

PREFACE TO THE EDITION

It is with great pride and scholarly anticipation that we present the inaugural issue of the **Journal of Positive and Abnormal Psychological Research Studies (JPAPRS)**. Conceived as an interdisciplinary platform, JPAPRS seeks to bridge the domains of positive psychology and abnormal psychology, fostering nuanced understandings of human behavior across the continuum of wellbeing and psychological distress. This first issue sets the tone for the journal's mission by engaging deeply with one of the most pressing contexts shaping contemporary mental life—the digital environment.

The collection of articles in this issue converges on the psychological implications of digital media engagement, particularly within the rapidly evolving landscape of social media and online interaction. The opening article on doomscrolling behavior offers a compelling theoretical synthesis, illuminating how cognitive biases, emotional vulnerabilities, and reinforcement mechanisms intertwine to produce compulsive patterns of negative news consumption. By framing doomscrolling as a maladaptive coping strategy, the study provides a critical lens for understanding the paradox of seeking information while exacerbating distress.

Extending this inquiry into affective outcomes, the second article explores the intricate relationship between fear of missing out (FOMO) and depression. Drawing on a robust synthesis of empirical literature, the study situates FOMO within the framework of unmet psychological needs, revealing its dual role as both mediator and moderator in the social media–depression nexus. The findings underscore the importance of addressing psychosocial needs in mitigating digital-age mental health challenges.

The issue further examines the vulnerabilities of specific populations, notably adolescents, through an empirical investigation into Instagram use among adolescent girls. The study highlights the powerful influence of social comparison and body image dissatisfaction, demonstrating significant negative impacts on self-esteem. These findings not only contribute to the growing body of literature on youth mental health but also call for targeted interventions in digital literacy and critical media engagement.

Complementing these perspectives, the article on parasocial relationships delves into the evolving dynamics of influencer culture. It presents a balanced view of how one-sided digital connections can both alleviate and intensify psychological distress, depending on individual and contextual factors. This nuanced exploration advances our understanding of modern social connectedness and its implications for wellbeing.

Concluding the issue on an optimistic and intervention-oriented note, the study on digital detox provides empirical evidence for the psychological benefits of reduced social media usage. The findings demonstrate significant improvements in mental health indicators and sleep quality, reinforcing the potential of behavioral modifications in promoting wellbeing. This contribution exemplifies the journal's commitment not only to diagnosing psychological challenges but also to identifying pathways toward resilience and positive change.

Together, these articles reflect the core vision of JPAPRS: to integrate insights from both positive and abnormal psychology in order to better understand, and ultimately enhance, the human condition. As digital technologies continue to reshape our cognitive, emotional, and social worlds, the need for rigorous, interdisciplinary research becomes ever more urgent.

We extend our sincere gratitude to the authors, reviewers, and editorial team whose dedication has made this inaugural issue possible. It is our hope that JPAPRS will serve as a vital forum for scholarly dialogue and innovation, inspiring future research that navigates the complexities of psychological life in the modern age.

Dr. Lijo K Joseph
Chief editor

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