



Psychological Health and Emotion Regulation

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Message from the Guest Editors

Dear Colleagues,

Most psychiatric disorders involve problematic patterns of emotional reactivity and regulation of emotions. Emotions such as fear, anger, sadness, and even happiness arise immediately as an individual attends to a specific situation. As emotions arise, they involve cognitive, behavioral, and physiological responses.

Individuals with psychopathology often experience difficulties with emotional intensity, duration, frequency, or type. An important cause of such problematic patterns of emotions is emotion dysregulation. Thus it is not surprising that adaptive emotion regulation has been linked with positive mental health, while maladaptive emotion regulation has been associated with increased psychopathology (i.e., depression, anxiety, substance use disorders). The purpose of this Special Issue is to present the diversity and gaps in knowledge regarding research on emotion regulation and mental health among different groups in society. We are open to well-developed theoretical papers that have a significant contribution, as well as to systematic reviews and meta-analyses.





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Editor-in-Chief

Message from the Editor-in-Chief

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