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Editorial

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ABSTRACT

Issue 5 (1-3) of the Journal of Clinical and Developmental Psychology (JCDP) provided valuable insights for clinical practice. These included the support offered by new technologies for therapy and well-being promotion, as well as disease-related factors that should be considered in lifelong prevention and well-being promotion practices. The presented papers addressed several key themes. The dynamics of neurodevelopmental disorders were explored, with a focus on childhood. In the area of technology, the importance of virtual reality to improve cognitive, social, and behavioral skills was highlighted, as well as the use of a mobile phone app to provide digital and relational opportunities for individuals with disabilities and the elderly. From a risk prevention perspective, the issue provided useful insights into media use and its association with negative developmental outcomes, with a focus on adolescence.

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In the field of clinical practice and psychological research, digital technologies are emerging as tools to improve health and well-being. Issue 5 of the Journal of Clinical and Developmental Psychology (JCDP) presents a number of studies that highlight the transformative potential of these technologies. From virtual reality (VR) in therapeutic settings to the impact of social media on adolescent mental health, these studies offer valuable insights and practical applications for clinicians and researchers as well.

The integration of VR in clinical settings marks a significant progress in therapeutic interventions. Silvestri et al., in their study "*Virtual Reality in Psychiatric Rehabilitation*" highlight how VR has been employed in an effective way in a spectrum of conditions, including cognitive impairment, dementia, and autism spectrum disorder (ASD), ADHD, schizophrenia, depression, anxiety, PTSD and eating disorders. The immersive nature of VR can improve cognitive, social and behavioral skills by providing patients with a supportive engaging environment for treatment. These findings not only validate the efficacy of VR, but also encourage its broader implementation in standard clinical practice.

The pervasive influence of social media on adolescents' mental health is another critical area addressed. Lombardo et al., through the study "*Why Social Media Could Be Dangerous? Suicide Risk and Mental Health Challenges in Adolescents during the COVID-19 Pandemic. A Narrative Review of the Literature*" show the dual nature of social media as a risk factor and potential protective measure. While misuse of social media and exposure to harmful content have contributed to increased suicide risk among adolescents, digital platforms also provide opportunities for mental health awareness and education. Understand the impact of social media is essential to develop targeted interventions that reduce the risks and harness the benefits.

In clinical treatment and diagnostic processes, the intersection of ASD and ADHD is a challenge. In the paper entitled "*Cognitive flexibility and planning processes in Autism spectrum disorder and Attention deficit/hyperactivity disorder*" Nicita et al. show that comorbid ADHD significantly exacerbates the executive function deficits in children with ASD. This finding underscores the need for individualized treatment strategies that address the compound difficulties of these children, highlighting the need for early and comprehensive assessments.

The psychological implications of exposure to war-related media, especially among adolescents, have become increasingly relevant in today's interconnected world. Cavallini et al. in their study "*Virtual exposure to war in Ukraine: thoughts and emotions of Italian adolescents with emotional difficulties*" exploring the impact of the conflict in Ukraine, showing how regular exposure to distressing media news can lead to increased fear, insecurity and anxiety among young people. These findings underscore the importance of media literacy and mental health support to help adolescents cope with the overwhelming

flow of information.

Finally, in the area of new technologies, the innovative DEL+DEL- application illustrated in Vascelli et al.'s study "*DEL+DEL- APP: Promoting Social Inclusion and Digital Equity for People with Neurodevelopmental Disorders and Elderly People*" exemplifies how technology can bridge social gaps and reduce isolation for disabled and elderly people. By facilitating interactions, this app provides digital and relational opportunities, presenting a practical solution to the pervasive problems of loneliness and social isolation. The success of this application in preliminary testing paves the way for its potential implementation on a national level, providing a scaled-up model for similarly interventions.

Reflecting on these various studies, it is evident that digital technologies hold great promise for revolutionizing clinical practices and improving psychological well-being. However, the integration of these technologies must be approached with careful consideration of the unique needs and contexts of different populations. Collaboration among researchers, clinicians, and technologists can harness the full potential of digital innovation.

The 5 issue encompasses clinical contributions and implications in digital technology. In particular, JCDP Journal is committed to furthering the advancement of knowledge in this dynamic field by providing a research platform that fosters discussion on the ethical and practical implications of digital technologies in psychology.

We invite our readers to engage with the findings presented in this issue as we work collectively toward a future in which technology integrates with human-centered care to promote well-being.

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