

## Editorial

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The purpose of the Journal of Basic and Applied Psychology Research is to create a space for disseminating scientific knowledge that allows those interested in the field of psychology, whether students, teachers, researchers, or related professionals, to learn about research or studies in our scientific discipline.

This issue is made up of contributions from researchers from the National Autonomous University of Mexico (UNAM), the Graduate Institute of Cognitive Behavioral Psychotherapy (IPCC), the Center for the Development of Women, Inmujeres of the Municipality of Copala Guerrero, and authors from the Autonomous University of the State of Hidalgo (UAEH).

Anxiety is one of the most common mental health problems nowadays. This condition requires that specialists have better measurement strategies for timely detection, improving the precision of diagnoses and ensuring that they are consistent with the theoretical models that support the etiology or evaluation of said phenomena. In this issue, a contribution tells us about validating the Health Beliefs Scale for Generalized Anxiety in Mexican adults. In this same sense, the importance of having action protocols for the care of mood disorders is recognized, which can be based on evidence and that allow mental health professionals to have adequate tools for the care of mood disorders users who come to the consultation with symptoms of anxiety or depression. In this sense, there is an article that presents a Unified Protocol for the care of symptoms of anxiety and depression in adults, where the author shows a series of strategies that can be used as appropriate clinical intervention tools. Another contribution explores the role of parenting styles on children's socio-emotional skills development, allowing us to see the importance of working from an early age for better emotional health. There is also a contribution on the role of third-generation therapies for reducing losses and grief, which is relevant at any stage of development and currently has new perspectives that allow for addressing grief more efficiently. Finally, there is a significant contribution that reflects on the domestic violence that occurred during the COVID-19 pandemic, where social isolation prevented contagion but left many people in a hostile family environment where they could easily lead to violence.

We extend an invitation to have his contributions in the Journal of Basic and Applied Psychology Research so that in this way, we continue to contribute to the scientific development of our discipline.

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