

FROM EDITORS

Dear Readers,

EDITORIAL INTRODUCTION: NEW INSIGHTS INTO DIVERSE FACETS OF MENTAL HEALTH

This issue of our journal offers a rich tapestry of research, spanning theoretical considerations, clinical investigations, and the impact of societal factors on mental health.

Let's begin with psychology and the Lipman's theoretical exploration of supervision in Ericksonian therapy, providing valuable insights into the supervisory relationship, contract frameworks, and the utilization of conscious and unconscious phenomena within this therapeutic approach.

Zana et al. then shift our focus to the enduring legacy of historical trauma, examining the transgenerational transmission of Holocaust trauma in the Visegrad countries and highlighting the importance of addressing these long-term psychological effects.

In a timely examination of the mental health effects of the recent pandemic, Turek et al. discuss their work on the creation and factor analysis of the "P-COV 2020" questionnaire, a tool intended to evaluate the neuropsychiatric symptoms following SARS-CoV-2 infection.

Moving into specific disorders, utilizing texture analysis of dorsal striatum MR images, Baykara et al.'s study on OCD finds statistically significant changes in tissue parameters between OCD patients and healthy controls, which may help advance our knowledge of the disorder. In their study on burnout among Polish female nurses and physiotherapists, Puszczalowska-Lizis et al. found that age and work experience positively correlate with emotional tiredness, and that there are notable intergroup disparities in depersonalization and total burnout.

Here are some extremely useful details for our day-to-day patient care: By contrasting manufacturers' promises with the state of science today, Brzozowska et al. examine the complicated topic of dietary supplements for stress and mood enhancement and emphasize the necessity for critical analysis in this industry.

Focused-Attention Meditation in conjunction with Muscle Relaxation (MR Therapy) may be a useful therapeutic strategy, according to case reports on Recurrent Isolated Sleep Paralysis (RISP) by Wróbel-Knybel et al., which show a decrease in sleep paralysis episodes and associated symptoms in one patient. According to Metelska et al.'s analysis of the literature, there is not enough data at this time to support neuromodulation approaches for the treatment of anorexia nervosa, but what is known indicates potential and calls for more research. In line with Karabanowicz et al.'s research, substance use disorder has a stronger effect on the intensity of stress and depression than schizophrenia has on depressive symptoms and stressful life events.

This collection of articles collectively contributes to a deeper understanding of the diverse factors that influence mental health and the ongoing efforts to develop effective interventions and support systems.

Wishing you warm, sunny, peaceful and healthy Spring time,
Greetings from Wrocław

Joanna Rymaszewska