

## EQUIPO EDITORIAL / EDITORIAL TEAM / EQUIPA EDITORIAL

### Editor Jefe / Editor in chief / Editor Chefe

Juan Luis Martín Ayala. Universidad Europea del Atlántico, Spain.

### Secretaria / General Secretary / Secretário Geral

Beatriz Berríos Aguayo. Universidad de Jaén, Spain.

Cristina Arazola Ruano. Universidad de Jaén, Spain.

### Editores Asociados / Associate Editors / Editores associados

Arlette Zárte Cáceres. Universidad Internacional Iberoamericana, Mexico

David Gil Sanz. Universidad Europea del Atlántico, Spain

Maríacarla Martí González. Universidad Europea del Atlántico, Spain

Sergio Castaño Castaño. Universidad Europea del Atlántico, Spain

### Consejo Científico Internacional / International Scientific Committee / Conselho Científico internacional

José Antonio Adrián, Universidad de Málaga, Spain

Ana Aierbe, Universidad del País Vasco, Spain

Francisco Alcantud, Universidad de Valencia, Spain

Raquel-Amaya Martínez, Universidad de Oviedo,

Imanol Amayra Caro. Universidad de Deusto, Spain

Pedro Arcía, Universidad Especializada de las Américas, Panama

Enrique Arranz, Universidad del País Vasco, Spain

César Augusto Giner, Universidad Católica de Murcia, Spain

Sofía Buelga, Universidad de Valencia, Spain

José Luis Carballo Crespo. Universidad Miguel Hernández de Elche,

Juan Luís Castejón, Universidad de Almería, Spain

Susana Corral, Universidad de Deusto, Spain

Erika Coto, Universidad de Iberoamérica, Costa Rica

Andrés Dávila, Universidad del País Vasco, Spain

Amaro Egea Caparrós, Universidad de Murcia, Spain

María Eugenia Gras, Universidad de Girona, Spain

Maitte Garaigordóbil, Universidad del País Vasco, Spain

Félix Loizaga, Universidad de Deusto, Spain

Luis López González, Universidad de Barcelona, Spain

Juan Francisco Lopez Paz, Universidad de Deusto, Spain

Juan Luís Luque, Universidad de Málaga, Spain

Timo Juhani Lajunen, Middle East Technical University, Turkey

Ana Martínez Pampliega, Universidad de Deusto, Spain

Laura Merino Ramos. Universidad de Deusto, Spain

Julio Pérez-López. Universidad de Murcia, Spain

Concepción Medrano, Universidad del País Vasco, Spain

Ramón Mendoza, Universidad de Huelva, Spain

Cristina Merino, Universidad del País Vasco, Spain

Francisco Moya, Universidad Católica de Murcia, Spain

Manuel Peralbo, Universidad de La Coruña, Spain

Esperanza Ochaita, Universidad Autónoma de Madrid, Spain

Fernando Olabarrieta, Universidad del País Vasco, Spain

Alfredo Oliva, Universidad de Sevilla, Spain

Rosario Ortega, Universidad de Córdoba, Spain

M<sup>re</sup> José Rodrigo, Universidad de La Laguna, Spain

Emilio Sánchez, Universidad de Salamanca, Spain

Miguel Ángel Santed, UNED, Spain

Mark Sullman, Middle East Technical University, Turkey

Adriana Wagner, Universidade Federal do Rio Grande do Sul,

Brazil

### Sponsors:

Funiber - Fundación Universitaria Iberoamericana

Universidad internacional Iberoamericana. Campeche (Mexico)

Universidad Europea del Atlántico. Santander (Spain)

Universidad Internacional Iberoamericana. Puerto

Rico (USA)

Universidade Internacional do Cuanza. Cuito (Angola)

### Collaborators:

Centro de Investigación en Tecnología Industrial de Cantabria (CITICAN)

Grupo de Investigación IDEO (HUM 660) - Universidad de Jaén

Centro de Innovación y Transferencia Tecnológica de Campeche (CITTECAM) – Mexico.



## SUMARIO / SUMMARY / RESUMO

---

- Editorial ..... 6
  
- Estrés percibido en adultos mayores mediante el uso de robots sociales durante Covid-19 ..... 7  
Perceived stress in older adults through the use of social robots during COVID-19  
*Verónica Corral Barrio. Universidad Europea del Atlántico (Spain).*
  
- Repercusiones del estigma en la calidad de vida de los adultos con VIH/SIDA: Una revisión sistemática..... 23  
Impact of stigma on the quality of life of adults with HIV/AIDS: A systematic review  
*Carolina Lombó Fragueiro. Universidad Europea del Atlántico (Spain).*
  
- Creciendo en la adversidad: la resiliencia del estudiantado con discapacidad en la Universidad Nacional, Costa Rica..... 39  
Growing up in adversity: the resilience of students with disabilities at the National University, Costa Rica  
*Angélica del Socorro Fontana Hernández, Juan Luis Martín Ayala. Universidad Internacional Iberoamericana (Mexico) / Universidad Europea del Atlántico (Spain).*
  
- Drogodependencia y desregulación emocional: una revisión sistemática ..... 59  
Drug dependence and emotional dysregulation: a systematic review  
*Javier Sánchez Alonso. Universidad Europea del Atlántico (Spain).*
  
- Acoso psicológico laboral (Mobbing) y su impacto en el clima y desempeño laboral en maestros del sistema público de enseñanza del área sur de Puerto Rico ..... 79  
Psychological harassment at work (Mobbing) and its impact on the climate and work performance in teachers of the public system teaching of the southern area of Puerto Rico  
*Julissa Morales Franceschi, Juan Luis Martín Ayala, Alberto Amutio Careaga, 9992 Iliá C. Rosario Nieves. Universidad Internacional Iberoamericana (Mexico) / Universidad Europea del Atlántico (Spain) / Universidad del País Vasco (Spain) / Pontificia Universidad Católica de Puerto Rico (Puerto Rico).*
  
- Estudio correlacional: evitación experiencial, insomnio y rumiación en adolescentes ..... 99  
Correlational study: experiential avoidance, insomnia and rumination in adolescents  
*Virginia Ortega Alcaraz. Universidad Europea del Atlántico (Spain).*



## Editorial

---

In the current issue of *Psychology Research*, we discuss a series of topical scientific articles beginning with the perception of stress in older adults and the therapeutic use of social robots in the COVID-19 pandemic era.

In this article, and because of the social limitations generated in the elderly population due to the pandemic, an increase in anxious-depressive symptomatology has been observed in this group. This work evaluates the effect of relaxation sessions including the tool of a social robot as a complement to traditional relaxation. The results indicate that the social robot as a therapeutic tool may have a relevant role in the treatment of the mental health of the elderly.

The following contribution aims to explore whether there is an aggravation of the consequences of HIV following the perception of stigma. For this purpose, a systematic review was conducted with a total sample of more than 18,000 participants, in which stigma is analyzed through test administration and quality of life assessment. The results of these investigations yield interesting data, as psychological, occupational, and economic, physical, as well as sexual repercussions were found. Most of the results seem to indicate that stigma generates repercussions that affect, above all, the mental health and social network of this population, reflecting the need to promote psychological support and treatment.

From another point of view, a study is presented that explores the relationship established between resilience, disability, and higher education. The objective of this study was to characterize the resilience of students with disabilities that allows them to face barriers in higher education in order to establish the key factors for the design of resilient support strategies. The research shows that students with disabilities present a resilient state during their university education in the presence of structural barriers that hinder their personal, academic, and social development. Based on the results, the updating of teaching staff and support services on resilience promotion models and the implementation of a resilient accompaniment route is justified.

On the other hand, the following article analyzes the relationship between drug dependence and emotional dysregulation, providing two explanatory models of emotional regulation: the process model of emotional regulation and the emotional regulation model based on emotional processing. It also explains the relationship of this ability with the consumer population and the current state of consumption in Spain. The aim of the research is to study the most recent scientific information, to evaluate the usefulness of emotional regulation for both prevention and intervention in drug addicts and, more specifically, to identify and analyze the existing relationship, the evaluative techniques and the sample used. Likewise, a series of instruments used for the assessment of emotional regulation are distinguished and described.

From a different point of view, the following study explores workplace bullying and its impact on the work climate and teacher performance. The research is aimed at finding motivational and environmental factors that enhance bullying behaviors towards teachers in two municipalities in the southern area of Puerto Rico. It explores from the teacher's perspective how the Puerto Rico Department of Education handles situations of harassment at work and how it affects the teacher's work performance in these municipalities in cases where mobbing exists. The study concludes with a series of recommendations directed to the school sector and its environment.

The last contribution of this issue is a correlational study that analyzes the relationship between experiential avoidance, insomnia, and rumination in a population of adolescents. The research shows that people with difficulties in emotional regulation assume avoidance as a pattern of conflict resolution, thus they experience many negative emotions that lead to rumination. Therefore, efforts to suppress the excitement they feel lead to insomnia and poor sleep quality.

Dr. Juan Luís Martín Ayala  
Editor Jefe / Editor in chief / Editor Chefe