

Special Issue

Anxiety, Depression and Stress

Message from the Guest Editor

Anxiety, depression, and stress have emerged as some of the most urgent mental health challenges of our time. Current guidelines emphasize a biopsychosocial approach, integrating biological, psychological, and social factors. Alongside treatments such as NMDA modulators, brain stimulation, and anti-inflammatory agents, growing evidence supports third-wave CBT, VR therapy, EMDR, online CBT, and social support as effective psychosocial interventions.

This Special Issue aims to explore a wide range of high-quality research related to the causes, treatment, and prevention of anxiety, depression, and stress. We welcome submissions covering clinical interventions, neurobiological mechanisms, psychosocial factors, innovative therapies, and policy strategies. Original research articles, systematic reviews, and novel methodological approaches are all encouraged.

Through this collaborative effort, we hope to deepen the scientific understanding and contribute to the development of more effective responses to these pervasive mental health issues. Your valuable contributions will play a crucial role in shaping the future direction of research and clinical practice in this important field.

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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