

Journal of Cognitive-Behavioral Psychotherapy and Research

ORIGINAL ARTICLES

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Çelikbaş Z and Akbayrak A

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Dear Readers,

We are delighted to present the first issue of 2025, marking a significant milestone for our journal. From this issue onward, the journal will be published in English, reflecting our commitment to reaching a global audience and fostering international collaboration in the field of Cognitive Behavioral Therapy (CBT). This transition underscores our dedication to sharing cutting-edge research and evidence-based practices with a broader community of researchers, clinicians, and educators. For our Turkish-speaking readers, the Turkish text of the articles will continue to be available on the journal's website, ensuring accessibility and inclusivity for all.

CBT remains one of the most effective and widely practiced approaches in mental health care, and this issue exemplifies its versatility and adaptability. The original articles featured here address a range of topics, from the cognitive and emotional challenges faced by specific populations to the practical demands of therapeutic work. For example, the study by Özyurt et al. explores the sleeping habits of children with Cognitive Disengagement Syndrome (CDS), shedding light on the interplay between sleep and cognitive functioning. This research not only highlights the importance of addressing sleep-related issues in children with CDS but also suggests tailored CBT interventions to improve their quality of life.

Another noteworthy contribution comes from Cömertoğlu Yalçın et al., who investigate the factors influencing burnout among psychotherapists. Their findings on compassion fatigue, compassion satisfaction, and clinicians' attitudes provide valuable insights into the emotional toll of therapeutic work. This study emphasizes the need for self-care strategies and suggests how CBT techniques can be adapted to support mental health professionals in managing stress and preventing burnout.

The article by Harmancı and Yıldız delves into the determinants of cognitive performance in older adults, focusing on the roles of perceived stress and psychological flexibility. This research offers a nuanced understanding of how CBT can be tailored to enhance cognitive resilience in aging populations, addressing a critical need as global demographics shift toward older age groups. Similarly, the pilot study by Yıldız et al. examines the effects of short-term online mindfulness meditation for fibromyalgia patients during the COVID-19 pandemic. This study demonstrates the adaptability of CBT-based interventions in addressing chronic pain and stress, even in the face of unprecedented challenges.

The review articles in this issue provide a broader perspective on the applications of CBT. Yılmaz et al. offer a comprehensive review of panic disorder and the efficacy of CBT in its treatment, consolidating existing evidence and identifying areas for future research. Meanwhile, İnal Azizoğlu et al. present a detailed exploration of mindfulness-based interventions, emphasizing their impact on both mental and physical health. This review highlights the integration of mindfulness into CBT and its potential as a standalone intervention for a variety of conditions.

As we embark on this new chapter of publishing in English, we remain committed to bridging the gap between research and practice. The studies featured in this issue not only advance our understanding of cognitive and behavioral mechanisms but also offer practical tools and strategies for clinicians. By addressing contemporary challenges—such as the mental health impacts of the COVID-19 pandemic, the needs of aging populations, and the well-being of mental health professionals—this collection of articles demonstrates the enduring relevance and adaptability of CBT.

We hope this issue inspires further innovation and collaboration among researchers, clinicians, and educators worldwide. As we continue to explore new frontiers in CBT, let us remain dedicated to improving the lives of individuals and communities through evidence-based, compassionate care.

Prof. Dr. Mehmet Hakan Türkçapar
Editor-in-Chief