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Editorial

Sorrenti Luana^{1*} 

¹ Department of Clinical and Experimental Medicine, University of Messina, Italy

ABSTRACT

In this historical moment, the challenge facing psychology is to guarantee people's psychological well-being and to promote resilience. In line with this scientific purpose, the contributions published in this issue of the JCDP have as their common focus the role that the quality of life plays for the individual's mental and physical well-being, both in the presence and absence of pathology.

This issue provides the opportunity to reflect on the need to implement methods and techniques aimed at promoting the individual adjustment in different contexts during the course of his life.

Keywords: *Psychological Well-Being; Social Comparison; Autogenic Training; Neurodevelopmental Disorders; Cognitive Control Processes; Eating Disorder.*

* *Corresponding author:* Luana Sorrenti, Department of Clinical and Experimental Medicine, University of Messina, Italy
E-mail address: sorrentil@unime.it

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The central theme of this second issue of 2020 is quality of life and promotion of the individual's psycho-physical well-being. A topic today more relevant and important than ever, since this issue of our journal is published at a time when the world and science have been (and still are) severely challenged by a pandemic that imposes a strong resilience on the humanity and invites health professionals to make their skills available to the whole population.

The main purpose of psychology is to guarantee the best possible quality of life for the individual, and not just the treatment of the disease. For decades, Positive Psychology has considered well-being as a complete realization of individuals' potential and optimal functioning (flourishing), that is the possibility of experiencing a life characterized by virtue, productivity, growth, and resilience (Keyes et al., 2002), and optimal functioning that includes the realization of human abilities and excellence (Ryan et al., 2010; Seligman, 2011).

The articles published in this issue of the JCDP have as their common focus precisely the role that the quality of life plays for the individual's mental and physical well-being, both in the presence and absence of pathology.

The first contribution entitled "*Changes in Social Comparison Orientation over the Life-span*" (Buunk, Dijkstra, and Bosma) explored the social comparison construct by highlighting how it represents a basic human process, which may change dependent of one's age. The authors conclude that tendency to engage in social comparisons changes considerably over the life span, probably due to different challenges and insecurities that people may face in different stages of the life span. This study highlights the role that particular adaptive characteristics of personality, a high self-esteem and positive experiences made during the course of life reduce the tendency towards social comparison and guarantee psychological well-being of the adult individual. This certainly provides interesting practical implications for wellness psychology.

The second article entitled "*The autogenic training on dialysis as a mental place of serenity and well being*" (Cavallaro and Alibrandi), highlighting the effectiveness of autogenic training (AT) in reducing psychological sensations such as anxiety, depression and distress, underlines the importance of an effective interdisciplinary collaboration between Psychology and Medicine. The AT method is a kind of pain therapy for the patient well-being. As the authors argue, the psycho-neuro-endocrine-immunology and the World Health Organization invite health workers to create multidisciplinary team, preferring the holistic approach to the person considering his/her remarkable psychic pain. In fact, the use of AT method reduces a lot not only the psychological pain but also the physical one, showing itself as a useful kind of pain therapy for the patient well-being.

Another context in which it is necessary to promote psychological well-being is school. Literature and practice in psychology show a close relationship between well-being and academic achievement in students of all age groups. This relationship takes on particular importance in students with special educational needs, who can more easily face school failure than their peers with typical development, and, consequently, develop psychological illness. In this regard, Iacomini, Vascelli, Artoni, and Berardo in the research entitled "*Strategies to increase on-task behavior and the number of arithmetic facts in a group of adolescents with neurodevelopmental disorders*" investigated the effectiveness of an intervention on the increase of on-task time in the context of a small group during the execution of arithmetic facts in adolescents with neurodevelopmental disorders. The results of the study showed that the strategies described can provide learning and independence opportunities to students with neurodevelopmental disorders, promoting their learning, inclusion and, consequently, well-being in school environment.

Also in school context is the research by Thaqi and Roebbers entitled "*Developmental progression in children's and adolescents' cognitive control*" which provides detailed insights into children's and adolescents' ability to flexibly and efficiently adapt their speed of responding in the context of a multiple-trial spatial conflict task, analyzing cognitive control processes (including inhibition, updating, switching but also monitoring and planning). The study contributes to increase researcher's and practitioners' awareness that detailed analysis of cognitive control processes in typically developing children and adolescents is needed for a better understanding when evaluating these processes in individuals with deviant cognitive development, in order to favor their scholastic and social adjustment.

The latest contribution, entitled "*Breastfeeding practices and BED: the quality of the role of Mother-Child bonding process in the Italian context*" (Riccio), investigates another important and current aspect of psychological well-being, that is, the role of body. A body that is not only physical, but also psychic, as the author of the article argues. A body on which traumatic events are directly impressed, with the consequence that the it becomes expression of various psychopathological conduct. In particular, this study analyzes the clinical relationship between early feeding patterns (especially breastfeeding), and a subsequent development of an eating disorder (in particular binge eating disorder) and comes to conclusion that the relation of attachment is the main element of connection between premature eating dysfunction practices and the willingness to develop a binge eating disorder.

It is clear that this issue of JCDP is very current, as it addresses a theme, that of psychological well-being, which is increasingly of interest not only to health professionals but also to the entire population.

Furthermore, in a historical moment like the one we are experiencing, psychology is already investigating further the problems related to the mental health of the individual who must face the difficulties related to the complexity of our society, throughout the entire cycle of his life. Certainly, the JC DP will try to contribute as much as possible to this important scientific purpose.

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