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Editorial

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ABSTRACT

The world has changed a lot from the time when our first JCDP inauguration editorial was printed. Coronavirus disease (COVID-19) has increase globally and very quickly. The psychological practice itself has changed. The JCDP was founded three years ago, with the aim of creating a bridge between practitioners and researchers, the same ones who had to radically change their working methods both in clinical practice and in research. From 2020 the psychological studies have crucial centered their attention on psychological effects of pandemic and its consequences related to restriction, limitations and fear. Most of the research was conducted through online surveys and with cross sectional design. May be inadequately prepared to cope this unprecedented experience, the clinical psychologists have to provide their professional services digital devices to warranty the maintenance of previously therapeutic managements and to guarantee their help for disorders associated to pandemic and lockdown. The challenge was represented by the necessary changes to which the psychologists had to adapt: changes in the setting, in the modality of intervention and in the relational space.

Keywords: *COVID-19; Clinical Psychology; Services; Quality of life; Parental Stress*

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May be inadequately prepared to cope this unprecedented experience, the clinical psychologists have to provide their professional services *via* digital devices to warranty the maintenance of previously therapeutic managements and to guarantee their help for disorders associated to pandemic and lockdown. The challenge was represented by the necessary changes to which the psychologists had to adapt: changes in the setting, in the modality of intervention and in the relational space.

In addition, hospital psychologists are providing support to patients, their families and medical and health personnel of the Covid-19 divisions. With the settings distorted and the need to access the hospital with safety devices, the work of psychotherapy specialists has drastically changed and this new way of working, unfortunately, will perhaps continue.

In this chronological period, the continuousness of care for psychological treatment is focal. Current studies recognized an escalation in mental health disorders due to the COVID-19 pandemic, with self-reported symptoms of anxiety and depression, and stress, often in connection with a sleep disorder. Data indicates that tele-psychotherapy might denote a secure and effective complementary to pharmacological treatment during the imposition of a general lockdown. The role of psychologists and psychotherapists in the immediate acute and post-acute phase of covid patients is certainly clear, but after the post-acute phase of the pandemic, psychological treatments will be even more necessary to cope with secondary disorders, including rehabilitation for the suffering of the central nervous system, such as alterations of consciousness and neuropsychological outcomes. We hope that this increase in the need for psychologists and psychotherapists will also be recognized by the public health service so that all hospital divisions and territorial services can be provided with adequate psychological resources.

The Journal of Clinical & Developmental Psychology recently received and selected research on the psychological effects of Covid, an example “The effects of Integrated Psychotherapy in patients who have experienced trauma: A pre-post design during the Covid-19 Health emergency” in the first vol. 2021 and we are reviewing other works on these long covid-related issues of Spanish and

Indonesian research. In this issue two other research articles are published that demonstrate the psychological distress due to the consequences of covid-19, suffered by the general population and some groups in particular. JCDP is a young newspaper. From 2019 it is in its third year of publication with three regular issues, and also makes use of the Online First service for articles well before print publication, and these articles are citable by their DOI (Digital Object Identifier). The Journal has currently been cited by Google scholar, DOAJ Directory of Open access Journals, ROAD, Sherpa Romeo, and registered in Publons platform. Its strength, despite the young age, is an international editorial board and a network of international authors, which have allowed the journal to grow with the publication of scientific data research on the clinical and developmental psychology field. The table of content of the second number 2021, present two works related to psychological effects of pandemic. The first one, “Interplay between COVID 19 outbreak and psychological maladjustment: a brief overview” by Authors *Paolo Soraci, Fulvia Lagattolla, Grazia Parente, Eleonora Guaitoli, Daniela Chiodi, Roberta Cimaglia, Carla Nesci, Moni Barreca, Catia Ascanio*, discusses on the fact that coronavirus seems to be affecting mental health especially among healthcare workers. Therefore preventive action turns to be necessary as to reduce the risk of suicide during COVID-19 crisis, to decrease stress, fear, anxiety and loneliness. This should be favored by social media campaigns aimed at promoting mental health and reduce distress. The second article “Psychological Impact of Covid-19 Pandemic on Italian University Students: a Qualitative Study Using Focus Group” written by *Alessia Maria Rita Milia, Salvatore Diliberto, Arianna Di Piazza, Sonia Ingoglia*, presents a qualitative study conducted to investigate the experience and points of view related to COVID-19 pandemic of three groups of university students during the first lockdown and 1 year later, by using the focus group technique. The other articles in this issue are about “Assessing parental stress and quality of life in families of pre-school children with autism spectrum disorder: a systematic review of the assessment tests used” by *Monica Cattalini, Angela Saccà, Francesca Cavallini*; “Teaching Self-care and Domestic Living Skills using Least-to-Most Prompting Procedure in a Semi-Residential Setting “ by authors *Luca Vascelli, Silvia Iacomini, Vanessa Artoni, Traci Michelle Cihon* and “Personality, Exercise Addiction and Orthorexia. A research contribution” by *Sarah Dell'Arte and Vittorio Lenzo*.