Special Issue

Unpacking Beliefs in Emotion Regulation: Enhancing Psychotherapeutic Approaches Through the Extended Process Model

Message from the Guest Editors

This Special Issue will feature carefully curated articles that explore contemporary advances in how patients' and individuals' beliefs about emotion regulation (ER) contribute to the advancement of theory, assessment, and/or treatment across various clinical phenomena. We aim to provide a more holistic understanding of therapeutic interventions. Relevant topics include, but are not limited to, the following:

- The role of patient and individual beliefs in emotion regulation, as they might relate to different types of mental health disorders;
- The efficacy of treatment programs (or the assessment of techniques) that focus on emotion regulation based on patient and individual beliefs;
- The utility and validity of clinical treatment techniques or psychotherapeutic interventions that outline the relationship between emotion regulation and self-monitoring of the process.

Guest Editors

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Deadline for manuscript submissions

31 March 2026

Behavioral Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.1
Indexed in PubMed

mdpi.com/journal/
behavsci

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Message from the Editor-in-Chief

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