

## FROM EDITORS

Dear Readers,

The end of the year is a time for some summaries, and 2022 was a year of many events and crises affecting our mental health: the ongoing pandemic, the war in Ukraine, the economic crisis with rocketing fuel prices or inflation to name but a few.

But after the shortest day of the year, the longer ones come ahead, and just as light finally triumphs over darkness, so are we looking forward to the upcoming 2023 with hope.

This issue of the APP opens with the paper by Magdalena Chęć et al., reflecting on the relationship between temperament and addiction to psychoactive substances in young adults.

Searching for health information on the Internet, i.e. using the advice of the so-called Dr. Google, is already a common practice. However, a certain group of people who lose themselves in such behavior may easily fall prey to cyberchondria, the online version of hypochondria. This new phenomenon is referred to in the following paper by Aslı Kazgan Kılıçaslan et al. who investigated its occurrence in patients with fibromyalgia.

In the next paper, Anna Lewandowska et al. report on the evidence for both cognitive impairment and deficit in emotion recognition in bipolar disorder. In this study, based on a large battery of neurocognitive tests the authors assess the links between cognitive functioning and emotion recognition (face expression) in patients with BD during an acute manic and depressive episode as well as in remission.

Following is an interesting narrative review and case report by Katarzyna Cyranka about the co-existence of type 1 diabetes mellitus, autism and blindness.

Then I encourage you to have a read of Ewa Radon's work on executive functions and self-efficacy in children with developmental dyslexia and parental attitudes of their mothers, postulating that self-efficacy, strength and perseverance may lie amongst the strengths of this clinical population reaching levels similar to those found in their healthy peers.

In their paper, Kristina Sesar and Arta Dodaj give an overview of the specifics of quantitative and qualitative approaches to the evaluation of the effectiveness and efficiency of different psychotherapeutic treatments.

In the next article, Bohdan Wasilewski discusses the psychosocial aspects of current civilizational changes from the perspective of Balint group leaders, concluding that leaders who moderate meetings of health professionals must have an enhanced understanding of the psychosocial aspects of the turbulence within our civilization including those due to the health impact of COVID-19.

Finally, Jurgita Kazlauskienė et al. try to identify the main risk factors for suicide in cancer patients and review aspects of suicide prevention.

As this year's novelty, you are most welcome to check out our graphically and functionally new APP website, with archive materials successively uploaded to it.

With a hope that the new website will enhance your user experience, facilitating manuscript submission, viewing of the current issues and navigation through the contents of the journal, we would like to wish you Happy Holidays and a Prosperous New Year!

Have a great read

On behalf of the Editorial Committee

**Inspiring reading,  
Katarzyna Cyranka  
Jerzy Samochowiec**