

Special Issue

Depression and Anxiety: Recent Advances in Personalized Treatment and Management

Message from the Guest Editor

The link between depression and anxiety represents a major global health challenge, characterised by a complex aetiology, diverse clinical manifestations, and varied therapeutic responses. Emerging precision medicine approaches, new biomarkers, and personalised treatment strategies have the potential to optimise therapeutic outcomes, improve resilience, and prevent relapse. In addition, the incorporation of patient-centred care models, remote therapy and digital interventions are transforming the mental healthcare landscape, offering accessibility and personalised support.

This Special Issue aims to comprehensively explore the current landscape of the link between depression and anxiety to provide a comprehensive overview of recent advances in the diagnosis, management, and treatment of these diagnoses, with a focus on personalised medicine, new therapies, and the psychosocial dimensions of the disorders. By addressing these critical aspects, this Special Issue seeks to promote interdisciplinary dialogue, fill existing knowledge gaps and highlight future directions for research and clinical practice.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

Journal of Personalized Medicine is one of the few journals that covers the diverse areas involved in the field, including research at basic, translational, and clinical levels. It focuses on “omics”-level studies that seek to define the basis of interindividual variation in susceptibility for a disease, its prognosis or definition of clinical subsets, and response to therapy (pharmacogenomics). We are also interested in systems biology as it relates to interindividual variation, and research on new methodologies, informatics, and biostatistics, in the aforementioned areas.

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 25 days after submission; acceptance to publication is undertaken in 5.8 days (median values for papers published in this journal in the second half of 2025).