



ISSN 2612-4033

## Journal of Clinical & Developmental Psychology

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



### Editorial

Carmela Mento<sup>1</sup> , Lombardo Clara.<sup>2\*</sup> 

<sup>1</sup> University of Messina, Italy; <sup>2</sup> University Magna Grecia of Catanzaro, Italy

#### ABSTRACT

The present issue of JCDP offers the multifaceted nature of psychological distress across clinical, familial, cultural, and digital setting. The featured studies highlight depression symptom in non-psychiatric settings, caregiver burden in families with neurodivergent children, adolescent vulnerabilities linked to digital media, prosodic alterations in autism, and the influence of cultural contexts on psychological processes. These studies emphasize the importance of interdisciplinary approaches in contemporary clinical practice.

*Keywords:* Mental Health, Neurodivergent, Culture, Social Media, Mental Illness.

\* *Corresponding author:* Clara Lombardo, University Magna Grecia of Catanzaro, Italy  
*E-mail address:* [clara.lombardo@unicz.it](mailto:clara.lombardo@unicz.it)

*Doi:* <http://10.13129/2612-4033/0110-4888>

© 2025 by the Author(s); licensee Journal of Clinical & Developmental Psychology, Messina, Italy.  
This article is an open access article, licensed under a Creative Commons Attribution 3.0 Unported License.

Clinical and Developmental Psychology represent two fundamental and complementary fields of inquiry that investigate the complexities of human behavior and mental processes throughout the lifespan, offering a critical understanding of how individuals adapt, experience distress, and construct meaning within their social and cultural environments (Comer et al., 2022). In an era marked by rapid technological, demographic, and cultural transformations, the study of psychological phenomena requires increasingly sophisticated models that integrate developmental trajectories, clinical manifestations, and contextual variables. This issue of the *Journal of Clinical & Developmental Psychology* (JCDP) reflects the journal's editorial commitment to advancing a multidimensional view of psychological well-being and suffering, promoting research that captures the dynamic interplay between individual, relational, and systemic factors. The contributions collected in this issue illustrate how psychological distress can manifest across different stages of life and within diverse cultural and social frameworks, and how resilience processes can be activated through both individual resources and community-based support systems.

The contribution by Atiri & Idehen “*The Prevalence of Depression Among Non-Psychiatric Patients in Qbafemi Awolowo University Teaching Hospital, Nigeria*”, highlights the significant incidence of depressive symptoms (43.5%) among non-psychiatric patients. This finding suggests that psychological distress often emerges in non-specialized clinical settings and calls for a reflection on the organization of care services. These results support for a restructuring of hospital services towards a more integrated model, incorporating systematic psychological assessments within healthcare settings.

The second contribution, “*How are you doing? Parental Well-being in Families with Neurodivergent Children: A Systematic Review*” by Serafini et al., focuses on the family dimension and the psychological impact that neurodivergent conditions such as autism,

ADHD, and intellectual disabilities have on caregivers. The study demonstrates that parents of neurodivergent children experience significantly higher levels of stress, emotional isolation, and psychological fatigue, particularly in the absence of effective support networks. Moreover, the research highlights resilience strategies and protective resources, such as participation in support groups, psychoeducational interventions, and the strengthening of parenting skills. The family thus emerges as both an active and vulnerable subject, requiring clinical support, preventive interventions, and institutional recognition (Meads et al., 2024).

In *“Adolescent Mental Health in the Digital Era: Social Media, Screen Time, and Digital Literacy”* by Sechi et al., the reflection extends to the transformation of adolescent developmental contexts, influenced by the pervasive presence of digital technologies. The data analyzed reveal a significant relationship between intensive social media use and psychological symptoms such as anxiety, depression, and body dissatisfaction, triggered by mechanisms of social comparison and the pursuit of digital approval (Ahmed et al., 2024). Furthermore, prolonged screen time is associated with reduced relational skills and increased social isolation. Educating adolescents towards conscious digital media use could enhance their emotional and cognitive competencies, providing protection from risks and promoting mental well-being.

A significant insight into communicative competencies is provided by the scoping review by Bonanno et al., *“Understanding Prosodic Differences in Autism: A Scoping Review of Recent Findings”*, which analyzes the peculiarities of prosody in individuals with Autism Spectrum Disorder (ASD). Prosody, a key element of language in conveying emotions, intentions, and regulating interactions, is frequently altered in individuals with ASD, both in perception and production. The literature reports difficulties in recognizing emotions from vocal cues and atypical vocal modulation, impairing the quality of social communication. Regarding interpersonal communication, this review prompts reflection on the complexity of social interaction in clinical and educational settings, showing how differences in prosodic

perception and production can affect communication quality and highlighting the need for standardized protocols for more precise assessment.

Finally, the study by Baviera & Lo Coco, "*Cultural Perspectives on Mental Illness: An Ethnopsychiatric Analysis in Traditional African Societies*", analyzes how mental distress is profoundly influenced by cultural contexts. The study revealed that mental illness is frequently perceived as stemming from spiritual or social causes, rather than from a medical condition, thus differing from the Western biomedical perspective. The researches of this study highlighted how the family is considered the primary source of support while mental illness a form of punishment or manifestation of a spiritual imbalance, which influences healing practices through the involvement of traditional healers and social reintegration processes.

Through a variety of methodologies and theoretical perspectives, the articles presented in this issue emphasize the need for clinical and developmental psychology to move beyond reductionist approaches, embracing models that are sensitive to cultural diversity, relational complexity, and the evolving challenges of contemporary society. In doing so, they offer valuable insights for both scientific research and professional practice, advocating for interventions that are at once evidence-based and contextually grounded.

## 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>.
- Meads, J., Shepherd, D., Landon, J., & Goedeke, S. (2024). Brief report: Investigating temporal factors in the context of parenting an autistic child. *Journal of Autism and Developmental Disorders*, 54(6), 2411-2417. <https://doi.org/10.1007/s10826-019-01569-4>.
- Ahmed, O., Walsh, E. I., Dawel, A., Alateeq, K., Espinoza Oyarce, D. A., & Cherbuin, N. (2024). Social media use, mental health and sleep: A systematic review with meta-analyses. *Journal of affective disorders*, 367, 701–712. <https://doi.org/10.1016/j.jad.2024.08.193>.