



## Clinical Psychology and Psychotherapy

Guest Editors:

**Prof. Dr. Sylke Andreas**

Institute for Psychology,  
University of Klagenfurt, 9020  
Klagenfurt am Wörthersee,  
Austria

**Dr. Tobias Nolte**

UCL and Anne Freud National  
Centre for Children and Families,  
London WC1E 6BT, UK

**Prof. Dr. Thomas Probst**

Department for Psychotherapy  
and Biopsychosocial Health,  
Danube University Krems, 3500  
Krems an der Donau, Austria

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### Message from the Guest Editors

In a rapidly changing world characterised by digitalisation, globalisation and the pandemic crisis, mental health is of central importance. Depression and anxiety disorders are one of the leading causes of disability in the world. There is no question that there are effective and efficient psychotherapy methods for patients with mental disorders, and numerous meta-analytical findings support this. Psychotherapy research focuses intensively on the factors that have an impact in psychotherapy. Norcorss and Lambert (2011) was able to show that the therapeutic relationship, specific techniques like the treatment method, the individual therapist, and patient characteristics contribute significantly to the outcome in psychotherapy. However, a large amount of variance remains unexplained. This unexplained variance could, for example, be explained by processes between sessions or matching patients to treatments and therapists. In this context, the use of adjuvant, Internet-based methods in psychotherapy certainly plays an important role, especially in the times of Covid-19.





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University, 1700 E. Cold Spring  
Lane, Baltimore, MD 21251, USA

## 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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*International Journal of  
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Health* Editorial Office  
MDPI, St. Alban-Anlage 66  
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