



Psychiatry today stands at the crossroads of science, society, and service. Each new piece of research reminds us that mental health is shaped by a constellation of biological vulnerabilities, psychological processes, and environmental factors — and that understanding this complexity is essential to improving patient care. This issue of the *Annals of Psychiatric Research* brings together contributions that span the continuum of psychiatric inquiry, offering valuable perspectives on suicide prevention, trainee well-being, physical health in psychiatry, and the lingering psychological impact of a global crisis.

The lead article, *Psychiatric Comorbidities, Impulsivity, and Suicidal Intent: A Cross-Sectional Study Among Suicide Attempters*, takes us into the heart of one of the most pressing challenges in mental health. Suicide is not merely the end-point of psychiatric illness but a multifactorial phenomenon that often involves impulsivity, comorbid disorders, and psychosocial stressors.<sup>[1]</sup> The authors' findings provide a foundation for refining suicide risk assessments and tailoring interventions to individual profiles, which is an important step toward more effective prevention strategies.

Addressing the theme of physician wellness, *A Comparative Study of Sleep Quality and Its Associated Factors Across Different Years of Postgraduate Medical Training at a Tertiary Care Hospital in Rajasthan*, highlights an often-silent struggle faced by young doctors. The work hours, stress levels, and lifestyle disruptions faced by young doctors have far-reaching effects not only on their own health but also on patient safety and quality of care.<sup>[2]</sup> By documenting the patterns of sleep disturbance across various stages of training, this study provides data that can inform institutional policies aimed at promoting rest, recovery, and resilience among medical professionals.

The article, *Early Deep Vein Thrombosis Triggered by Antipsychotic Dose Escalation and Physical Restraint in Schizophrenia*, brings attention to a rarely reported but clinically significant complication. The case report underscores the need for careful monitoring of physical health risks in patients receiving antipsychotics and undergoing restraint, highlighting the importance of early detection and preventive measures to reduce potentially fatal complications.<sup>[3]</sup>

Finally, *Fear of COVID-19 and Its Correlation with Anxiety in Medical Undergraduates*, reflects the enduring psychological shadow of the pandemic. Even as we move forward, its impact on the mental health of young adults,<sup>[4]</sup> particularly those preparing for demanding careers in medicine, must not be overlooked. The study calls for early screening, structured support systems, and interventions to bolster resilience in this vital segment of our future healthcare workforce.

Together, these articles provide a compelling narrative: psychiatry is not a siloed discipline but one that constantly interacts with the broader ecosystem of healthcare, education, and society. Whether it is understanding the vulnerabilities that lead to suicide, protecting the mental and physical health of doctors and patients, or learning from the global experience of a pandemic, the task before us is to integrate these insights into actionable change.

I express my deepest gratitude to the contributing authors for sharing their important work, to our reviewers for their thoughtful evaluations, and to the members of the Editorial Board and technical team whose dedication makes each issue possible. It is through these collective efforts that we continue to advance the science and practice of psychiatry.

We welcome researchers, clinicians, and academicians to share their experiences, observations, and innovations with us. Together, let us continue to build a journal that informs, inspires, and elevates the standard of mental health care.

Long live IPS and IPS-Rajasthan Chapter!

## REFERENCES

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