

Special Issue

Digital Interventions and Research for Health and Psychological Well-Being

Message from the Guest Editors

Emerging technologies and digital media are increasingly used in psychological interventions to promote health and well-being. Although some research highlights risks, many tools help individuals manage their health (e.g., mobile apps), deliver interventions (e.g., virtual reality for relaxation or exposure therapy), and enhance learning and literacy (e.g., AI chatbots for initial consultation). Given the rapid evolution of these technologies and persistent evidence gaps regarding their effects and correlates, this Special Issue aims to gather together empirical and review studies on psychological interventions that employ new technologies (especially in new and creative ways) and/or basic research on human–technology interactions with clear implications for behavioral change and intervention design.

Guest Editors

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With warm greetings, it is a pleasure to invite you to contribute a research article or comprehensive review for consideration and publication in *Behavioral Sciences*. *Behavioral Sciences* is an international, scientific, open access journal providing an advanced forum for discussions and research regarding the intersection between psychiatry, neuroscience, psychology, cognitive and behavioral sciences, and behavioral biology. More information are available at: <https://www.mdpi.com/journal/behavsci>. We would be pleased to welcome you as one of our authors and have the opportunity to consider your work for publication.

Editor-in-Chief

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