

The background of the cover is a reproduction of an ancient Egyptian wall painting. It depicts two men in profile, facing each other. They are wearing white, pleated kilts with a red sash and a gold and black striped waistband. They have black hair and are wearing a gold headband with a small ornament. Their hands are raised and pressed together in a gesture that could be interpreted as a handshake, a greeting, or a ritual. The background of the painting is a dark blue-green color. At the top of the painting, there is a frieze of various animals, including a bull, a bird, and a dog. The overall style is characteristic of the Late Period of ancient Egypt.

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Editorial

In this third issue of the CJHB's second volume, we warmly invite you to delve into two worlds: the world of wellbeing and clinical practice, and the world of ancient sport and injury in the Egyptian Middle Kingdom. Whilst upon first glance, these subjects appear to lack any semblance of commonality, I encourage you to explore beneath the surface and evaluate the possible existence of parallels between these worlds.

Our first article discusses the therapeutic impact of expressive writing in clinical psychology, tracing the historical roots of this practice before examining applications of this tool in modern therapy. Through considering theoretical and empirical evidence, this article highlights the cognitive, emotional, and physiological mechanisms through which expressive writing may have therapeutic efficacy. Importantly, this article compares expressive writing with the hegemonic therapeutic option of cognitive behavioural therapy, documenting the different clinical settings in which each tool may offer the greatest benefit to patients. Before discussing the future directions of this field, the article notes crucial cultural and ethical factors which may affect the efficacy of this tool. It is a fascinating and exploratory article with critical applications to modern clinical practice.

In the second article, which also belongs in the world of wellbeing, the author investigates university students' awareness and engagement with an emerging framework: the Five Ways to Wellbeing. This framework proposes a paradigmatic shift away from hedonic wellbeing to eudaemonic wellbeing, reflecting the framework's drive towards a more holistic and flexible consideration of wellbeing. Semi-structured interviews with 19 first-year undergraduates reveal that whilst this framework is little-known, many engage with the actions outlined within the framework as part of their own wellbeing maintenance. The results of this investigation also reflect a growing need to adopt holistic approaches to wellbeing to account for individual differences and diversity in clinical populations. Overall, a striking piece of primary research with important implications for the future of clinical practice.

In our final article, we shift worlds to that of ancient Egyptian and Nubian sports. This article is a critique of a perspective posited by archaeologist Margaret Judd. Judd suggested that the presence of a condition resembling osteitis pubis (inflammation in the joint between the pubic bones, commonly observed in modern athletes) in a specific individual's skeletal remains indicates their ancient athleticism. Through a re-examination of Judd's report of the skeletal evidence, this article provides an alternative understanding of the skeletal remains, calling into question the validity of Judd's original proposal. Furthermore, this article documents the importance of incorporating interdisciplinary perspectives, such as those from medicine and anthropology, to provide a more holistic perspective of the ancients' health and lifestyle. It is a bold re-evaluation of evidence which highlights the need for debate and interdisciplinary in archeology.

Perhaps what unites these worlds is the authors' unwavering pursuit of humanity's truth and use of a holistic perspective to document this, though we will leave any further comparisons and contrasts to you, our reader.

Since June 2022, I have had the pleasure and the privilege of leading the psychological sciences team as managing editor. Over the last two years, CJHB has grown exponentially. This growth has been both quantitative in the number of team members onboarded and submissions which we have received, but also qualitative, in the coverage and ambit of our publications and commentaries. I feel that the CJHB showcases work which challenges the boundaries of what is considered possible of undergraduate research, and demonstrates the immense talent and capability of such dedicated students.

I have been particularly pleased by CJHB's blossoming internationalism, as we welcome submissions from all four corners of the globe. As a journal, our mission is to provide a "platform and opportunity for cross-fertilisation and interdisciplinarity", a goal which is only achievable if we explore myriad diverse experiences and perspectives. An aspiration of CJHB is to expand our publication of articles written in a range of global languages, which as a speaker of several languages myself, is a mission that I feel personally compelled to support the journal in pursuing.

I extend a heartfelt and grateful thanks to the entire CJHB team, in particular, my outstanding team of associate editors and reviewers, many of whom have contributed to the journal since its inception two years ago. The team's meticulous and tireless work, impressively balanced alongside intensive university degrees, has been instrumental in maintaining the superb quality of research published in this journal. My team's work is solidified by the critical contributions of our copy-editors, graphic designers, and typesetters, without whom we would not be able to present such a cohesive and polished journal to our readers. I also would like to thank my fellow editorial board members, including Editor-in-Chief Liam McClain, as well as San Hou Chong, Jasmine Regan Feldman and Raluca Creanga, my fellow managing editors for their thoughtful and fundamental contributions to the coordination of this journal.

Finally, the existence of this journal would not be possible without the submissions of our authors, to whom we extend our semipiternal thanks.

With that, I encourage you to explore these worlds and reflect upon the nuances drawn out in these articles. I hope you enjoy this issue.

Kitty Beck



Managing Editor, Psychological Sciences