

Dear colleagues,

I am very happy to present you the latest issue of Biological Psychiatry and Psychopharmacology.

A prospective study by Dirgyte and Baniene found that depressive and anxiety symptoms are highly common among parents of children diagnosed with cancer. This is among a few studies from Lithuania focused on mental health problems in family members of cancer patients. The study findings indicate that psychological problems of parents caring for their children with cancer should not be ignored and vigorously addressed. Further studies investigating psychological problems and potential clinical value of stress management interventions in parents of children diagnosed with cancer and other severe chronic diseases are strongly warranted.

Muranovaite with colleagues reported that 3-week session of Mindfulness based practice was effective in patients with SomatoformAutonomicDysfunctionofcardiologicalsystem. The study contributes to the growing body of evidence that Mindfulness based practice has numerous beneficial effects and its wider implementation in clinical settings should be strongly considered

A systematic review by Zalyte and colleagues demonstrated that exposure method (traditional in vivo exposure vs. virtual reality exposure) used in cognitive behavioral therapy for panic disorder does not affect treatment outcomes. Authors recommended that further high-quality studies investigating most optimal exposure method should be attempted.

Bagdonaite and Steibliene found that the risk for developing cognitive impairment/dementia was low in Lithuanian medical workers. Long duration of education and intensive cognitive activity in free time were the most prevalent preventing factors of developing future cognitive decline. Education intervention can be employed to improve mental health status among medical professionals.

Juskiene and co-authors reported that nearly one-third of women with coronary artery disease met diagnostic criteria for obstructive sleep apnea; however, its severity was not associated with anxiety nor depression symptoms.

On behalf of Editorial board I would like to thank authors and reviewers for their valuable contributions.

Sincerely,

Adomas Bunevicius, MD, PhD

Editor in Chief

Biological Psychiatry and Psychopharmacology

