

## EDITORIAL

# Dysphrenia this issue

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During the last six months, *Dysphrenia* got indexed/listed in ResearchBib and InfoBase Index. These join the earlier indexing/listing with IndexCopernicus, OpenJ-Gate, NewJour, Hinari, getCITED, ULRICHSWEB, OCLC WorldCat, Elektronische Zeitschriftenbibliothek and Indian Citation Index. This issue of *Dysphrenia* consists of eight researches[1-8] and two commentaries,[9,10] apart from the editorials.[11,12]

In a study covering an extensive population of 472 patients, Tripathi *et al.*[1] found that psychiatric disorder and substance abuse in self as well as family members predict violent behaviour. The relation of one form of aggression was high in presence of other forms. Identification of patients who will exhibit such behaviour can be a major step for violence prevention.

Das and Sarma[2] explored stigma and stress in human immunodeficiency virus (HIV) infected women as well as coping employed. All participants experienced HIV related stigma and stress. Alienation, secrecy, strategic disclosure, change of residence and occupation were the coping devised to deal with. Findings can help in intervention and assistance to women living with HIV.

Medhi[9] drew attention to a difficult issue of modern society, i.e. terrorism, which has tremendous impact on mental health. Mental health related problems of the victims call for support and rehabilitation to facilitate recovery.

Nehra *et al.*[3] examined the efficacy of mindfulness-based stress reduction (MBSR) programme in reducing the perceived stress and health complaints in patients with coronary heart disease. The finding of decrease in perceived stress and health complaints in the MBSR group show the effectiveness of MBSR in helping people to cope with perceived stress and health complaints.

Aravind Raj and Sekar[4] studied community level workers (CLWs) involved with disaster affected population. Stress among these CLWs is important since it determines effective implementation of services.

Hazarika and Bhagabati[5] noted upward trend in alcohol use among sons of alcohol dependent fathers (SADF). Illness is more among alcohol dependent fathers (ADF). ADF were high on neuroticism and extraversion, and SADF

were higher on extraversion. Knowledge about impact of addiction on 'children of alcoholics' is essential for clinicians.

Conceptualising maladaptive family functioning as resulting into problem of the client, interventions toward the same, along with preventive and promotive services are part of the family psychiatry centre. Pillai and Parthasarathy[10] described the role of psychiatric social workers at such centre.

Nehra *et al.*[6] studied emotional intelligence (EI) and alexithymia in persons with cannabis dependence. Cannabis dependent group scored high on alexithymia and low on EI, and there was negative relation between alexithymia and EI. This finding of an association among EI, alexithymia, and cannabis dependence, can lead to developing new treatments for cannabis dependency.

Sudarshan Kriya Yoga (SKY) is having a growing role among alternative and complementary therapies. Gupta and Malik[7] observed improvement on perceived stress and general health in patients with different mental disorders. While treating mental disorders, SKY as an adjunctive can be useful.

Hazarika,[12] in her editorial, discussed spirituality in the context of stress, with special emphasis on MBSR.

Epidemiology and demography help in assessment and prevention of suicide. Thakuria and Barbhuiyan[8] attempted to understand the sociodemographic pattern and relevant issues of suicide. The study which was based on medicolegal autopsies of suicide victims, gave deeper insight into different aspects of this burning issue.

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