

## Topical Collection

# Emotional Regulation and Mental Health

### Message from the Collection Editors

The growing scientific interest in personal and interpersonal processes and skills which promote emotional regulation has been made evident by the increase in publications in the last 30 years. This proliferation of research has underscored the important role that emotional regulation can play in the assessment, treatment, and prevention of diverse problems of mental health. Nevertheless, it is still necessary to answer multiple questions with respect to the development of valid and reliable instruments to assess emotional dysregulation: What proportion of mental health problems are related to deficits in emotional regulation? What are the most optimal ways of improving emotional regulation associated with problems in mental health? How can effective intervention programs be developed? With this in mind, we invite researchers to submit papers on the aforementioned topics to be considered for publication in this Topical Collection dedicated to emotional regulation.

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### Collection Editors

Prof. Dr. María Jesús Iurrtia

Prof. Dr. Jairo Rodríguez-Medina

Prof. Dr. Arthur L. Cantos

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## International Journal of Environmental Research and Public Health

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### Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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### Editor-in-Chief

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