

## FROM EDITORS

Dear Readers,

### EMOTION, COGNITION, AND ADAPTATION IN PSYCHIATRY: INSIGHTS FROM DIVERSE CLINICAL AND RESEARCH CONTEXTS

This issue of *Archives of Psychiatry and Psychopharmacology* presents a compelling collection of articles that reflect the complexity of emotional processing, trauma-related mechanisms, and adaptive or maladaptive patterns across a spectrum of psychiatric conditions and therapeutic settings. What unites these diverse contributions is an overarching concern with how emotions—whether regulated or dysregulated—interact with psychological functioning and clinical outcomes.

Zygfryd Juczynski and Nina Ogińska-Bulik explore a rarely highlighted yet vital phenomenon: secondary posttraumatic growth (SPTG) among therapists working with individuals with addictions. Their findings suggest that empathy and secondary self-efficacy contribute positively to therapists' capacity to derive growth from difficult clinical encounters. This research contributes to the evolving narrative that vicarious trauma is not only a risk but also a potential source of professional and personal development.

The interplay between self-compassion, mindfulness, and emotional suffering is examined by Patryk Roczon and colleagues. Their study reveals reciprocal mediating relationships between these variables in both depressed and non-depressed individuals. These findings suggest transdiagnostic pathways that could inform integrative psychotherapeutic models targeting both symptom relief and emotional resilience.

In her analysis of trauma-focused cognitive-behavioral therapies, Sylwia Michałowska offers a critical comparative perspective on Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE). By considering the nuances of trauma typology and therapeutic responsiveness, the article emphasizes the importance of individualized, evidence-based approaches in the treatment of PTSD.

Karina Marciniec et al. tackle a clinically pressing question: should emotional dysregulation be a primary focus in treatment planning for individuals with autism spectrum disorder (ASD)? Drawing on recent literature, they affirm the centrality of affective functioning in ASD-related comorbidities and advocate for targeted interventions to enhance emotional regulation and adaptive behavior.

Samuel Dreeben introduces and conceptualizes an under-recognized subtype of obsessive-compulsive disorder: "emotional injury OCD." This novel construct challenges conventional diagnostic frameworks and calls for refined assessment tools capable of detecting subtler, affirming compulsions that mask pathological processes. Dreeben's work invites clinicians to rethink boundaries between OCD, social anxiety, and codependency.

Tahereh Kouroshinezhad and colleagues investigate the impact of affect regulation training in adolescents with type 1 diabetes—a population in which psychological well-being is closely intertwined with disease management. Their findings support the therapeutic relevance of affective training in improving both emotional states and health outcomes.

Bertrand Janota et al. offer a comprehensive review of lipedema, emphasizing its dual physical and psychiatric burden. The article provides an important reminder that medical conditions such as li-

pedema, often overlooked in psychiatric contexts, carry profound psychological implications. The authors advocate for a biopsychosocial treatment model that integrates somatic and mental health care.

The COVID-19 pandemic created a natural laboratory for observing behavioral and emotional changes. Justyna Modrzejewska et al. explore eating style clusters among Polish women during the pandemic, identifying a subgroup with both high restrictiveness and loss of control—characteristics associated with emotional eating and higher BMI. Their findings provide actionable insight into the prevention and treatment of disordered eating under stress.

Finally, Szymon Florek and colleagues present a six-month follow-up study on anxiety, aggression, and alcohol consumption among young adults in Poland during 2020. Notably, while anxiety decreased overall—possibly reflecting societal adaptation—certain subgroups, particularly health-care professionals and men, showed persistent distress and heightened aggression. The study sheds light on differentiated adaptive responses during a public health crisis.

Together, these contributions advance our understanding of how individuals—both patients and professionals—navigate psychological adversity. From the microcosm of the therapist-client dyad to the broader epidemiological impacts of a global pandemic, this issue highlights the need for flexible, person-centered, and emotionally informed approaches in psychiatry and psychopharmacology.

We thank all contributors for their valuable work and invite our readers to engage critically and constructively with the ideas presented in this volume.

**Prof Jerzy Samochowiec**  
**Dr hab. n. med. Katarzyna Cyranka**