

FROM EDITORS

Dear Readers,

We are hereby presenting you with the very first issue of Archives of Psychiatry and Psychotherapy (APP) in the year 2019, which is incidentally also the first one under my editorship.

This journal, founded and managed with enthusiasm, energy and effort over the years by late Professor Jerzy Aleksandrowicz, has now been left to us as his great legacy. It is, therefore, our responsibility and expression of respect towards him to ensure that it continues to grow and develop.

My noble Colleagues from the Polish Psychiatric Association Publishing-Editorial Committee put forward my candidature to undertake the honor of running the journal. Our mission remains to disseminate the achievements of science in the field of psychiatry, psychotherapy, clinical psychology and other related medical and health sciences.

I now commence my editorship with the hope to interest both our readers and scientists, but also to maintain and increase APP's impact measures.

This issue opens with a paper by prof. Danuta Wasserman, past President of the European Psychiatric Association, a friend of Polish Psychiatry, and a student of late Jerzy Aleksandrowicz's father – Julian, who, according to her own words, stimulated her interest in research on psychological processes and psychotherapy in patients suffering from severe somatic diseases. Her article, Difficulties in preventing suicidal behaviours in spite of existing evidence-based preventive methods – An overview will address some of the obstacles that arise in preventing suicide.

Other timely and valid questions that continue to inspire researchers and practitioners alike may be elucidated through the reading of this issue's: literature review on distorted body image in women and men suffering from Anorexia Nervosa [Kostecka et al.], shedding some light on the phenomenology and prevalence of distorted body image in AN psychopathology, its role in the aetiology and symptom maintenance of eating disorders and a neurobiological view on body image with recommended treatment options; report on family and demographic factors related to alexithymia in Polish students [Janiec et al.], a huge study findings, examining 1125 participants from 27 Polish universities, which suggest that alexithymia is a widespread phenomenon among Polish students, linked largely to family problems; critical literature review on physical activity in therapy of schizophrenia [Lebiecka et al.], presenting quite ample evidence to support the notion that physical activity, especially in combination with other psychosocial or dietary interventions may improve various aspects of functioning in schizophrenia patients, positively affecting their cognitive performance, somatic health outcomes and overall mortality rates; research report on perceived social support, locus of control and illness perception in myocardial infarction patients [Shiri et al.], providing an overview of important psychological factors, the consideration of which could help physicians provide better patient care; report on oral health-related quality of life and cognitive functioning in myofascial temporomandibular disorders patients [Biegańska-Banaś, et al.], discovering important relationships between oral health and cognition; report on patterns and prevalence of psychiatric illnesses presenting to the emergency department [Patil et al.], providing insight into various types of presentations of psychiatric disorders in patients visiting the ER and in a general hospital setting; review of virtual reality applications in psychiatry and psychology [Grochowska et al.], presenting VR effects in the treatment of anxiety disorders, PTSD, schizophrenia, eating disorders, and substance use disor-

ders, which is very much in line with recent trends demonstrating psychiatry in transition – as indicated by the motto of this year’s 27th Congress of the European Psychiatry, held in April in Warsaw; or finally, a paper in a special way commemorating prof. Jerzy Aleksandrowicz’s scientific achievements – one of the most prominent being the creation of Neurotic Personality Questionnaire KON-2006 – discussing the tool’s first application, following the necessary adaptation procedures, in Russia [Trąbczyński et al.].

I hope this volume will be a very productive one.

Finally, I wish you a pleasant reading and finding an inner discipline that is so essential especially in this period, when we are all preparing for spring.

On behalf of the Editorial Committee

**Jerzy Samochowiec
Katarzyna Cyranka**