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Editorial

Editorial: A Reflection on the Complex and Multifactorial Outcomes Underlying Mental Health and Related Alterations

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The current issue presents contributions from different contexts, including some international works. Hence, it is possible to find a plurality of points of view, which together with multifactoriality represent an added value for the advances of Clinical Psychology. The topics covered concern various areas, including possible alterations of the autonomic nervous system and executive functions, psychopathology, gambling and trading, alexithymia, post-traumatic stress and stress linked to personality alterations, organic pathologies such as breast cancer and suicidal risk in adolescence.

As foretold, alterations of the nervous system represent a considerable basis in the panorama of clinical psychological studies (De Morree et al., 2013; Gruhn et al., 2024; Kreibig, 2010; Nardelli et al., 2015; Oubaid, 2023; Ziegler, 2004). Differentiations between structural and functional phenomena are still a diagnostic and therapeutic challenge that must always be supported by evidence-based studies (Boylan et al., 2024; Efremov, 2024; Valenti et al., 2024). In this sense, various contributions in the literature represent guidelines for the structuring of specific interventions. The commitment in this field is considerable.

Even more so, basal phenomena such as alexithymia constitute founded factors in the clinical field (Guilbaud, 2025; Ikarashi et al., 2025; Panayiotou et al., 2024; Van Bael et al., 2024). Several past contributions have highlighted how this transversal figure can predict psychopathology and

physical phenomena as psychosomatic (Di Giuseppe & Conversano, 2022; Fischer & Ehlert, 2019; Frostholm & Rask, 2019; Giorgianni et al., 2024; Kano & Fukudo, 2013; Martino et al., 2024; Mattila et al., 2008; Ricciardi et al., 2023, 2024; Silvestro et al., 2023, 2025; Taylor et al., 1991; Tsubaki & Shimizu, 2024; Weigel et al., 2022).

From this perspective, knowledge of classical contributions and innovation are fundamental. The validation and production of new diagnostic instruments together with linguistic adaptation processes represent a considerable contribution to the clinical progress (e.g., Kiskimska & Martinez-Sanchez, 2023). As in any process, it is always necessary to investigate and take into consideration the epistemological bases of the phenomena studied. The risk of producing aporias and general antithetical mixes is always present (Merlo, 2024; Merlo et al., 2025; Norman, 2000).

The well-known distinction between state disorders and personality traits, although outdated in the nosographic field, continues to suggest the importance of studying these phenomena in both objective and subjective terms (e.g., Macina et al., 2021; Malfanti et al., 2024; Texeira et al., 2022). The study of personality represents a challenge, well demonstrated by the quality works present in this issue.

Thus, considering the impact of personality on risky activities along the life course, works treating adverse phenomena such as pathological gambling, trading and suicidal risk are necessary. These phenomena in fact represent worrying behaviours providing significant maladjustment (Grand Jaramillo et al., 2024; McClelland et al., 2023; Moreira et al., 2023; Saab et al., 2022; Turecki et al., 2019).

Notably, the contributions included in this issue, respecting principles of multifactoriality and scientific rigor, produce useful evidence promoting scientific research that will always be among the main values of academic work.

Conflict of Interest Statement

The authors declare that the research was conducted in the absence of any potential conflict of interest.

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