



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 the causes, mechanisms, and consequences of psychological stress and mental health challenges across individuals and populations. It explores emotional regulation, resilience, anxiety, depression, coping strategies and psychological well-being. The field integrates perspectives from psychology, psychiatry, neuroscience, public health and social science to develop effective prevention, intervention, and wellness strategies that promote mental health and improve quality of life.

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
- Depression and mood disorders
- Stress and motivation
- Personality disorder
- Trauma and PTSD
- Anxiety and anxiety-related disorders
- Cognitive behavioral therapy
- Integrative and complementary therapies
- Well-being, lifestyle and satisfaction
- Psychological inflexibility and acceptance
- Positive mental health and emotional wellness
- Risk factors for stress-related disorders
- Cultural and societal influences on mental health
- Workplace stress and occupational mental health
- Mindfulness, meditation and well-being interventions
- Stress on specific populations



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- Childhood adversity & developmental stress
 - Adolescent and young adult mental health
 - 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	November 5th, 2026
Publication Date	January 2027

For publishing inquiries, please feel free to contact the Editorial Assistant at submission.entrance1@scirp.org

PSYCH Editorial Office