

## FROM EDITORS

Dear Authors, Reviewers, Readers of Archives  
of Psychiatry and Psychotherapy,

The long-awaited time of holiday rest is ahead of us, and many of you will certainly go on a well-deserved break, at home or abroad, with family, partners, friends, or will choose a completely non-standard form of rest consistent with your own preferences.

However, perhaps some of you will also want to get acquainted with new scientific and clinical reports from the world of psychiatry and psychotherapy. Reading the new June issue of APP is certainly a great opportunity to do this.

As usual, you will find many interesting articles in the latest issue.

First of them Physiological activity, severity of neurotic symptoms and personality traits of patients in a psychiatric day ward in the initial and final phases of the psychodynamic psychotherapy process. Quasi-longitudinal pilot study, was prepared by the team from Department of Psychotherapy UJCM from Krakow, and its aim was to explore HR (heart rate) and EDA (electrodermal activity) activity of patients in the initial and final phase of a 12-week psychodynamic psychotherapy process. The physiological data obtained were correlated with psychological variables (questionnaire results of patients).

The second paper by Magdalena Gawrych aimed to clarify the relationships between experienced nature connectedness (NC) and depression, anxiety and stress levels with mediating role of coping strategies. The findings support thesis that nature connectedness seems to be a mental health protective factor.

A research team from USA, New York presented interesting study on the new measure for assessing anhedonia. The New York Scale of Anhedonia (NYSA) is a useful and promising instrument for screening and assessing anhedonia in the general population and in clinical settings

Manoela de Oliveira Rebouças et al from Brazil in their paper aimed to investigate the antidepressant and anxiolytic effect of (-)- $\alpha$ -bisabolol (BIS) and its possible mechanisms of action related to alterations on products of oxidative stress, using the model of depression induced by Chronic Unpredictable Mild Stress. They presented their findings not only in a thoroughly prepared analysis of results but also in a well-designed graphic model.

Another team of Polish researchers and clinicians from Medical University of Silesia in Katowice presented a well-planned review that provides a comprehensive analysis of the links between inflammatory cytokines, antioxidants, and schizophrenia, thereby deepening our understanding of this disorder's pathophysiology and treatment strategies.

Also a team from the same University, under the supervision of Krzysztof Krysta, outlines a description of a case of a person suffering from schizoid personality disorder with a focus on the mechanisms that influenced the life choices of the patient.

International cooperation resulted in a paper written by Furmańska et al: about online and face-to-face therapy during Covid-19 pandemic. The authors present determinants of the therapeutic relationship and thus broaden the scope of knowledge about the therapeutic relationship.

Finally, Justyna Oettingen with her coauthors discuss in a very insightful way differences in the prevalence of early maladaptive schemas (EMS) in convicted sexual offenders (CSO's) as compared to the general male population (control group).

We hope that reading the June issue of APP will enrich your holiday time, inspiring you to scientific exploration in the new academic year!

On Behalf of the Editorial Team

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