

## Editorial

In the ten years that have passed since positive psychology was formally introduced by Dr. Seligman, it seems that we have gotten past the debate – if it could in fact be called a debate – on the existence of a new branch of psychology dedicated exclusively to the study of the positive, as separate from or in opposition to the negative.

Based on an integral vision of the individual and of psychology, the *Annuary of Clinical and Health Psychology* has dedicated this volume to *Clinical and Health Applications of Positive Psychology*.

The interest in this subject has been strong, and we were lucky enough to receive contributions from important researchers like Carmelo Vázquez and Luis Fernández Ríos. These two authors' different assessments of the theoretical corpus of positive psychology are well-known within this area. In addition, within the field of applications, we present the fascinating contributions of Xavier Méndez's team at the University of Murcia and of Carmen Moreno's group at the UNED.

Fernández Ríos and Cornes provide us with a necessary, critical revision of both the history and present of positive psychology. Using sources such as the classic texts of philosophy and anthropology from both the West and East, and from Egypt and other countries of the Arab world, they affirm that the *eudaimonistic perspective* of positive psychology does not represent a new viewpoint. Thus the use of the adjective *positive* may not be justified, at least in terms of referring to a different area within psychology, when we speak of very basic issues that have historically been addressed by human beings, such as personal effort, wellbeing, growth, happiness, optimism, resistance, self-sufficiency, invulnerability and quality of life, among others.

These authors' proposals on what should or could be addressed by positive psychology – as well as the critiques of this focus. Their emphasis on issues such as the *inconvenience of a high self-esteem* is thought-provoking and anything but neutral.

Carmelo Vázquez is one of the authors who has published many texts and who has undoubtedly made one of the most important contributions to the development of positive psychology and its relationship to health in our country. Vázquez, along with authors like Gonzalo Hervás, Juan José Rahona and Diego Gómez, offers us an interesting manuscript that evaluates the role of psychological well-being in the prevention and recovery from illnesses. Their detailed revision allows us to glimpse the significant amount of rigorous empirical contributions in this regard. Similarly, the multidimensional model of Carol Ryff, the references to research on brain mechanisms that could promote hedonic wellbeing and the role of endorphins in modifying the immune system establish a relationship between wellbeing and health that is more causal than correlational.

In this volume, the clinical and health applications of positive psychology are analyzed in a work on increasing the curiosity and motivation of a group of high-school students to participate in program aimed at preventing the symptoms of depression. The authors of this study, Óscar Sánchez, Xavier Méndez and Judy Garber, note that being optimistic and having low levels of anxiety could be the working goals in terms of sparking interest in positive change. The second work presented addresses what proves to be an important issue in clinical psychology and health: interventions in infertility. In this study, María del Castillo Aparicio, Carmen Moreno-Rosset, María Dolores Martín and Isabel Ramírez-Uclés focus on the effect of positive feelings between infertile couples and possible differences between men and women in this regard. According to the authors, the differences discovered between infertile men and women with regards to their positive and negative feelings should be incorporated to the more traditional approach to psychological interventions with these couples.

The research section concludes with an analysis of ten important works on the chosen subject. In their study, Javier López-Cepero, Eduardo Fernández Jiménez and María Cristina Senín Calderón focus on publications that have been most acknowledged by other researchers and which have provoked the greatest impact.

We can conclude by saying that “all is well that ends well” and in this regard, there is no doubt that throughout this decade, the contributions that have been made in the area of positive psychology have given us the contents and empirical evidence for certain constructs that are not always well-defined or utilized but which are highly relevant for both clinical psychology and health.

I invite you to critically reflect on the studies that we present in this volume.

Eva María Padilla Muñoz