

CAMBRIDGE JOURNAL OF HUMAN BEHAVIOUR

ISSN 2753-3506



Volume 3, Issue 1



March 2025



CAMBRIDGE JOURNAL OF HUMAN BEHAVIOUR

© Logo, *Cambridge Journal of Human Behaviour*.
All rights reserved.

Published by *Cambridge Journal of Human Behaviour*, Cambridge, United Kingdom.

The cover artwork was made with assistance from AI-generation software Leonardo AI, who grant the *Cambridge Journal of Human Behaviour* rights to reproduce and display the generated artwork (see [Leonardo AI Terms of Service, Section 8](#)).

Authors retain copyright and grant the journal right of first publication with the work simultaneously licensed under the [Creative Commons Attribution-NonCommercial 4.0 International License](#).

ISSN	2753-3506
Journal Type	Diamond Open Access
Review Type	Collaborative, double-blind
Published	Quarterly
Reference Style	APA 7



CAMBRIDGE JOURNAL OF HUMAN BEHAVIOUR

Volume 3, Issue 1 | March 2025

Editor-in-Chief

Liam McClain

 <https://orcid.org/0000-0002-0152-5234>

Managing Editors

Sai Hou Chong

 <https://orcid.org/0000-0002-9291-4226>

Jasmine Regan Feldman

 <https://orcid.org/0000-0002-1459-0625>

Ioanna Fokas

 <https://orcid.org/0009-0000-9353-3751>

Adaiah Hudgins-Lopez

 <https://orcid.org/0009-0003-2314-8825>

Pol Salvatella

 <https://orcid.org/0009-0007-2613-3169>

Associate Editors

Grace Leung

 <https://orcid.org/0000-0003-4315-1071>

Denali Archer

 <https://orcid.org/0000-0003-4319-0978>

Reviewers

Charlotte Rye

 <https://orcid.org/0000-0002-2844-6018>

Gwynnevere Suter

 <https://orcid.org/0000-0003-2702-8356>

Anja Whiteley

 <https://orcid.org/0009-0003-7116-9831>

Outreach Officers

Cristina Costea
Kritika Grover
Laura Hayes
Jack Priest

Issue Production Designer

Candice Acevedo
Sai Hou Chong
Ira Ovalekar

Copyeditors

Kalina Poydovska
Victoria Starling
Candice Acevedo
Ira Ovalekar
Liam McClain

Contents

Editorial	I.iii
<hr/>	
Disordered Eating: What are the Potential Roles of Perfectionism and Emotional Reactivity? Cara Houlcroft, and Kai Stephen Thomas	1
The Role of Mental Imagery in Rumination and Depressive Symptoms Poppy Webb, Laura Hadwin, Tomás McDowell, and Ryan Horsfall	8
Book Review: <i>Atmospheres</i> by Hermann Schmitz Erin Jones, and Pol Salvatella	14

Editorial

In the first instalment of the third volume of the *Cambridge Journal of Human Behaviour*, we present an issue dedicated to philosophy and the psychological sciences. Uniting concepts from across fields, this issue offers a truly interdisciplinary understanding of mind and body, and all that lies in between. Alongside two main research articles, we are thrilled to present our first published book review, marking a new critical genre from our authors and another form of scholarly discourse for our readership.

This issue platforms and celebrates the psychological and behavioural sciences as a medium through which to explore human thought and expression. The fact that the human brain can be studied across several different levels of analysis — from the molecular to the behavioural — is a fascinating facet of neuroscience and psychology. This complexity also makes understanding phenomena of the brain particularly challenging. The literature in this issue dissects key debates in the field — such as the subjectivity of consciousness and the role of cognitions in psychopathology — at multiple levels of analysis, using approaches from multiple disciplines.

The issue begins with an observational study by Hadwin & Webb et al.*, who find that the capabilities for quasi-perceptual internal representations, known as “mental imagery” (p. 8), are indirectly related to depression through rumination. Their article offers a fascinating perspective on the role of the inner world in disorder and psychopathology. Continuing in the clinical vein, Houlcroft & Thomas report an experimental study in preadolescents, which aims to delineate the roles of perfectionism and emotional reactivity in disordered eating. The authors find that socially-prescribed, but not self-oriented, perfectionism significantly

explains disordered eating, providing a clear target for behavioural treatments. We end with a book review of *Atmospheres*, by Hermann Schitz, which confronts the well-known spectre of mind-body dualism in a new light. Jones and Salvatella underscore the rare clarity of Schitz’s writing, using it as a lens through which to explore his thesis’s flaws. The authors conclude by designating Schitz’ collection of essays to the purely phenomenological space, defining it as a work that addresses how humans make sense of subjective experience, without, however, adequately explaining the nuances of its foundational concepts — atmosphere and feelings. Uniting philosophy, with experimental psychology and clinical science, this issue confronts the role of the psyche in both adaptive and maladaptive behaviour.

As ever, this issue would not have made it to press without the dedication of the editorial and review team at the Journal. As we look forward into 2025, we are expanding our team and actively seeking interdisciplinary individuals to take editorial and outreach positions. We are confident that the addition of such individuals will channel and focus our growing momentum, and we encourage students to make an application regardless of institution or background. Thank you, both to our readers and benefactors, for allowing us to platform academic discourse across the behavioural sciences.

Ioanna Fokas



Managing Editor, Psychological Sciences

* While this citation format is atypical, we wish to equally highlight the contributions of all of the undergraduates who carried out this research while acknowledging other authors contributed to the work.