



Psychological Interventions to Prevent Anxiety and Depression

Guest Editor:

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Deadline for manuscript
submissions:

30 December 2024

Message from the Guest Editor

The COVID-19 pandemic has had a profound psycho-social impact, leading to an increase in the prevalence of anxiety and depression worldwide. Despite significant efforts, biological approaches have not offered enough relief from illness, while health care systems have been strained in the attempt to find appropriate solutions. Yet, despite the stressful challenges that the pandemic has brought, there is a window of opportunity to discover new approaches that can enhance resilience and healthy coping in the face of adversity and decrease the development of anxiety, depressive disorders and suicidal behaviors. This Special Issue is dedicated to psychological initiatives that aim to identify and prevent various risk factors for the development of depression, anxiety and suicidal behaviors. These risk factors can refer to, but are not limited to, any of the following domains: cognitive, behavioral, emotional, psycho-social, attachment-related, religious/spiritual, personality, cultural influence and individual values. Manuscripts offering original solutions with practical applications meant to improve coping and enhance resilience in the face of adversity will be favored.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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