

Dear colleagues,

We are living in unprecedented times. The Coronavirus pandemic is causing an enormous burden for the Global economy and health. As noted by the Director-General of the World Health Organization, Tedros Adhanom Ghebreyesus “The pandemic is a once-in-a-century health crisis, the effects of which will be felt for decades to come”. The unpredictability of this situation might bring up various experiences of uncertainty and danger. Research studies have already confirmed the huge negative influence of the pandemic on our mental health.

However, as scientists and clinicians, we might help others to shift their perspective towards healthy coping with the situation. Instead of ruminating on possible harms of the pandemic we might learn new skills and methods to deal with the difficult situations in our lives. It might be through exercising, meditating, problem solving, balancing your day, healthy eating or limiting exposure to media and the Internet.

The paraphrase of the very well-known holiday season song “Baby it’s COVID outside” suits our times well, as we have not been so physically distant with each other in a long time. Yet, one of the most important feelings that should be attributed to healthy coping is the idea that we are all together in this. Let’s support each other in these difficult times. Ask each other about coping strategies, feelings and whether help is needed in any way. We will get through this, we will learn and we will be stronger than ever, to face any new challenges the future might bring. Let’s stay physically distant but with our hearts closer than ever.

It is my great pleasure to welcome you to the last issue of 2020.

In our first article Liaugaudaite et al. examine gender differences in psychosocial factors among suicide completers. They found that the most prevalent factors associated with suicide among men were interpersonal stressors, family conflicts, problems at work and financial difficulties, while amongst women the most prevalent factors were health problems, and bereavement.

Stanyte and Smigelskas investigate the effect of elicited emotional states on women’s reaction to food cues. Their results indicate that negative and positive emotional states do not affect women’s reaction to food cues or attention bias to food stimuli as measured through a visual dot-probe task.

Zeleckyte, Briuliute and Steibliene review associations between womens loss of reproduction capacity and depressive disorder. The authors suggest that infertility can affect women’s social, physical and psychological well-being and lead to social isolation. Patients with infertility often complain of stress and affective disorders, of which anxiety and depressive disorders (because of the infertility or infertility treatment) are the most common.

Laurinaitiene, Laurinaitis and Steibliene review the role of testosterone in clinical manifestation of mental disorders and type 2 diabetes. The findings of this study suggest that testosterone augmentation may be a potential therapeutic strategy in patients with anxiety, depression, neurodegenerative disorders or type 2 diabetes.

Due to high number of requests, we also translated an international consensus statement on monitoring for antidepressant-associated adverse events in the treatment of patients with major depressive disorder written by Dodd et al. into Lithuanian. The statement summarizes that adverse outcomes risks of antidepressant treatment can be managed through appropriate assessment and monitoring to improve the risk benefit ratio and clinical outcomes.

Prankeviciene and Salciunaite provide a book review “Learning to deal with Problematic Usage of the Internet”. The authors suggest this work might be of the utmost importance in helping to manage healthy Internet usage during the pandemic.

Finally, we introduce Lygnugaryte-Griksiene’s dissertation thesis exploring skills for suicide intervention by emergency medical care doctors and nurses. The author discusses various factors contributing to skills for suicide intervention development, including sociodemographic factors, attitudes and burnout syndrome.

Yours sincerely,

Julius Burkauskas

Editorial Board Member of Biological Psychiatry and Psychopharmacology