

# 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.

### Guest Editors

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### Deadline for manuscript submissions

30 November 2025



## Healthcare

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## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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