Over the past few weeks, *Clinical Neuropsychiatry* has finally been acknowledged and subsequently indexed within the international digital repository known as PubMed Central. Such "avowal" may appear on the surface as a simple (or worse, a frivolous) "promotion". However, behind it (or more precisely, to its roots) lies the hard work carried out over the last 18 years by researchers and academics who, starting from Italy and rapidly spreading to all continents, wanted to pursue their passion in field of neuroscience, psychiatry, psychopathology and neuropsychology. And last, but certainly not least, they have decided to pursue a common ideal, such as the concept of "independent scientific research". It is no mystery that, in this twenty-first century, a large part (if not perhaps the majority) of scientific research is now sponsored by third parties, with unavoidable conditioning characterized by economic returns and, therefore, not necessarily in line with the real needs of populations, or with the innovative ideas of the researchers themselves. *Clinical Neuropsychiatry*, on the contrary, has always preferred to encourage original research work free from third party funding and conditioning, carried out by Italian and international scholars with rigor and passion for their fields of study and interest, under the supervision of a strong editorial committee that gathers exclusively specialists of international impact.

**Covid-19: a two-years endurance race?**

Two years after the outbreak of the pandemic, there is no longer any doubt about the devastating impact on psychopathological level and on quality of life. Iannattone and colleagues (pp. 324-333) present the results of a four-months study aimed at exploring the effects of the pandemic on the mental health of a pediatric psychiatric patients and their families, compared to the general population. The authors highlight that both the pandemic itself and the lockdown restrictions have proved to be significant stressors both for children and adolescents and for their parents. Therefore, it clearly emerges, one more time, how important preventive interventions are to support the mental health of both children and parents during the current peculiar historical period we are facing.

Similarly, the need for intervention to preserve the quality of life on specific categories of vulnerable people becomes evident, such as couples who decide to undergo assisted reproduction services due to the diagnosis of infertility. On the other hand, data on the quality of life related to infertility are still scarce despite the proven evidences that the diagnosis of infertility has a negative impact on women’s quality of life. Surprisingly, the findings of the study of Pugi and colleagues (pp. 312-323) highlight how obsessive thoughts should be taken into account in the psychological treatment of men undergoing infertility treatment by examining a sample of subjects during the ongoing pandemics.

**Schizophrenia: an endless marathon against stigma?**

Although our fight against the ongoing pandemic is undoubtedly the most urgent medical issue nowadays, other very important battles, such as the prevention and treatment of schizophrenia and its consequences still remain unresolved. This...
increasing attention to early manifestations of risk for mental illness is due to heightened awareness on the fact that the clinical onset of many severe mental illnesses in adolescence or early adulthood is preceded by a period of progressive structuration of psychotic prodromes with signs of psychopathological vulnerabilities. In their editorial article, Poletti and Raballo (pp. 293-295) remark the importance for early screening of prodromal symptoms since the young age while identifying the need of further investigation to profile possible premorbid features of comorbid mental disorders.

Riding the wave of the importance of prodromal symptoms in schizophrenia, Caretti and colleagues (pp. 334-338) present a pilot cross-sectional study aimed at investigating the association between prodromal symptoms of schizophrenia, emotion regulation and personal functioning. The authors strongly stress the importance of integrating the autonomic assessment in clinical psychiatric and psychological practice.

*Mens sana in corpore sano: a tautology of mankind?*

Since the dawn of time, man has distinguished himself from other animals in pursuing the search for his nourishment virtuously rather than following his mere instinct as well as acknowledging the importance of motor activity and physical exercise. Parallel to this virtue, however, the most common eating disorders have also developed and have been extensively studied and described over the last decades and centuries. Lenzo and colleagues (pp. 296-303) dedicated themselves to study an aspect that, on the other hand, seems to have been poorly investigated, namely the relationship between different attachment styles and eating disorders. More precisely, the authors attempted to shed more light on the association between attachment styles, defense mechanisms and behaviors related to eating disorders as well as to discover whether defense mechanisms may be potential mediators in the association between attachment and eating disorders.

From this point of view, if the dark side linked to our nourishment is known to everyone thanks to the existence of conduct disorders, can we say the same with regard to motor activity and physical exercise? Marazziti and her team (pp. 304-311) enrolled a sample of professional tennis players in the attempt to provide an answer. In particular, this innovative study aims to investigate the possible presence of obsessive compulsive symptoms in professional athletes, while showing the presence of very high scores on the Y-BOCS test, as well as a significant presence of superstitions and magical thinking.