

## FROM EDITORS

Dear Readers,

This present issue of our Journal is quite a unique one, as this year we celebrate the 20th anniversary of the Archives of Psychiatry and Psychotherapy.

What it means is 81 volumes since 1999, i.e. more than 800 peer-reviewed research papers and case reports published over the course of the last 20 years.

In those last twenty years, we have witnessed various significant changes in psychiatry: a shift from the isolation model towards community psychiatry, introduction of novel, new generation drugs, as well as numerous therapeutic approaches and interventions, to name but a few.

Rapid technological progress, changes in communication channels, and the rise of social media in our post-modern reality also have an indubitable effect on psychotherapy, as evidenced in controlled studies.

And since each anniversary makes us reflect upon the past, this publication contains a sketch of the biography of the Founding Father and the first Editor-in-Chief of the Archives of Psychiatry and Psychotherapy, professor J. Aleksandrowicz.

That is why we are opening this volume with his publication record and description of his collected scientific research.

Professor Aleksandrowicz left us not only with a myriad of unique and touching memories that are still alive in our hearts, but also remarkable achievements resulting from decades of his largely unprecedented scientific and clinical work.

In our journal, it has always been the greatest priority to present a specialist expertise and most up-to-date evidence regarding the widest possible range of issues in all areas of psychiatry, clinical psychology and psychotherapy.

We are very grateful for your kind interest, manuscript submissions, as well as cooperation, reviews and comments.

We are dedicated to continue this 20-year journey towards success reflected in the impact factor, with the hope to enter the ISI Mast/er Journal List in the foreseeable future – and look forward to all your advice and friendly support, also in the form of article citations, which we have always valued so highly.

This is a good moment to express gratitude to all persons engaged in the development of APP – those working at present and all those who within the two decades have dedicated their energy and knowledge to make the journal flourish.

First of all we thank to all authors, readers and reviewers – your ideas, scientific exploration and willingness to share it are the basis for our constant growth. There is also a team of people who directly take care of the quality of our journal – our Advisory board, with almost a hundred of specialists from all over the world; Editorial Board, including prof. Dominika Dudek, being also the Chief of the Polish Psychiatric Association Publishing-Editorial Committee, prof. Jacek Bomba and till recently – prof. Jerzy Wciórka; language editors – Zofia Lebiecka, Katarzyna Trojanowska; technical editor Mariusz Mrozowicz; cover designer Jadwiga Maj.

The important context of indexation and digitization is in the professional hands of dr Jerzy A. Sobański, who takes care of the process of internationalization of APP.

Dr Katarzyna Cyranka, Managing Editor, deals with the editing, searching for reviewers, translating texts, improving language, remembering for all details and deadlines. She is the so called „good spirit” of APP.

The legacy of the role of Editor in Chief of APP is now intensively developed by professor Jerzy Samochowiec, who holds the reins of the entire editorial machinery.

It is also time to announce some inevitable changes in our Editorial Board. Due to his retirement, I would hereby like to thank prof. Jacek Wciórka for his invaluable contribution and many years of continuous efforts he put into editorial work on the magazine. At the same time, the Editorial Board is proud to welcome in our midst prof. Joanna Rymaszewska from Wrocław and prof. Michał Lew Starowicz from Warsaw.

To commemorate the APP 20<sup>th</sup> anniversary, we open this issue with in-depth analysis of Jerzy Witold Aleksandrowicz achievements, carried out by his coworkers, students and friends – Jacek Bomba, Katarzyna Cyranka and Jerzy A. Sobański.

A review paper by Michałowska touches upon the timely and valid issue of support for patients living with the BRCA genetic mutation. Support programs for such patients implemented around the world have a chance to become an inspiration for the introduction of similar solutions tailored to the needs of patients in Poland, which could result in their greater involvement or contribute to reduce anxiety or distress reported in response to having this genetic mutation.

Popiołek et al explore the associations between coping with stress and hypertension-mediated organ damage, indicating the important issue of soma-psyche relations

Yuda Torana et al. present their views on cognitive and functional impairment, and perception of illness in acute stroke patients in the next article we have selected for this issue, concluding that cognitive impairment is associated with lower coherence, which underlines the importance of establishing the cognitive baseline before assessing illness perception in stroke patients.

In the next article, Leila Ghahremani et al. present a study aiming to investigate the mental health in rhinoplasty applicants, before and after surgery.

Anu Patel et al. assess the prevalence of delusional action in patients suffering from schizophrenia and identify the phenomenological characteristics of those delusions which are associated with action.

Next, Elżbieta Napora describes the relationship with the mother, closeness to grandparents and their links with resilience in adolescents raised by single mothers.

A compelling paper by Hanouf Alshaer and Hossein Kaviani from the School of Psychology, University of Bedfordshire, UK, explores metaphors used by female teachers to describe their work-related stresses and psychological exhaustion.

Last but not least, paper by Kozybska et al. attempts to assess Internet addiction and health behaviors in Polish adolescent residents of urban and rural areas.

Have a great read,

**On behalf of the Editorial Committee,**

**Jerzy Samochowiec  
Katarzyna Cyranka**



**Ministerstwo Nauki  
i Szkolnictwa Wyższego**

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