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Editorial

In the current issue of Psychology Research, we discuss a series of topical scientific articles beginning with the perception of stress in older adults and the therapeutic use of social robots in the COVID-19 pandemic era.

In this article, and because of the social limitations generated in the elderly population due to the pandemic, an increase in anxious-depressive symptomatology has been observed in this group. This work evaluates the effect of relaxation sessions including the tool of a social robot as a complement to traditional relaxation. The results indicate that the social robot as a therapeutic tool may have a relevant role in the treatment of the mental health of the elderly.

The following contribution aims to explore whether there is an aggravation of the consequences of HIV following the perception of stigma. For this purpose, a systematic review was conducted with a total sample of more than 18,000 participants, in which stigma is analyzed through test administration and quality of life assessment. The results of these investigations yield interesting data, as psychological, occupational, and economic, physical, as well as sexual repercussions were found. Most of the results seem to indicate that stigma generates repercussions that affect, above all, the mental health and social network of this population, reflecting the need to promote psychological support and treatment.

From another point of view, a study is presented that explores the relationship established between resilience, disability, and higher education. The objective of this study was to characterize the resilience of students with disabilities that allows them to face barriers in higher education in order to establish the key factors for the design of resilient support strategies. The research shows that students with disabilities present a resilient state during their university education in the presence of structural barriers that hinder their personal, academic, and social development. Based on the results, the updating of teaching staff and support services on resilience promotion models and the implementation of a resilient accompaniment route is justified.

On the other hand, the following article analyzes the relationship between drug dependence and emotional dysregulation, providing two explanatory models of emotional regulation: the process model of emotional regulation and the emotional regulation model based on emotional processing. It also explains the relationship of this ability with the consumer population and the current state of consumption in Spain. The aim of the research is to study the most recent scientific information, to evaluate the usefulness of emotional regulation for both prevention and intervention in drug addicts and, more specifically, to identify and analyze the existing relationship, the evaluative techniques and the sample used. Likewise, a series of instruments used for the assessment of emotional regulation are distinguished and described.

From a different point of view, the following study explores workplace bullying and its impact on the work climate and teacher performance. The research is aimed at finding motivational and environmental factors that enhance bullying behaviors towards teachers in two municipalities in the southern area of Puerto Rico. It explores from the teacher’s perspective how the Puerto Rico Department of Education handles situations of harassment at work and how it affects the teacher’s work performance in these municipalities in cases where mobbing exists. The study concludes with a series of recommendations directed to the school sector and its environment.

The last contribution of this issue is a correlational study that analyzes the relationship between experiential avoidance, insomnia, and rumination in a population of adolescents. The research shows that people with difficulties in emotional regulation assume avoidance as a pattern of conflict resolution, thus they experience many negative emotions that lead to rumination. Therefore, efforts to suppress the excitement they feel lead to insomnia and poor sleep quality.

Dr. Juan Luis Martín Ayala
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