PRZEGLĄD PSYCHOLOGICZNY – THE REVIEW OF PSYCHOLOGY
2026, VOL. 69, NO. 3, 85–86
DOI: 10.31648/przegldpsychologiczny.13335

Editorial

Contemporary psychology is increasingly demonstrating its value not only as a discipline that describes and explains human behavior, but also as a source of evidence-based practical solutions to individual and societal challenges. This perspective serves as the starting point for this thematic issue of the *Review of Psychology*, which focuses on the potential of contemporary psychology, specifically on interventions, tools, and practices grounded in sound scientific knowledge. The articles collected in this volume illustrate the diverse fields in which psychology can be applied, ranging from mental health and psychotherapy to family and organizational functioning, the development of human competencies, and standards of professional practice.

The issue opens with an article by Lidia Wiśniewska-Nogaj from Nicolaus Copernicus University in Toruń, titled "Support Programmes for Parental Burnout: An Analysis of Current Interventions and Directions for Future Development". The author provides a critical review of existing programmes aimed at parents experiencing burnout. The interventions analyzed include, among others, cognitive-behavioral approaches, mindfulness, positive psychology, and hybrid solutions. Available findings indicate reductions in burnout levels, including at follow-up, and suggest that synchronous online interventions can be comparable in effectiveness to in-person formats.

Krystyna Adamska from the University of Gdańsk addresses the topic "Wisdom in Contemporary Society: The Role of Psychological Interventions". The article presents a contemporary, dynamic, and contextual understanding of wisdom, drawing on the Integrated Model of Wisdom, in which metacognitive competencies and the ability to balance different interests and perspectives play a crucial role. The author points out that wisdom can be not only assessed but also developed through intentional psychological interventions, such as training in distanced self-reflection.

In the field of work psychology, Anna Skuzińska from Ateneum Academy in Gdańsk presents the article "Organizational Behaviors of Generation X, Y, and Z Employees Experiencing Negative Workplace Actions: Does Aggression Breed Aggression, and in Whom?". The study presented in the article, conducted with 285 employees, shows that experiencing negative workplace actions is associated with more frequent counterproductive behaviors and less frequent organizational citizenship behaviors. Age emerged as a significant factor differentiating this relationship: the association between negative workplace actions and

counterproductive behaviors was strongest in the Generation Z group and weakest in the Generation Y group.

In the article "MANTRA as a Treatment Protocol for Anorexia Nervosa in Adults: Cognitive-Interpersonal Model, Therapy Structure, and Empirical Data", Izabela Pawłowska and Kamila Grochowska-Kramek from SWPS University present an important approach to the psychotherapy of adults with anorexia nervosa. The authors discuss the cognitive-interpersonal model of the maintenance of the disorder, the structure of the treatment protocol, and findings from empirical research. MANTRA integrates work on cognitive rigidity and flexibility, emotion regulation, interpersonal functioning, and the significance of symptoms for the individual's identity.

The volume concludes with an article by Beata Krzywosz-Rynkiewicz, Monika Talarowska-Dublicka, and Adam Tarnowski, titled "Evidence-Based Psychology: From Reliable Evidence to Responsible Practice—Standards of International Psychological Organizations". The authors analyze how major international psychological organizations—including the APS, APA, EFPA, IAAP, and IUPsyS—address challenges related to research credibility, the evaluation of the empirical foundations of interventions, and the application of scientific knowledge in professional practice. The article demonstrates that evidence-based psychology requires both a transparent and rigorous process of knowledge generation and a responsible translation of that knowledge into professional practice.

The common thread running through the presented works is the conviction that the strength of contemporary psychology is revealed when scientific knowledge leads to responsible action and when proposed solutions are empirically grounded, critically evaluated, and sensitive to the contexts in which they are applied. In this sense, the volume serves as an invitation not only to learn about specific psychological interventions and applications but also to reflect on the conditions under which science can genuinely serve individuals and society.

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