



Cyber Health Psychology and Psychotherapy: The Use of New Technologies in the Service of Mental Health

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Message from the Guest Editors

In this Special Issue, some of the technologies used in the clinical-psychological, psychotherapy, and mental health field will be analysed, including virtual reality, biosensors, artificial intelligence, and affective computing, with the aim of understanding how technological progress and the emergence of new technologies can generate value within the psychological panorama. Research suggests that the integrated use of psychological techniques and new technologies is extremely productive in terms of the potential improvement of health and therefore of “psychological health empowerment”. Given the great potential of the instruments analyzed that still continue to evolve and be refined, it is advisable to know them, validate their effectiveness, and adapt our operational models to new mental realities.





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Message from the Editor-in-Chief

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