

Editorial

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In a global context marked by rapid social transformations, uncertainty, and emerging challenges in public health, psychology continues to consolidate itself as a key discipline for understanding the complexity of human experience. This issue of the *Journal of Basic and Applied Psychology Research* brings together seven contributions that, from diverse methodological approaches and study populations, address contemporary problems of high scientific and social relevance.

One of the central themes of this issue is mental health in contexts of vulnerability and emotional demand. In this regard, the issue includes research exploring parental grief and coping strategies among mothers and fathers of infants with autism spectrum disorder (ASD), as well as the influence of parenting styles on children with ASD who exhibit disruptive behaviors. Both studies provide meaningful evidence on family dynamics, highlighting the need for sensitive, contextualized interventions aimed at strengthening the psycho-emotional resources of primary caregivers.

In the field of occupational health, this issue features a study on anthropometric indices and their relationship with mental health among healthcare workers in Saltillo, Mexico. This article invites reflection on the interaction between physical and psychological variables in professionals who, paradoxically, often face high levels of strain while caring for others.

Understanding cognitive and emotional processes associated with suicide risk is also a key focus. One article examines why the perception of entrapment emerges as a significant predictor of suicidal ideation, contributing to contemporary theoretical models and offering practical implications for early detection and prevention.

Additionally, the increasing digitalization of everyday life is addressed through a systematic review on the association between mental health and social media addiction. This work synthesizes recent findings and raises important questions about the balance between connectivity and psychological well-being across different populations.

In the educational context, two contributions enrich the understanding of learning and academic development processes. One analyzes the relationship between study habits and procrastination among university students in southeastern Mexico, revealing behavioral patterns that influence academic performance. The other explores the emotions involved in university research training processes, integrating both student experiences and faculty perspectives, and emphasizing the role of affective factors in knowledge construction.

Taken together, the articles in this issue reflect the diversity of approaches and thematic richness of contemporary psychology. They also underscore the importance of bridging basic and applied research to generate knowledge that not only explains phenomena but also contributes to transforming individual and collective realities.

We thank the authors for their valuable contributions, as well as the reviewers for their academic rigor. We trust that this issue will be of interest to researchers, professionals, and students, and that it will foster new lines of inquiry and interdisciplinary dialogue.

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