

# Special Issue

## Burnout, Adjustment Disorder and Post-Traumatic Stress Disorder: Risk Factors, Impact, Preventive Strategies and Treatment Options

### Message from the Guest Editors

Burnout, adjustment disorder (AD) and post-traumatic stress disorder (PTSD) are a set of serious psychological reactions and psychiatric disorders that can be developed following exposure to traumatic or stressful events. Despite their prevalence worldwide and the detrimental effect on individual and even public health, it is not easy to distinguish these three conditions or establish the link between them and other mental health disorders. Risk factors, neurobiological characteristics and symptom clusters present extensive overlap and are also influenced by cultural and social context. In this regard, diagnosis as well as preventive and treatment strategies are still a difficult challenge for mental health and occupational physicians. This Special Issue aims to further elucidate the difference between these conditions in order to contribute to and define precise pathways toward prevention, diagnosis, and treatment options. We solicit studies that fit the aim of the Special Issue. In particular, we welcome studies on populations that are still little explored or studies that present innovative and strong methodology through the use of artificial intelligence (AI).

---

### Guest Editors

Dr. Martina Corsi

Occupational Health Department, Azienda Ospedaliero Universitaria, Pisa, Italy

Prof. Dr. Rudy Foddis

Department of Translational Research and New Technologies in Medicine and Surgery, University of Pisa, Pisa, Italy



## Brain Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.8  
CiteScore 5.6  
Indexed in PubMed



[mdpi.com/si/222839](https://mdpi.com/si/222839)

*Brain Sciences*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
brainsci@mdpi.com

[mdpi.com/journal/](https://mdpi.com/journal/brainsci)  
[brainsci](https://mdpi.com/journal/brainsci)



---

### Deadline for manuscript submissions

31 March 2026



# Brain Sciences

---

an Open Access Journal  
by MDPI

---

**Impact Factor 2.8**  
**CiteScore 5.6**  
**Indexed in PubMed**



[mdpi.com/journal/  
brainsci](http://mdpi.com/journal/brainsci)



## About the Journal

### 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.

---

### Editor-in-Chief

Prof. Dr. Stephen D. Meriney

Department of Neuroscience, University of Pittsburgh, Pittsburgh, PA 15260, USA

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, PSYNDEX, PsycInfo, CAPlus / SciFinder, and other databases.

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 17.6 days after submission; acceptance to publication is undertaken in 2.5 days (median values for papers published in this journal in the second half of 2025).

#### Recognition of Reviewers:

reviewers who provide timely, thorough peer-review reports receive vouchers entitling them to a discount on the APC of their next publication in any MDPI journal, in appreciation of the work done.