

## FROM EDITORS

Dear Readers,

Despite the established position of psychotherapy among treatment methods in psychiatry, there are many questions related to various issues linked to its application. The number of therapeutic approaches, which try to justify their accuracy and effectiveness according to the various crises that make people seek for help, is also quite impressive and still increasing. Therefore, we are pleased that some interesting articles in this issue of Archives take up this subject. A. Małus et al. examined the beliefs of psychotherapists regarding their perception of their own competence and on this background the way of dealing with the occurring failures. It is worth consideration that therapists mostly assessed their work well, and the reasons for failure were likely to be placed on the side of patients. As a kind of approximation of this problem, we can treat the case of difficult therapy of a patient with anorexia nervosa and co-occurring borderline personality disorder, whose authors [K. Kordyńska, et al.] managed to achieve only a partial improvement. They conclude that in such conditions the complexity of the patient's needs dictated the necessity of using a pragmatic combination of several modalities of help - integrative psychotherapy, nutritional intervention, and also pharmacotherapy.

Authors from Canada [J.S. Ogrodniczuk et al.] analyzed the sources of failures, concluding that an insufficiently active level of patient's participation due to poor motivation to undertake psychotherapy may play an important role - many patients decided to do so under the influence of various situational pressures rather than as a result of a truly independent choice. In turn, S. Antunes-Alves et al. studied the importance of success factors in the treatment of depression by means of various cognitive-behavioral therapy techniques. It turned out that the non-specific factor, namely the ability to establish a therapeutic alliance, played a more important role than any of the specific methods of conduct. Other articles deal with several specific clinical and social issues. It is worth reviewing the analysis of the available literature on the treatment of obsessive-compulsive disorder undertaken by M. Sayyah and F. Rahim from Iran. They suggest that in cases of ineffectiveness of typical treatment with antidepressants (mainly SSRI) they should be complemented by antipsychotic drugs.

The two reports from India are also inspiring. One of them [S. Pal et al.] indicates low reliability of the diagnosis of depression by primary care physicians, and the second one [R Sode et al.] shows that in the state of Maharashtra, distinguished by high suicide rates, the stress leading to suicidal decisions was more strongly correlated with social and economic factors than with the health and family ones. Finally, L. Moretti et al. report on the successful Argentine adaptation of the primary English-language Personality Belief Questionnaire.

I wish you fruitful reading and reflection

**prof dr. hab. med. Jacek Wciórka**  
**Member of Editorial Board of APP**

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