressive disorder (MDD) and Recurrent depressive disorder (RDD). Elevated inflammatory indices were significantly higher in patients with recurrent affective disorder; moreover, there was also a significant difference in patients with suicidal thoughts. This is an extremely interesting observation that obviously needs to be confirmed in further studies. In psychiatry, we are still looking for objective indicators of both a good prognosis for expected remission and an estimate of risk.

In the current issue you will also find a second paper that attempts to link biology, in this case neuroscience, to psychopathological symptoms, specifically dissociative symptoms. Conducting a casual review of the literature, the author searches for epigenetic links to the occurrence of certain psychiatric phenomena. Did he find them? Check for yourself.

We also have the opportunity to read the results of research, this time by a colleagues from across the southern border, from Bratislava in Slovakia, who would like to determine if a short-term two-week emotion focused training for self-compassion and self-protection, will reduce self-criticism in women, increase their self-compassion and improve satisfaction with their own body image. We know that acceptance of oneself and one's body is one of the important elements of well-being. Fellows have proposed a therapeutic solution, but is it effective? See for yourself on page 30.

Probably the most global and universal issue, regardless of the latitude, is raised by Katarzyna Cyranka and her team. They deal with the subject of social, medical and psychological support for seniors, calling at the end for the creation of an integrated model of support, taking into account the subjective needs of the elderly.

We encourage you to read, hoping also for a personal meeting at the next Congress of the Polish Psychiatric Association, this time organized in Lodz soon.

Inspiring reading,

On behalf of the Editorial Committee,
Joanna Rymaszewska