

## Editorial

I am pleased to present this Issue of the Journal of Psychology and Psychotherapy Research, Savvy Science Publishers. My, the Members of the Editorial Board, and the supporting Staff of the JPPR goal is to establish a Journal of up-to date and very high scientific level. The four papers contained in this issue are in line with the purposes of the Journal, i.e. to provide a platform for researchers and clinicians all over the world to promote, share, and discuss new topics and developments in the fields of psychology and psychotherapy. We will do our best to reach a very high scientific standard making the Journal internationally influential.

Thanking the authors for their contributions we hope that the readers will find the papers stimulating and challenging.

In the first article of the present issue, titled *Appropriation of Eastern notions from Cognitive Behavioral Therapy in Argentina*, the authors tackled a very interesting topic, i.e. the pros and cons of combining modern theoretical and clinical principles of Cognitive Behavioral Therapy (CBT) with Eastern medical practices, such as the yoga. Recent studies suggested that the integration of CBT and yoga may foster the treatment of mental health disorders like anxiety and depression (Khalsa *et al.*, 2014), may play a key role in reducing the level of stress (Granath *et al.*, 2006), and may be supportive for people playing delicate education roles (Tsang *et al.*, 2013). The authors of the present article focused on the integration of the principles of CBT and Eastern traditions in South-America, and they supported the view that this integration seems to produce a desacralization of the original contents of the Eastern traditions, because the aim of the integration is to look for clinical practices that increase well-being instead of preserving the integrity of Eastern practices.

In the second article, titled *Theta frequency is associated to morpho-structural and perfusional modifications in subjects with mild cognitive impairment*, the authors aimed at exploring the possible association of prognostic theta frequency (as measured by the EEG) with grey matter and perfusion alterations of subcortical structures such as the thalamus and the basal ganglia. The aim was to investigate possible biological markers predictive of Mild Cognitive Impairment (MCI). In recent years several studies have tried to detect neuroimaging and neurophysiological biomarkers of MCI (e.g., Li *et al.*, 2014; Moretti *et al.*, 2014; Zhao *et al.*, 2014). In keeping with recent literature, the combination of EEG with structural and functional neuroimaging techniques, as suggested by the preliminary results of the authors, really appears to be the “main road” to refine our current knowledge about the neurological markers of this neuropsychological condition.

In the following article, titled *Maternal educational practices: Difficulties in early and middle childhood*, the authors conducted an interesting survey in two groups of mothers (one group of mothers with children under school age, 3-6 years; one group of mothers with children older than the previous group, 6-12 years). Data were collected via a self-administered questionnaire, and the results indicated that there appears to be an increasing difficulty for

mothers in getting children to do their homework and to study more when the children are older. Whatever the age of the children, the common difficulty lies in establishing a shared routine made not only of pleasant moments of free time, but also of duties. Although it would have been very interesting to follow longitudinally the same sample of children to investigate how their difficulties change over time, nevertheless the preliminary results of the comparison between the two groups presented by the authors are stimulating and strongly suggest that while some difficulties are common in different age groups, others seem to characterize specifically one group or the other.

The last article, titled *The role of Adult Attachment style in Online Social Network Affect, Cognition, and Behavior*, is absolutely fine-tuned on one of the most recent social technologies, i.e. social networks. Recent evidence suggests that adult attachment styles are not only crucial in determining real interpersonal relationships, but also virtual relationships such as the ones observed in social networks (Fox & Warber, 2014). The authors presented preliminary results about 190 Israeli young adults: their cognitive and emotional profiles were investigated, as well as their habits towards Facebook. The authors concluded that attachment insecurity was associated with global orientation and emotions towards the social network, and that the participants tended to develop attachment relationships with their Facebook network. Suggestions for future research have been highlighted in conclusion.

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