

OPPORTUNITY TIME

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The *Puerto Rican Journal of Psychology* (*reps*) begins in 2024 with a first issue that includes a variety of topics and the second special section “Transformations and Emerging Problems in the World of Work.” The beginning of a new year brings opportunities to set new goals, reflect and make decisions that allow us to live as individuals and as a community in greater well-being. 2024 gives us new opportunities. It is a year where we cannot forget the people who suffer, those who experience injustice and those who depend on psychologists, as agents of change to have new hope. It is essential to transform the knowledge from our research.

In the section second special section “Transformations and Emerging Problems in the World of Work,” two articles discuss the challenges of workers in the public service (Azevedo Germano Rodrigues & Goncalves de Freitas), and a look at the centrality of work after the COVID-19 pandemic (Rodríguez Vazquez et al.). A brief editorial is by the associate editor, Dr. Marco Peña Jimenez, where he presents a reflection on the topics addressed.

This issue also includes seven articles that address a variety of topics. Two articles are aimed at highlighting the importance of pets during crucial times in people’s lives. Particularly, the study of Aragunde-Kohl and collaborators studied the emotional impact of pets during the pandemic. Another article explores the socio-emotional effect of having a pet in a sample of university youths in a city in Chile (Andrades et al.). Both studies agree on the benefits of having a pet as emotional support, especially when going through more challenging periods of life. On the other hand, two articles discuss relevant aspects of mental health and discrimination, one of these in people with visual disabilities (Palencia Flórez et al.) and the other presents the association with post-traumatic stress, depression, and suicidal risk (Caballero-Dominguez et al.).

Another article presents a predictive model of perfectionism in patients with eating disorders (Valdez Aguiar et al.). Finally, we have two articles with methodological approaches, a literature review on technological interventions to improve reading (Bermonti-Perez et al.) and an analysis of the psychometric properties of a questionnaire on mystical and well-being experiences (Cabral Juan et al.)

I would like to thank the authors who have trusted the *Puerto Rican Journal of Psychology* for the publication of their papers, all the reviewers who contributed with the revisions of the papers to guarantee a higher quality, and of course, our editorial team, who with their support it would be possible to see the final product. I hope that we take advantage of the opportunities we have to make changes that promote well-being, not only on an individual level but also collectively. I hope you enjoy reading and it promotes reflections that cause changes.

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