



University of Messina

ISSN 2612-4033

Journal of Clinical & Developmental Psychology

Journal homepage: <http://cab.unime.it/journals/index.php/JCDP/index>



Editorial

Costa S. 

University of Campania "Luigi Vanvitelli"

ABSTRACT

Clinical and developmental psychology are crucial for understanding human health across the lifespan, offering insights and practical applications that impact individual well-being and societal progress. The Journal of Clinical and Developmental Psychology (JCDP) aims to bridge the gap between research and practice in this field through an interdisciplinary approach. This issue presents a collection of studies that reflect the complexity of psychological processes and are oriented toward a comprehensive perspective, which is essential for fostering improved mental health and overall well-being throughout the entire life cycle.

Keywords: Clinical psychology; developmental psychology; editorial; support; complexity

* *Corresponding author:* Costa S., Department of Psychology, Università degli Studi della Campania "Luigi Vanvitelli".
Caserta, Italy (IT).

E-mail address: sebastiano.costa@unicampania.it

Doi: <http://10.13129/2612-4033/0110-4271>

Clinical and developmental psychology are pivotal disciplines that delve into the intricacies of the human mind across the lifespan, and provide significance to psychological phenomena that cannot be ignored in today's complex world (Comer et al., 2022). These fields not only provide theoretical insights but also offer practical applications that influence individual well-being and societal progress. From the beginning, the Journal of Clinical and Developmental Psychology (JCDP) has strived to understand the multifaceted nature of human behavior, mental health, and development, bridging the gap between theoretical research and real-world practice by addressing the nuances of psychological phenomena. To achieve this objective, JCDP has sought to enhance studies from an interdisciplinary perspective by emphasizing the intersection of biology, psychology, and social sciences.

In accordance with this editorial line, this issue presents a collection of studies that reflect the diversity and depth of current research in clinical and developmental psychology. The study by Tripoli et al. aligns with this direction, delving into the postoperative phase of bariatric surgery and focusing on behavioral predictors of weight loss maintenance. The findings underscore the necessity of personalized follow-up strategies that consider individual differences and encourage seeking formal support. This tailored approach illustrates the importance of continuous, individualized care and support in this context.

The importance of quality support is also emphasized in the contribution by Abamara et al., which, through qualitative methods including focus group discussions and in-depth interviews, reveals that while many adolescents in Nigeria have experienced suicidal tendencies, the majority do not view suicide as the only or final option. The findings confirm the complexity of this topic and provide relevant suggestions for early intervention and preventive measures in developmental and clinical psychology.

Complexity is also a recurring theme in the study by Rubaltelli et al., which, through a scoping review on the relationship between executive functions, Theory of Mind (ToM), and learning disorders, highlights the interconnectedness of cognitive processes and developmental

outcomes, advocating for a holistic approach in addressing learning disorders. The results emphasize the necessity of a broad vision to understand psychological phenomena, advocating for dialogue between different research areas to extend knowledge.

This broad vision of psychological phenomena also emerges from the description of Bethany L. Brand's book, "Finding Solid Ground: Overcoming Obstacles in Trauma Treatment," as discussed in the contribution by Scaramuzzino et al. This contribution emphasizes the importance of creating a therapeutic environment based on safety, empathy, and trust, and reports the practical tools and theoretical insights that the book provides for therapists managing trauma-related disorders.

The final contribution also has strong applicative implications, highlighting the significance of addressing both positive resources and negative demands to foster a healthy organizational climate. Using the Job Demands-Resources (JD-R) model, De Salvo et al. examined the balance between job demands and resources within organizational contexts and their associations with worker well-being, supporting the relevance of environmental factors in psychological well-being and the importance of a balanced approach in promoting worker health.

Despite their varied topics, these studies share several common aspects: they emphasize individualized approaches, highlight the interplay between different factors, and contribute to our understanding of complex psychological processes. This comprehensive perspective is essential for fostering improved mental health outcomes and overall well-being. As we continue to explore and expand our knowledge in this field, we remain committed to advancing the science and practice of psychology for the betterment of society.

References

Comer, J. S., Nelson, C. L., Freitag, G., Silva, K., & Molinari, V. (2022). Clinical psychology and developmental considerations across the lifespan. In G. J. G. Asmundson (Ed.), *Comprehensive clinical psychology* (2nd ed., pp. 168-184). Elsevier. <https://doi.org/10.1016/B978-0-12-818697-8.00202-8>