

Special Issue

Interventions for Depression and Anxiety: Cognitive Behavioral Therapy

Message from the Guest Editors

Since its development in the 20th century, cognitive behavioral therapy has become the most mainstream psychotherapy of our time. It is used to address a wide variety of problems, including eating disorders, personality disorders, addictions, and physical illnesses, as well as depression, anxiety, and other problems that show relatively early effects. Similarly, the means of delivering cognitive behavioral therapy continue to expand, moving beyond self-help books, telephone, and email to the active use of new technologies such as videoconferencing systems or social networking services. In addition to this expansion of targets and means, the focus of cognitive behavioral therapy itself has continued to change. Recently developed techniques such as schema therapy, mindfulness, and compassion-focused therapy are representative of this trend. We invite papers on cognitive behavioral therapy interventions for depression and anxiety. As psychological problems change over our lifetime and with the state of the world, cognitive behavioral therapy must also continue to evolve. We look forward to receiving your contributions to this Special Issue.

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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

Prof. Dr. Jerrell Cassady

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