

## Special Issue

# Coping with Anxiety and Psychological Distress

### Message from the Guest Editor

This Special Issue aims to explore the multifaceted nature of anxiety and its relationship to a wide range of stressors. We invite contributions that focus on effective therapeutic interventions—whether they be cognitive-behavioral approaches, integrated therapies, or innovative therapeutic practices—as well as in-depth case studies that illustrate the real-life implications of anxiety and coping mechanisms. We are particularly interested in research that highlights the human experience with regard to the following topics: parenting and stress, the unique challenges faced by aging populations, the psychological impact of climate-related disasters, and political instability. The interplay between environmental factors and mental health is evolving, making it imperative to enhance our understanding of how such stressors influence psychological distress.

### Guest Editor

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### Deadline for manuscript submissions

30 April 2026



## International Journal of Environmental Research and Public Health

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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. 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.

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### Editor-in-Chief

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