

FROM EDITORS

Dear Readers,

After the hot summer holidays of 2020, in a time fraught with restrictions due to the still-ongoing pandemic, we would like to invite you to stop for a minute, relax and have a read of this latest issue of the APP. The topic of stress will dominate the first two articles of the current volume.

One (by Stramecki et al.) will concern the interaction of stressful life events and susceptibility to psychosis as related to the FKBP5 gene, which is associated with hypothalamic–pituitary–adrenal (HPA) axis, modulates brain response to childhood trauma and determines individual susceptibility for development and course of psychosis.

Considering the pivotal role of FKBP5 gene in physiopathology of schizophrenia the authors discuss a possible use of new therapeutic agents that may influence HPA axis activity related to the FKBP5 protein, especially in individuals exposed to early trauma.

The second one (by Szułdrzyński et al.) will attempt at determining the relationship and the models of coping with stress among different professional groups in the hospital wards. Ways of coping with stress in the group of students was discussed by Bryl, (et al) in a paper Drinking alcohol as a way of coping with stress in students of medical faculties (1).

In the last issue of the APP, we presented findings on the effect of gut microbiota on neuropsychiatric conditions in the paper *Intake of selected nutraceuticals and the clinical condition of patients with mental disorders* (2). To continue and broaden the subject of potential use of nutraceuticals in the management of mental disorders, we strongly recommend this volume's paper by Wendołowicz et al., in which the authors reflect that patients with mental disorders require individual nutritional education and control over the nutrient intake in their diet and their concentration in the blood serum. If the patient is unable to balance their diet, supplementation with proper preparations should be considered.

The next article by Kotowska et al: The health behavior of homosexual and heterosexual women in the context of theory of salutogenesis, remains in line with the other texts on this issue (3,4).

The following case-control study by Hamzeh Rostami from Iran sheds some light on the prevalence of Anorexia Nervosa and Bulimia Nervosa among the Recent Suicide-Attempting 15-45-Year-Old Women Compared With Suicide Non-Attempting Women.

The author concludes that the prevalence of these eating disorders is significantly higher in women who had recently committed suicide, an observation much in line with the reflections of a Polish research team, whose findings were presented in the APP before (5).

The next article by Kalus and Szymańska reflects on the Structure of Family Relationships in Family Systems of Spouses who do not take Parent Roles, a subject that seems especially timely and valid in the contemporary world.

The aim of the analyzes presented in the article was to find an answer to the question of what is the structure of relationships in family systems of spouses who do not take parent roles?

The research involved 170 people who are married for at least three years and shows differences in the cohesion of family systems between marriages that postpone parenthood and those with children. Similar subject was discussed by Holka Pokorska et al (6). At the same time, research results indicate the importance of gender in the diversity of respondents, both in terms of cohesion and the flexibility of family systems.

Within the same subject area you will find the next text by Aimaganbetova et al.: Study of Family System Characteristics in Co-Dependent Women, aimed at analyzing the personality characteristics of co-dependent individuals. The authors conclude that women with a very high degree of co-dependence experience despair, powerlessness and disbelief in their own abilities due to the exhaustion of all means and resources. At the same time, women with a high degree of co-dependence are more alienated from society, vulnerable to criticism and have a pronounced sense of guilt for addicts' family problems.

Have a great read!

**On behalf of the Editorial Committee,
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Katarzyna Cyranka**

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