

Special Issue

Emotion Regulation and COVID-Related Stress Management

Message from the Guest Editors

Human well-being is being seriously affected by COVID-19. Besides the massive loss of lives, research has demonstrated the dramatic impact of the current outbreak on people's mental health. Although risk factors have been extensively studied, less is known about the protective role of emotion regulation in mitigating the effects of this pandemic on psychological wellbeing. Through the use of implicit and explicit emotion regulation strategies, individuals can reduce negative feelings and anxiety associated with an emotionally impactful experience. On the other hand, failures in emotional regulation may contribute to the development, maintenance, and exacerbation of psychological psychopathology. This Special Issue aims to explore the key role of emotion regulation in the management of COVID-19-related distress. We will consider for publication theoretical and empirical studies highlighting the importance of systematic assessment of emotion-regulation strategies, their contribution to protecting against psychological distress, and the need to tailor treatments to enhance emotion regulation during the ongoing global health crisis.

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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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