



Special Issue on Stress, Mental Health and Emotional Wellness

Call for Papers

Stress, Mental Health and Emotional Wellness is an interdisciplinary academic field that examines how psychological stress affects mental health, emotional regulation, and overall well-being. It explores biological, psychological, and social factors influencing stress responses, mental disorders, and resilience, as well as prevention, intervention, and policy strategies to promote emotional wellness across individuals, organizations, and societies.

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

- Psychological and emotional impact of stress
- Relationship between stress and emotional well-being
- Stress, cognition and behaviors
- Stress-related mental health issues
- Emotional regulation and resilience
- Psychological stress and coping mechanisms
- Clinical mental health disorders
- Evaluation, intervention and therapies
- Stress and depression
- Stress and motivation
- Personality disorder
- Trauma and PTSD
- Cognitive behavioral therapy
- Integrative and complementary therapies
- Well-being, lifestyle and satisfaction
- Positive psychology and wellbeing
- Risk factors for stress-related disorders
- Cultural and societal influences on mental health
- Preventive approaches
- Workplace stress and occupational mental health
- Mindfulness, meditation and well-being interventions
- Stress on specific populations
- Childhood adversity & developmental stress
- Social support and interpersonal relationships
- Digital mental health and technology-based interventions



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, Mental Health and Emotional Wellness**” should be chosen during your submission.

According to the following timetable:

Submission Deadline	April 6th, 2026
Publication Date	June 2026

PSYCH Editorial Office