

PREFACE TO THE EDITION

We are pleased to present the latest issue of **Journal of Positive and Abnormal Psychological Research Studies (JPAPRS)**, a collection of scholarly contributions that reflects the growing depth and diversity of contemporary psychological and mental health research. This issue brings together empirical studies and systematic inquiry that collectively advance our understanding of psychological wellbeing, depressive symptoms, and the underlying mechanisms influencing mental health across different populations.

A central theme emerging from this issue is the multifaceted nature of depression and psychological distress, explored through both clinical and psychosocial lenses. The included articles examine a range of contributing and protective factors, including physical activity, mindfulness, rumination, loneliness, gratitude practices, perfectionism, and self-compassion. These studies highlight the complex interplay between behavioural, cognitive, and emotional processes in shaping mental health outcomes.

Notably, this issue features a systematic review demonstrating the effectiveness of physical exercise as a viable and accessible intervention for depression, reinforcing its significance in both clinical and public health contexts. Complementing this, several empirical studies investigate psychological constructs such as mindfulness and rumination among university students, emphasizing the mechanisms through which mental health can be improved.

The issue also addresses important demographic perspectives, including the mental health challenges faced by older adults in relation to living arrangements, as well as interventions tailored to younger populations, such as gratitude journaling among university students. These contributions underscore the importance of context-sensitive approaches to mental health and wellbeing.

Furthermore, the role of personality traits and protective factors is explored through research on perfectionism and self-compassion, offering valuable insights into resilience and vulnerability in psychological functioning. Together, these studies not only deepen theoretical understanding but also suggest practical implications for intervention, prevention, and policy development.

We extend our sincere gratitude to all authors, reviewers, and editorial members whose efforts have made this issue possible. We hope that the findings presented herein will inspire further research and contribute meaningfully to the advancement of mental health scholarship.

Lijo K Joseph
Chief Editor

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