

## DEAR READERS,

*We invite you to spend some time reading the 18<sup>th</sup> issue of the "International Journal of Psychology: A Biopsychosocial Approach".*

*Publications in this issue present the latest results of research in the field of psychology in Lithuania and abroad as well as go deep into such important phenomena as Career Adaptability, Existential Crisis, Global Service Learning, School Counsellors' Preparedness for Working with Students & Chronic Illness, and Readiness to Change. The variety of analysed phenomena once more sustains the truth that there are plenty of unanswered questions concerning human mental processes and behaviour. Publications in the journal follow the idea of studying such processes based on the viewpoint that both mind and behaviour originate, develop and function due to the close interaction between biological, psychological factors and social environment. Thereby, authors analyse psychological issues within the broader context, including biological, psychological, and social aspects.*

*To sum up, the publications of this issue are aimed at analysis of factors improving personal adaptation in various activities and social environments. Authors of the publication "School Counsellor Preparedness for Working with Students & Chronic Illness: Insights and Applications from a Service Learning Experience in Southern Africa" bring up the problem that despite increasing rate of chronic illness among children, many school counsellors may not be prepared to handle such issues due to lack of training, professional development, or culturally diverse experiences. Author reviews the literature on chronic illness and school counsellor preparation, moreover, referring to his own participation in a service learning experience in Southern Africa, discusses opportunities for working with students and chronic illness in the United States.*

*The theme analysing factors related with students' adaptation in various activities and social environment is continued by Paradnike et al. in publication "Career Construction in Academic Setting: Links between Career Adaptability and Study Engagement." This publication explores study engagement phenomena as an indicator of occupational well-being of students, and raise the presumption that study engagement might be one of many positive career-related outcomes linked to career adaptability. Along with college students, authors present research results analysing links between career adaptability of college students and study engagement. Two other publications (Jones et al. "Assessing Global Service-Learning: A Mixed-Methods Approach to Evaluating Students'*

*Intercultural Development” and Petrolienė et al. “Psychometrics of the readiness to change questionnaire (RCQ): the Lithuanian version”) analyse efficiency of methods intended to assess client’s readiness for changes or counselling work with the client improving his development and environmental adaptation.*

*Petrolienė and colleagues in the publication “Psychometrics of the readiness to change questionnaire (RCQ): the Lithuanian version” claims that smoking, unhealthy diet, low physical activity, overweight and risky alcohol consumption persist as actual problems among Lithuanian adults nowadays. Authors relate these issues with heart related problems and state that it is important to have a valid, short, clear measure of readiness to change health behaviour in the native (Lithuanian) language as changing life style can be a problem in rehabilitation process of cardiac patients in Lithuania. Thus the article analyses psychometrics of Lithuanian version of the Readiness to change questionnaire (RCQ) among patients undergoing cardiac rehabilitation.*

*Jones et al., in “Assessing Global Service-Learning: A Mixed-Methods Approach to Evaluating Students’ Intercultural Development,” discusses the Global Service-Learning (GSL) as an important contributor to student’s intercultural development. The purpose of this study is to evaluate the effectiveness of cultural immersion as a service-learning project and to use the Intercultural Development Inventory (IDI) to better understand the changes in student development as a result of this project.*

*In their article “The experience of an existential crisis: a theoretical analysis,” Butėnaitė and colleagues examine phenomenon that reveals problems of environmental adaptation of a person, i.e. existential crisis phenomenon. Authors state that the results of this analysis will help us understand the experiences of an existential crisis and the peculiarities of people who are going through it.*

*The editorial team invites you to read and analyse the articles in the “International Journal of Psychology: A Biopsychosocial Approach.” We would like to encourage discussions between scientists and academic communities in Lithuania, USA and other countries, to strive for collaboration of scientists representing various scientific fields and branches. This would promote the development of Psychology and expand practical implementation possibilities enabling to find the most appropriate solution for problems faced both by the individual and the society within the rapidly changing social milieu.*

*We invite the scientists to submit original empirical as well as theoretical articles with diverse methodology and methods of statistical analysis, which would expand the knowledge in the field of Psychology, and (or) have importance for practical psychologists.*

*Prof. dr. Loreta Bukšnytė-Marmienė  
Consulting Editor*