

Special Issue

Perinatal and Postnatal Mental Health: State of the Art

Message from the Guest Editor

We are excited to announce a forthcoming Special Issue focused on peripartum depression, a significant mental health concern with far-reaching consequences for both parents and children. Recent expert consensus emphasizes the urgent need for early detection and intervention to mitigate long-term risks to parental and child well-being. Screening tools are increasingly recognized and recommended across clinical guidelines. But the complex and multifaceted nature of peripartum depression calls for a range of approaches. First-line treatments, including dynamically oriented psychotherapy and cognitive behavioral therapy (CBT), have shown promising results and are widely endorsed. Antidepressants, particularly selective serotonin reuptake inhibitors (SSRIs), remain central to treatment, though their use requires a careful assessment of potential risks and benefits. The role of hormone therapy remains under investigation, prompting further research into its efficacy. In addition, holistic treatment strategies—including exercise, sleep management, and social support—are integral to improving patient outcomes. Alternative therapies, while encouraging, also require more rigorous exploration.

Guest Editor

Prof. Dr. Adriana Mihai

Discipline of Psychiatry, The George Emil Palade University of Medicine, Pharmacy, Science, and Technology, 540139 Targu Mures, Romania

Deadline for manuscript submissions

20 September 2026



Journal of Clinical Medicine

an Open Access Journal
by MDPI

Impact Factor 2.9
CiteScore 5.2
Indexed in PubMed



mdpi.com/si/264783

Journal of Clinical Medicine
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
jcm@mdpi.com

mdpi.com/journal/

jcm





Journal of Clinical Medicine

an Open Access Journal
by MDPI

Impact Factor 2.9
CiteScore 5.2
Indexed in PubMed



[mdpi.com/journal/](https://mdpi.com/journal/jcm)

[jcm](https://mdpi.com/journal/jcm)



About the Journal

Message from the Editorial Board

There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

Editors-in-Chief

Prof. Dr. Emmanuel Andr s

Internal Medicine Department, University Hospital Strasbourg, 67081
Strasbourg, France

Prof. Dr. Kent Doi

Department of Emergency and Critical Care Medicine, The University of
Tokyo, Tokyo, Japan

Author Benefits

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, CAPlus / SciFinder, and other databases.

Journal Rank:

JCR - Q1 (Medicine, General and Internal) / CiteScore - Q1 (General Medicine)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 17.7 days after submission; acceptance to publication is undertaken in 2.7 days (median values for papers published in this journal in the first half of 2025).