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## Special Issue on Stress and Mental Health

### Call for Papers

The academic topic of "Stress and Mental Health" explores the relationship between stress and its impact on mental well-being. It focuses on understanding the psychological, emotional, and physiological responses to stressors and how prolonged or chronic stress can contribute to mental health problems. Stress has been linked to a wide range of mental health conditions, including anxiety disorders, depression, post-traumatic stress disorder (PTSD), and substance abuse. This field examines the underlying mechanisms through which stress influences the development, course, and exacerbation of these mental health disorders. Additionally, this field explores interventions, treatments, and prevention strategies for stress-related mental health problems. It seeks to develop evidence-based approaches to stress management, relaxation techniques, and psychotherapeutic interventions that can enhance individuals' mental well-being. Understanding the complex relationship between stress and mental health is crucial for identifying risk factors, developing effective prevention strategies, and promoting overall mental wellness. By studying stress and mental health, researchers aim to improve our understanding of how stress impacts mental well-being and provide valuable insights for clinical practice, public health, and policy-making.

In this special issue, we intend to invite front-line researchers and authors to submit original research and review articles on **Stress and Mental Health**. Potential topics include, but are not limited to:

- Sources, effects, and coping mechanisms
- Evaluation and prevention
- Protective factors and resilience-building
- Intervention and treatment
- Stress, cognition and behaviors
- Emotional impact of stress
- Stress-related mental health problems
- Chronic stress
- Stress and depression
- Stress and motivation
- Posttraumatic stress disorder
- Personality disorder
- Psychiatric factors and disorders
- Childhood trauma and stress
- Occupational stress and management
- Stress and addiction



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- Gender factors and differences
  - Social and family support
  - Stress during pregnancy
  - Well-being, lifestyle and satisfaction
  - Stress and public health

Authors should read over the journal's [For Authors](#) carefully before submission. Prospective authors should submit an electronic copy of their complete manuscript through the journal's [Paper Submission System](#).

Please kindly notice that the “**Special Issue**” under your manuscript title is supposed to be specified and the research field “**Special Issue – Stress and Mental Health**” should be chosen during your submission.

According to the following timetable:

Submission Deadline	October 25th, 2023
Publication Date	December 2023

For publishing inquiries, please feel free to contact the Editorial Assistant at [submission.entrance1@scirp.org](mailto:submission.entrance1@scirp.org)

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