Special Issue

Complementary and Alternative Therapies for Mental Health

Message from the Guest Editor

Mental illness is the pandemic of the 21st century and among the top-ten leading causes of burden worldwide. Depression alone is expected to be the number one global disease burden by 2030. While mental health conditions are increasing worldwide, a large proportion of those affected do not receive treatment or face treatment discontinuation, side effects and overall failure. The current model for mental health is facing a paradigmatic crisis and lacking novel psychiatric treatments. Many people suffering mental health seek complementary or alternative medicine but knowledge of the evidence base for these therapies is often lacking among healthcare providers. Topics include, but are not limited to, approaches for mental disorders using:

- Alternative medical systems, such as psychedelic-assisted psychotherapies.
- Mind–body interventions, such as breathwork, biofeedback, mindfullness, meditation and hypnosis.
- Physical modalities, such as exercise, yoga, massage and chiropractic care.
- Energy medicine.
- Herbal therapies.
- Music therapy.
- Bright-light therapy.

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