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EDITORIAL

Psychological practices based on evidence and health

Prácticas psicológicas basadas en la evidencia y la salud

Diego Torres-Marruffo¹; Darwin Gutierrez-Guevara^{1,2}; Giuliana Salazar-Álvarez¹

¹Asociación Peruana Contextual Conductual de Psicología, Lima, Peru.

²Universidad Veracruzana, Veracruz, Mexico.

* Correspondence: marruffo@outlook.com

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BACKGROUND

In a previous work, the possibility of bringing together researchers from our culture and identity arose. A space where they share a connection with the so-called movement of psychological practices based on evidence and health. This is highly relevant in our region because, in Spanish-speaking psychology, evidence-based practice has not yet been consolidated (Echeburúa, Salaberría, De Corral and Polo-López, 2010; Martínez-Taboas, 2014; Mustaca, 2016).

Although we know that this movement has been active for decades in this part of the continent, and we recognize the historical value of its representatives (Díaz, 2010 Martínez-Taboas; 2014), we want to highlight the current editorial project as a "spiritual" continuity that seeks to keep the importance of evidence-based practices in focus. Therefore, it is essential to work as a team and ensure the succession of these spaces, which is not an easy task. Unfortunately, educational training has often honored the cult of figures or heroes in our countries. This is reflected in the "founding cemeteries" that have only highlighted the contributions of the "first" pioneers while overlooking those who continued the work and actions carried out as a team (Landesmann, Hickman, & Parra, 2009). Such ideas are evident in the training policies of psychology in Spanish and their poor integration with contemporary visions in health organizations

and evidence-based practice movements (Pérez-Almonacid & Gómez-Fuentes, 2014). The editors stand in stark contrast to this position and prefer to contribute to strengthening existing institutions and long-term projects, such as the journal that hosts us.

Therefore, this editorial aims to present advances and updates on the movement of evidence-based psychological practices in the Americas and its commitments to health fields. Health is understood as the sector of society responsible for promoting the comprehensive well-being of citizens, not just the absence of disease or disorders (WHO, 2022).

It can be observed that the study of the psychometric properties of self-reports has characterized the work on evidence-based practices in Spanish-speaking countries. Similarly, some studies included in this special edition share a similar focus. In the first article of this type, the Intolerance of Uncertainty Scale (IUS-12M) was adapted for a Mexican population aged 18 to 70 years. Confirmatory factor analysis demonstrated a solid bifactor model. The second article focused on the Dissociative Experiences Scale, adapted for a Costa Rican population, which measures dissociative symptoms that arise from adverse childhood experiences. The results of the unidimensional factor analysis indicated high reliability for the instrument. The third study validated the Cognitive Fusion Scale in a Cuban popula-



tion with anxiety symptoms, adapting the instrument from a linguistic and cultural perspective and providing evidence of validity through expert judgment, as well as exploratory and confirmatory factor analyses. The findings confirmed that the construct is unidimensional and related to anxiety, which facilitates the identification of cognitive fusion and addresses the issue. This provides evaluative self-report methods for health professionals, contributing to consolidating the evidence-based practices movement. Future research will benefit from having instruments adapted to their contexts. It will encourage their use in professional practice, allowing for evaluations supported by updated psychometric evidence that promotes good practice.

Other studies presented conceptual reflections on clinical and psychotherapeutic practice. One study of this type reflects on the nature of the concepts used in healthcare. Montgomery (2023), a recognized advocate of Peruvian behaviorism, critically addressed the supposed rejection of dispositional categories by certain behavioral psychologists interested in psychotherapy. He offered a positive perspective on the coherent incorporation of research results external to behavior analysis, aligning with a contemporary trend in behavior analysis applied to psychotherapy (Patrón & Ortega, 2020; González, Landa, Rodríguez-Campuzano, Ribes, & Sánchez, 1989).

The evidence-based psychological practice movement reflected in this special edition highlights the contributions of psychometrics and critical reflection on intervention, both aimed at improving the relationship between Spanish-speaking psychology and health. Finally, this special edition represents an effort to institutionalize the research role of psychologists as both generators and consumers of knowledge, making them indispensable actors in the health sector and enhancing the quality of life for citizens.

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ORCID

Diego Torres-Marruffo: <https://orcid.org/0000-0002-2055-3046>

Darwin Gutierrez-Guevara: <https://orcid.org/0000-0001-9358-8402>

Giuliana Salazar-Álvarez: <https://orcid.org/0000-0002-1387-8707>

AUTHORS' CONTRIBUTION

Diego Torres-Marruffo: Conceptualization, Writing - Original Draft, Writing - Review & Editing and Visualization.

Darwin Gutierrez-Guevara: Conceptualization, Writing - Original Draft, Writing - Review & Editing and Visualization.

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DECLARATION OF THE USE OF GENERATIVE ARTIFICIAL INTELLIGENCE

The authors declare that they have not used artificial intelligence-generated tools to create the manuscript, nor technological assistants for the writing.

DISCLAIMER

The authors are responsible for all statements made in this article.

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