

Special Issue

Applications of Cognitive Behavioral Therapy in Mental Disorders

Message from the Guest Editor

Recent studies, including the 2025 Global Flourishing Study, highlight a global decline in psychological well-being, driven by social isolation, economic disparities, and weakened community bonds. Countries with strong social cohesion show higher well-being despite lower economic resources, emphasizing the vital role of community in fostering resilience and life satisfaction. Psychological well-being involves self-perceived quality of life, emotional balance, and sense of purpose, shaped by personal, social, and economic factors. Communities significantly influence this through the fostering of supportive environments that promote coping strategies and emotional health. This Special Issue invites original research articles and reviews focusing on methodological aspects of psychological well-being, including:

- Evaluation of psychotherapeutic intervention efficacy;
- Design and validation of tools measuring well-being or clinical variables (e.g., anxiety, resilience);
- Standardization of clinical instruments across contexts;
- Cross-population psychometric comparisons;
- Mixed-method or longitudinal designs assessing mental health outcomes.

Guest Editor

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Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Brain Sciences* (ISSN 2076-3425). *Brain Sciences* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on neuroscience. The scientific community and the general public can access the content free of charge as soon as it is published.

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