

FROM EDITORS

Dear Readers,

Here comes the first 2022 issue of the Archives of Psychiatry and Psychotherapy. It is more than a week since we, or at least the most of us, live in two parallel realities. One is the Russian invasion on Ukraine that not only caught our attention so intensively but also made us aware that Europe is not such a safe region as we thought and the geopolitical situation brings many uncertainties. Many of us have mobilized to bring support to our Ukrainian neighbours. The second reality is the continuation of our everydayness, including clinical and research activities, family and social connections. For us, mental health professionals, it seems obvious that these two realities will finally unite as we should be prepared to bring help to the victims of war and their relatives. Just as we are adopting to the mental health burden of COVID-19. In this issue of the Archives of Psychiatry and Psychotherapy, the pandemic is still a dominating topic. Mental health problems related to COVID-19 have been in scope of research since beginning of the pandemic and many of them were depicted in previous issues of the APP. Previously, more focus has been given to emotional reactions of healthcare professionals during the pandemic.^{1,2,3} Links between COVID and mental health issues are often depicted in popular media that largely influence social and even experts' perceptions of the problem. These sources tend to focus on the adverse effects of the pandemic but commonly are lacking statistical information or detailed explanations, as discussed by Ruta Karaliuniene, Egle Sumskiene and Vita Akstinaite who have analyzed 365 online media articles from Lithuania, Germany and Australia using a specially prepared framework. The infection that spreads so fast around the globe and took so many lives has also limited interpersonal connections and influenced the overall functioning due to fear of severe illness and death. In the scientific debate, emotional reactions to the pandemic need also appropriate measures such as the Fear of COVID-19 Scale. A 4-item version of this instrument was recently validated by Simon Rice and colleagues. Although the vast majority of the population seems to be highly concerned about the new, life-threatening disease, individual emotional reactions to the pandemic may be mediated a particular vulnerability. Kristen Judy, Jared McGinley and Sandra Llera show, based on an online survey on 182 participants, that one of such vulnerability factors is emotion regulation difficulty that moderated the degree to which pandemic-related changes impact stress and state anxiety.

Vaccination against COVID-19 was identified as safe and reliable method to lower the risk of getting and spreading the virus, preventing serious illness and death.⁴ People's attitudes towards vaccination for COVID-19 became just recently a very serious public health issue as in many countries it appeared very difficult to obtain expected rates of immunization to stop the infection spreading. As explained by André Gonçalves et al., personality traits such as agreeableness and openness were found to be largely associated with the adherence to the vaccination program.

What's more in this issue? Justyna Kasznia and colleagues investigated psychometric properties of the Polish version of the Childhood Experience of Care and Abuse Questionnaire in individuals with schizophrenia spectrum disorders. Kamila Kotowicz et al. explain the role of the cognitive biases in the formation and maintenance of psychotic symptoms, and describe interventions targeted on these specific thinking disturbances. This article may be especially relevant for clinical psychologists who work therapeutically with schizophrenia-spectrum patients.

Brainspotting is one of the new methods that have been introduced to the treatment of PTSD and often compared to EMDR. In this issue, based on a small study conducted in Philippines among 13 female residential patients, Teofilo Palsimon JR evaluates the efficacy of Brainspotting in ameliorating PTSD symptoms. The awareness of evidence-based treatments for PTSD is highly needed now as we presume that many people will suffer from war-related trauma and its sequelae such as PTSD.

Patients with Hashimoto's thyroiditis, which is one of the most often diagnosed autoimmune disorders, commonly suffer from anxiety and depressive symptoms. The association was confirmed in a study on 205 females conducted by Katarzyna Karakiewicz-Krawczyk et al. who found that the most common clinical presentations were mild depressive symptoms and moderate anxiety disorders, and hormonal levels were related to the severity of depressive symptoms. The awareness of this commonly comorbid conditions is very important for clinicians who diagnose and treat both endocrine diseases and affective disorders.

A very interesting finding comes from the article that closes the content of the current issue of the APP. Does Argentine tango affect the quality of a relationship? Yes! To get more information, please read an article by Agnieszka Samochowiec, Sławomira Gruszewska and Magdalena Sompolińska.

**Wishing you good and inspirative read,
Michał Lew Starowicz
Jerzy Samochowiec
Katarzyna Cyranka**

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