



Editorial

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This issue of Psychology hub comes to light in a period when several countries in the world are trying to come back to a more or less ordinary life after months of restrictions to their freedom due to the battle against the COVID-19 pandemic. The pandemic, and the restrictions adopted to fight against it have had, among other things, relevant psychological consequences that need to be dealt with. The first three papers of this issue address some of the problems connected to the pandemics and the consequent restrictions.

The first paper, “Effect of COVID-19 pandemic on older adult’s emotional regulation and quality of life”, written by Lina Pezzuti, Monica Figus and Marco Lauriola, is based on the comparison of the “emotional regulation and the quality of life of a group of 150 elderly assessed during the pandemic isolation for COVID-19 with the normative data of a group of pre-COVID-19 elderly” and assesses “the relationship between emotional regulation, perceived acute stress, quality of life, and risk perception with the variables age, years of education, gender, and cohabitation status of elders”. Its results point out that “the elders assessed during the Covid period had a lower capacity for emotional regulation... had a higher perceived risk of COVID-19 infection, and were less satisfied with their independence; higher levels of education reflected a greater capacity for emotional regulation; women showed a lower capacity for emotional regulation and higher stress and perceived risk; the elders who lived alone seemed to be more vulnerable than who lived with other people”.

The second paper, “Psychological distress due to COVID-19 in parents and children’s emotional and conduct problems: the mediation role of couple adjustment and parenting stress”, written by Silvia Cimino, Eleonora Marzilli and Renata Tambelli, assessed 126 parents of children aged 5-11 years, showing “significant associations between parents’ psychological distress both with parenting stress, dyadic adjustment, and children’s emotional and conduct problems” and that “dyadic adjustment and parenting stress serial mediated the relationship between psychological distress due to COVID-19 and children’s emotional and conduct problems.”

The third study, “Effects of the Coronavirus pandemic on mental health: a possible model of the direct and indirect impact of the pandemic on PTSD symptomatology COVID-19 related”, written by Renata Tambelli, Giuseppe Forte, Francesca Favieri, and Maria Casagrande, suggests that “the fear of contagion was significantly mediated by psychological well-being, sleep disturbance, psychopathological symptomatology, and anxiety. Furthermore, the effects of COVID-19 diagnosis on mental health were significantly mediated by general psychological well-being and psychopathological symptomatology...sleep disturbance was reported as a possible mediator of the relationship between the diagnosis of COVID-19 in loved ones and PTSD-like symptomatology.”

In the next issues of the journal, we will keep on addressing the psychological consequences connected to the pandemic and their treatment.

The last three papers of this issue address different topics.

The contribution, “Interpersonal guilt, impostor phenomenon, depression, and anxiety”, written by Ramona Fimiani, Jessica, Leonardi, Bernard F. Gorman,

and Francesco Gazzillo, widen our understanding of a topic already addressed in this journal, interpersonal guilt related phenomena, and shows how “people who experience impostor fears struggle with maladaptive feelings of guilt related to pathogenic beliefs about oneself and significant others, favoring depression and anxiety”.

The following contribution, ““No words for feelings”: a multidimensional analysis of the alexithymia construct”, is a pilot study that investigates the links among verbal expression of emotional experiences, the capacity of emotional regulation, the linguistic structure and symbolic representation of narration, and brain area structures. It suggests that future investigations should explore the complex pattern of biopsychosocial aspects, that highlight the referential processes characterizing the verbal and non-verbal expression of emotions.

Finally, the paper “Extension or Backstage? Different teens behind Facebook and Instagram from a dynamic perspective”, written by Maria Gabriella Pediconi, Michela Brunori, assessing how 238 students of middle and high school use Facebook and Instagram, show how “Girls monitor and peek through Instagram while boys do the same through Facebook” and that we can find “different teens behind each Social Network site related to their layout: more relational Facebook, more seductive Instagram, especially where preadolescents are concerned”.

We hope that the readers will appreciate this issue and will notice how Psychology hub tries to deepen our understanding of several socially relevant phenomena such as the impact of COVID, guilt-related syndromes and behaviors, the use and effect of social media and the neuroscientific underpinnings of capacities such as the referential activity. Within this perspective, our hope is that this journal could become a real “hub” of different perspectives and sensitivities in the psychological field.

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