



New Trends in Mental Health Intervention from the Scope of Psychology and Psychiatry: Challenges for Research and Practice

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Message from the Guest Editor

Dear Colleagues,

Mental health trends continue to reflect old challenges, such as the always very prevalent affective disorders and related behavioral health issues like substance abuse. However, new challenges have arisen as a result of the recent mental stress and economic hardship brought on by the COVID-19 pandemic. Due to across-the-board lifestyle changes, all mental health issues are on the rise and the urgent need for mental health services will be a trend for years to come.

Human behavior has been always at the heart of many of the largest issues grappled by our society: climate change, inequality, the future of work and employment, health and well-being, and misinformation, among others. Psychologists have been asked not only to have a seat at the table but, very often, to take the lead on confronting these issues. In this sense, in recent years there has been a growing focus on evidence-based practice, signalling the adoption of the stance that therapies should be only used if they are proven effective through research. This shift towards personalized and evidence-based care is helping to ensure that people receive the best possible care.





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Message from the Editor-in-Chief

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