# Special Issue

# **Coping with Emotional Distress**

### Message from the Guest Editors

Coping with emotional distress is a critical aspect of maintaining mental health and well-being across the lifespan. Emotional distress can manifest in various forms, including anxiety, depression, and other mental health disorders. This Special Issue aims to gather evidence-based research on the diverse aspects of coping with emotional distress, including theoretical frameworks, empirical studies, and intervention strategies. We invite contributions that cover a broad range of research areas related to coping with emotional distress. These include, but are not limited to: Systematic Reviews and Meta-Analyses: Longitudinal Studies: Cross-Sectional Studies: Intervention Studies: Quantitative and Qualitative Studies; Cultural and Sociocultural Influences; Technology-Based Interventions; Psychometric Studies. We look forward to receiving your contributions.

Prof. Dr. Carlos Vara-Garciá

### **Guest Editors**

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### Deadline for manuscript submissions

30 November 2025



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### Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special

We would be pleased to welcome you as one of our authors.

### Editor-in-Chief

issues.

Prof. Dr. Lorraine S. Evangelista

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