

## FROM EDITORS

Dear Readers,

### **Integrating Biological, Psychological, and Social Perspectives in Mental Health**

The papers presented in this issue of Archives of Psychiatry and Psychotherapy illustrate the multidimensional nature of mental health and psychopathology. Together, they emphasize the importance of integrating neurobiological, psychological, interpersonal, and social perspectives in contemporary psychiatric research and clinical practice.

The issue opens with the review by Subocz on frontal EEG alpha asymmetry and attachment styles in depression. The paper highlights the potential role of frontal alpha asymmetry as a neurophysiological correlate of emotional dysregulation and insecure attachment patterns in depressive disorders. By combining findings from neuroscience and attachment theory, the review contributes to a deeper understanding of affective regulation in depression.

The second article, by Zabłocka-Żytka and Cielecka, focuses on mental health and expectations regarding therapeutic education in patients after laryngectomy. Their findings demonstrate that psychological well-being is closely associated with educational needs and adaptation to chronic illness. The study underlines the importance of psychoeducation and psychosocial support, especially among younger patients and those at earlier stages of coping with disease.

Spytska's study on emotional intelligence and psychotherapy for sexual dysfunctions further develops the theme of emotional regulation. The results indicate that higher emotional intelligence is associated with greater therapeutic effectiveness and improved emotional adaptation during psychotherapy. These findings support the growing recognition of emotional competencies as important predictors of treatment outcomes.

The article by Noronha and colleagues examines the relationships between the HEXACO personality model and the Light and Dark Triad dimensions. The authors demonstrate that prosocial and antagonistic tendencies are rooted in distinct dispositional systems rather than forming opposite ends of one continuum. This work contributes to contemporary dimensional approaches to personality and interpersonal functioning.

Adolescent mental health is addressed in the study by Jurys and collaborators concerning loneliness and hikikomori-like features among Polish adolescents. The findings reveal significant associations between loneliness, depression, anxiety, stress, and excessive screen use. The study highlights the psychological consequences of social isolation and digital lifestyles, emphasizing the growing relevance of these phenomena in European youth populations.

The next article, by Wielgus and colleagues, investigates resilience, mutual communication, and subjective mental health in patients with schizophrenia. Their results suggest that positive communication in close relationships may improve mental well-being through resilience-related traits such as openness and tolerance. The study reinforces the importance of interpersonal relationships and recovery-oriented approaches in schizophrenia care.

Finally, Sas and colleagues review the impact of statin therapy on cognitive functioning. Their article summarizes current evidence regarding both the potential neuroprotective effects and the controversies surrounding statin use and cognition. This review reflects the increasing integration of psychiatry with cardiovascular and neurological medicine.

Taken together, the contributions in this issue demonstrate that mental health cannot be understood solely through symptoms or diagnoses. Instead, psychiatric disorders and psychological well-being emerge from complex interactions between biological mechanisms, emotional functioning, personality, relationships, and broader social contexts. We hope these articles will encourage further interdisciplinary research and support more holistic approaches to mental healthcare.

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