

Special Issue

Psychological Interventions to Prevent Anxiety and Depression

Message from the Guest Editor

The COVID-19 pandemic has had a profound psychosocial 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, psychosocial, 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.

Guest Editor

Dr. G. Camelia Adams

Department of Psychiatry, College of Medicine, University of Saskatchewan, Saskatoon, SK S7N 0W8, Canada

Deadline for manuscript submissions

closed (30 December 2024)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/158669

*International Journal of
Environmental Research and
Public Health*
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

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About the Journal

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed 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 journal.

Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,
Australia

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