

Special Issue

Effective Strategies for Promoting Mental Health: Global Perspectives and Innovations

Message from the Guest Editor

Promoting mental health is one of the key challenges of our time. This Special Issue is dedicated to exploring and discussing a wide range of strategies for improving mental health. I am pleased to invite you to participate and encourage you to submit research covering a wide range of topics, including the following:

- Evaluating different therapeutic approaches.
- The development of new digital health tools and their integration into mental healthcare.
- Cross-cultural studies on mental health and intervention effectiveness.
- Policies and social frameworks that influence the implementation of health strategies.

This Special Issue aims to promote a deeper understanding of the complex dynamics that influence mental health and to present innovative solutions that are applicable on a global scale. In this Special Issue, original research articles and reviews are welcome. I look forward to receiving your contributions.

Guest Editor

Prof. Dr. Madiha Rana

Department of Psychology, European University of Applied Sciences for Distance Learning Hamburg, Doberaner Weg 20, 22143 Hamburg, Germany

Deadline for manuscript submissions

1 March 2026



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/208818

Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

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





Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



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



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.

Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA
92697, USA

Author Benefits

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1
(Leadership and Management)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).