

## FROM EDITORS

Dear Readers,

Between Yesterday and Today...

With this words we open the autumn issue of Archives of Psychiatry and Psychotherapy. This is also the opening phrase of the first paper prepared by the Krakow team of Klaudiusz Kudła et al, prepared under the supervision of Maciej Pilecki. The article describes the transition of the model of group interaction conducted in the Department of Child and Adolescent Psychiatry of the University Hospital in Krakow, Poland – from its beginnings conducted by Prof. M. Orwid, Prof. J. Bomba and dr W. Badure-Madej throughout the changes that have taken place over the years.

In the second paper Magdalena Skowrońska in her very inspiring literature review indicates that probiotics may improve mental health and cognitive function in various mental health disorders.

Research team from Croatia with Sergej Nadalin as the first author has shown that higher BMI contributes to an increased risk for dyslipidemia among antipsychotic-naïve first-episode schizophrenia patients as well as to higher number of psychotic episodes, and less severe clinical psychopathology among nonadherent nonadherent chronic individuals.

Two important papers present the need for an interdisciplinary approach: comorbidity of eating disorders and depression in patients with type 1 diabetes from the perspective of dietitian was explored by Krzyżowska et al, while Dominika Jean Saad prepared through literature review concerning interdisciplinary efforts in improving the quality of life of patients with Crohn's disease.

Two following papers concern men's health issues: Bartosz Grabski and Krzysztof Kasperek underline that gay and bisexual men's sexual problems need to be addressed in an individualized manner, with inclusion of minority specific processes while Karolina Kossakowska prepared thorough psychometric validation of the Prenatal Attachment Inventory (PAI) in the male version (PAI-M) indicating that it is a reliable and valid instrument for use in Polish first-time expectant fathers to investigate the development of the paternal attachment towards the unborn child.

Bahar Yeşil Örnek and Bircan Kırılancı Şimşek explored psychodrama techniques putting emphasis on the fact that they are useful in ruminative thinking and dysfunctional attitudes which play a role in the cognitive aspects of anxiety and depression.

Finally, Mineo et al stress that personal therapy has a positive impact on therapists' well-being and their practice adding that in their professional and personal development it may help them build appropriate relationships with their clients, which is essential in the clinical practice of all of us.

Presenting the summery of the issue we would like to express once more our gratitude to all of you for putting your time and efforts to prepare wonderful papers and revisions which transformed us from the starting point almost 35 years ago to the todays' strong position with IF 0.6 and Ministry of Education and Science 140 points.

Only with your further engagement in worldwide quotations of APP papers will we be able to sustain the position and transform our journal even further. We strongly encourage you to remember about our papers not only while reading them but also while making your scientific research.

Exploring the autumn issue we wish you many inspiring reflections and scientific ideas that translate into wonderful research projects and new fruitful publications

**Have a great read!**

**Katarzyna Cyranka  
Jerzy Samochowiec**