

FROM EDITORS

Dear Readers,

This spring we are facing a real weather rollercoaster and the geopolitical situation still triggers many concerns. I hope that lecture of the new issue of Archives of Psychiatry and Psychotherapy will feed our brains with new research update and bring some quality-relaxing time. In difficult times, we need to strenghten our skills to reinforce our general and mental health. The health – and resilience – oriented perspectives are investigated by Magdalena Gawrych et al. who draw our attention to the role of connectedness and coping strategies in the mental health model. In cases when traumatizing events appear, it is crucial to evoke one's potential towards recovery and use evidence based treatments in case of negative health outcomes such as posttraumatic stress disorder (PTSD). Dialectical Behavior Therapy (DBT) has been established as one of the methods that can be successfully used in PTSD cases, also with co-occurring borderline personality disorder – for more information read the recent paper by Michałowska and Chęć.

Since the COVID-19 pandemic, Internet-based communicators became accepted for different kinds of clinical consultations and therapeutic interventions worldwide. Magdalena Chęć et al. are focusing on it's potential beneficiaries, exploring the psychometric properties of a tool designed for assessing attitudes toward psychological online help. At the same time, employees in many companies had to adapt to online work from their homes and home office strategies remained even after the infection rates dropped down. The new working environment became especially challenging for people representing older generations as you can read in the article by Katarzyna Skałacka based on a study including 27 countries. COVID-19 which is undoubtedly also one of the biggest public health concerns of 21st century made also compliance towards safety guidelines and restrictions extremely important. The latter is influenced by many factors, including individual characteristics. In an article by Machado et al. (5) we can learn that traits such as agreeableness, neuroticism, extroversion, openness, and sex are significant predictors of adherence to containment measures during the pandemic.

Another two articles in this issue were dedicated to various aspects related to psychotic disorders. Differences in coping styles between individuals at ultra-high risk for psychosis, with first episode psychosis, chronic schizophrenia and healthy controls were investigated and described by Rek-Owodziń et al. Dawid Subocz focused his research on deficits such as alexithymia and problems with visual perception in people suffering from schizophrenia.

What's more in this issue? Sójta et al. are reviewing current treatment recommendations for postpartum depression including effectiveness and safety considerations. Characteristic of symptoms and behavior related to psychopathy was explored in an article by Liana Spytka.

With such a great variability of content, we hope that everybody will find a good spring read with Archives of Psychiatry and Psychotherapy!

Have a great read!

Michał Lew-Starowicz

On behalf of the editors of Archives of Psychiatry and Psychotherapy

