

Treating Psychiatric Disorders with Care

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Psychiatry is the branch of medicine that deals with diagnosis, prevention, and treatment of mental disorders related to behaviour, cognition, mood, perceptions, etc. Journal of Psychiatry is an open access peer reviewed international journal that provides a platform for the Researchers of Psychiatry discipline to publish innovative ideas in Psychiatry and outcomes of their research in all the fields of Psychiatry. In the Volume 19, Issue 3 of the journal scientific articles related to various psychiatric disorders and their treatment were published.

In his research Hariri studied about the relationship of Vitamin D with depression & anxiety. He concluded that people with low vitamin D levels may suffer from depression and anxiety and the intensity of depression and anxiety is inversely proportional to the vitamin D level [1]. Säämänen et al. examined the association of five-factor model personality fragmentation dimensions with borderline personality disorder symptoms in depressed psychiatric patients. Authors found that higher levels of borderline personality disorder symptoms have significant associations with higher personality fragmentation [2-4].

Tonarelli et al. conducted a meta-analysis to measure the efficacy of Acceptance and Commitment Therapy (ACT) in treatment of psychosis. Their studies showed that ACT is a promising adjunctive therapy for psychosis [3]. Shushpanova et al. investigated the effects of chronic alcohol abuse on Benzodiazepine receptor (BzDR) in various areas of the human brain [5].

Their studies showed that Chronic exposure to ethanol results in non-uniform adaptive changes of BzDR leading to the modulation of GABA type A receptor complex (GABAAR) that reduces neuromodiation of Gama Amino butyric acid (GABA). The authors have shown that diminished affinity of the central and peripheral receptor occurred for the alcoholic patients in the prefrontal cortex area and in the caudate nucleus. According to the author this study confirms the presence of the specific regulatory system which acts as a mediator for neuroplasticity with relation to the GABAA/BzDR receptor and alcohol addiction [4].

Coaccioli et al. in their research article reported that meditation is the best non-pharmacological approach for almost any types of chronic pains [4]. Elklit et al. described the importance of considering even the traumatic events for assessing the effects of posttraumatic reactions [6]. Abebe et al. found that the prevalence of anxiety was high in people living skin problems [7]. Restifo in his research article described about Personality Mapping [8]. This is an interesting contribution to this issue which attempted to understand the relation of temperament, attachment world view, mood pattern and coping style to map the human personality. According to the authors the traditional method of understanding human personality is having certain limitations, thus, novel approach with different view point is required. The conceptual framework presented in this study may aid in retracing the natural and sequential process of personality of a person from a clinical point of view.

In the review article, Samarrai discussed about the negative aspects and repercussions of conflicts and bullying among school children. A mythodrama based approach is suggested by the authors to make the school children understand the reality and take decision accordingly [9]. Smerin et al.[10] in their review article discussed

about Neurophysiology of Aggression in patients with Posttraumatic Stress Disorder (PTSD) where this disorder is considered as a defensive mode of aggression scientifically. The authors have provided extensive information on several important aspects of PTSD including role of Amygdala, Hythalamic region, Hippocampus, context memory, synaptic potentiation, role of synaptic G-protein coupled receptors, specific genomics and neuronal aspects of aggression etc. [10]. Soron and Chowdhury discussed about the role of Facebook in violence and safety of children in Bangladesh in their brief letter to Editor [11]. This is an important aspect of modern life not only limited to Bangladesh but the whole world. How the children deals with the social media and the ocean of information available in the internet eventually impacts their life and future. There must be demarcation in the virtual and real life of each of us to understand the life in a better way.

As an Editor of this pioneer journal, I would like to thank the contributors from all over the world for their scientifically and socially important articles and helping the journal to release this important issue successfully.

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