

Special Issue

Beyond Academics: Integrating Emotional Regulation to Improve Mental Health in Educational Contexts

Message from the Guest Editors

The relationship between emotional regulation and mental health is profound and bidirectional. On the one hand, adequate emotional regulation contributes to better mental health, as it enables students to prevent and cope with mental disorders; increase their self-esteem and self-confidence; improve their academic performance; and strengthen their interpersonal relationships. On the other hand, good mental health also favours emotional regulation. Consequently, when students experience good mental health, they are better equipped to identify and comprehend their emotions; express their emotions in a constructive manner; manage stress and anxiety in an effective manner; and resolve conflicts in a peaceful manner. In light of the aforementioned considerations, this Special Issue endeavors to provide a comprehensive and up-to-date overview of the current research and practice on emotional regulation and mental health in educational settings. It is our hope that this Special Issue will prove to be a valuable resource for educational practitioners, researchers, parents and students who are interested in promoting the mental health and well-being of students in schools.

Guest Editors

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Deadline for manuscript submissions

closed (12 February 2025)



Psychiatry International

an Open Access Journal
by MDPI

Impact Factor 1.1
CiteScore 2.0



mdpi.com/si/208178

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