



## Exploring Deep Links: Emotional Regulation, Psychological Symptomatology, and Addictions

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### Message from the Guest Editors

Emotional regulation and psychological symptomatology are fundamental pillars in understanding addictions. The ability to manage and control emotions effectively is crucial for mental well-being and healthy adaptation to stressful situations. When emotional regulation is compromised, individuals may turn to substances or addictive behaviors as a way to cope with emotional distress, thus perpetuating the addiction cycle. Moreover, addictions themselves can lead to a range of emotional and psychological challenges, exacerbating the need for effective emotional regulation. Given the significance of these topics, more studies are being conducted in this area. This Special Issue focuses on emotional regulation, the variety of psychological symptoms, and addictions with and without substance.

