

## Special Issue

# Advances in Digital Mental Health

### Message from the Guest Editor

Virtual reality (VR), mobile applications, digital therapeutics, and gamified tools are increasingly being used to address mental health challenges such as anxiety, depression, post-traumatic stress disorder, and attention disorders. Digital mental health solutions provide a unique opportunity to transform treatment by offering flexible, interactive, and scalable environments. These tools create personalized and immersive experiences that can promote skill-building, emotional regulation, and resilience in a highly controlled yet adaptable format. VR-based exposure therapy, mental health apps, and gamified interventions are now integral components of modern psychotherapeutic practice.

This Special Issue focuses on recent advances in digital mental health technologies, including clinical applications, validation studies, and emerging challenges related to usability, accessibility, and data security. We invite researchers to submit clinical trials, systematic reviews with quantitative analyses, and innovative protocols or assessment frameworks for digital mental health tools.

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### Guest Editor

Prof. Dr. Oana Alexandra David

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### Deadline for manuscript submissions

15 October 2025



## Brain Sciences

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Impact Factor 2.8  
CiteScore 5.6  
Indexed in PubMed



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